



## **Mexico City to Oaxaca: Pottery & Aztec Pyramids**

7 days, Mexico City to Oaxaca

Trip code CMMX

## What's included

- Your G for Good Moment: Alebrijes Artisan Community Workshop & Lunch, Oaxaca
- Your G for Good Moment: Oaxaca Cuisine Tasting Experience, Oaxaca
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Oaxaca
- Guided tour of Teotihuacan
- Orientation walk in Puebla
- Orientation walk and market visit in Oaxaca
- Alebrijes Artisan Community Visit
- Oaxaca cuisine tasting experience
- Free time in Puebla and Oaxaca
- 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 September 8th, 2022 and onwards

# Itinerary

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

Day 1

## Mexico City

Arrive at any time.

We recommend arriving a day or two early to fully explore this bustling metropolis. Talk to your agent about booking pre-tour accommodation.



### Accommodation

Hotel PF Suites (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

## Mexico City

Take advantage of a day get to know Mexico City. Opt to check out the sprawling zócalo (main square), visit the Frida Kahlo museum in vibrant Coyoacán, or view impressive Mayan and Aztec artifacts at the National Anthropology Museum.

If you plan to visit the Museum of Frida Kahlo on this day, we recommend booking your visit in advance. Tickets are limited and are not sold in-person.



### Meals included

Breakfast



### Accommodation

Hotel PF Suites (or similar)

Hotel



### Today's Activities

Free Time

Mexico City

Take advantage of free time to get out and explore this amazing city and its surroundings. Opt to visit the Frida Kahlo Museum, visit the Juarez neighbourhood, an area teeming with restaurants, bars, parks, and boutique shops. Maybe make a stop at the Palacio Nacional to see Diego Rivera's famous mural, "The History of Mexico". Or eat like a local and join a food tour and get a sense of the vast culinary scene here.



### Optional Activities - Day 2

All You Can Eat Taco Tour

Mexico City

Set out on a famous all-you-can-eat taco tour through Roma and Condesa, sampling your way across seven authentic taquerías while discovering the history, regional styles, and secrets behind Mexico's most iconic dish. Along the way, visit a local market to craft your own salsa, watch the tortilla-making process up close, and even try your hand at making tacos yourself.

Museum of Frida Kahlo (Casa Azul)

Mexico City

320MXN

Visit the famed "Blue House" where Frida Kahlo was born, lived and died. Her lifelong home is open to those looking to learn more about or see what life was like for the celebrated artist. The museum consists of ten rooms throughout the home, each filled with original furniture from when she lived there with her husband Diego Rivera, and personal items of Frida's from letters, art materials, original works of art, to handcrafted kitchenwares. Tickets can be limited so we recommend booking in advance online: <https://www.museofridakahlo.org.mx/?lang=en>

National Museum of Anthropology

Mexico City

210MXN

The National Museum of Anthropology houses the largest collection of Mexican art in the world. It's a must see if you're interested in the past or present-day history of Mexico. On the top of the highlights, see the Sun Stone (also known as the Aztec Calendar) an important piece in Aztec culture and mythology that illustrates the history of the universe. With over 20 exhibit halls, you may not be able to see the whole museum in just one day so grab a map and pick and choose what you're most interested in.

District of Coyoacán Visit

Mexico City

50-75USD

Coyoacán is a quiet but vibrant Mexican neighbourhood, most notably known for the Museo Casa Azul, Frida Kahlo's home turned museum after her death. The quaint tree-lined streets of this district will enchant you and give you a window into real Mexican living. With a good street food scene, spend some time walking around and find stalls or restaurants on the hunt for the neighbourhoods best tostadas, a corn tortilla topped with all sorts of things from shrimp, chicken, beef, and other proteins and beans, cheese, corn, sour cream, and avocado.

Xochimilco Boat Tour

Mexico City

25-50USD

1h-2h

Take on the famous canals of Xochimilco in a vibrant coloured gondola boat past vendors, mariachi bands and local artisans. Feel the vibes of the music around you as locals shop in the floating markets and hopefully you'll find something to bring back home too.

Lucha Libre Match

Mexico City

350-500MXN

Combatants don colourful masks and catapult themselves towards their opponents off of the ring's ropes, employing a variety of different moves and holds to pin them to the mat for a three-count. The

largely Mexican crowds are usually rowdy, making “lucha libre” an entertaining way to throw yourself head-first into the local culture.

Please be aware that prices for tickets will vary depending on seat location.

Day 3

## Mexico City/Puebla

Rise early and explore the ancient city of Teotihuacan on a guided tour. Stand in awe of the Pyramids of the Sun and Moon, stroll down the Avenue of the Dead and learn all about the site's importance to Mexico's ancient cultures for thousands of years, at one point being the largest city in the entire Americas. Continue to Puebla and enjoy an orientation walk downtown.



### Meals included

Breakfast



### Accommodation

Hotel Gilfer (or similar)

Hotel



### Today's Activities

Teotihuacán Pyramids Visit

Teotihuacán

Visit the ruins of Teotihuacán northeast of Mexico City. This ruin site dates back to 100BC and has the impressive Avenue of the Dead, Pyramid of the Sun and Pyramid of the Moon. Bring water, wear a hat and solid walking shoes to learn all about this pre-Columbian Mesoamerican city that at its peak was once the largest city in all of the Americas.

Private Vehicle

Mexico City - Teotihuacán

1h-2h

50km

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

Private Vehicle

Teotihuacán - Puebla

2h-3h

145km

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

Orientation Walk

Puebla

The route will vary for each tour, allowing our CEOs to share their personal favourites. You can expect to see the zócalo, artisans' market and visit the historic buildings within centre of this World Heritage city.

Day 4

## Puebla

Enjoy a free day to explore the city. Opt to visit a ceramics workshop, check out the pyramid of nearby Cholula, sample delicious local specialties, or watch a lucha libre wrestling match at night.



### Meals included

Breakfast



### Accommodation

Hotel Gilfer (or similar)

Hotel



### Today's Activities

Free Time

Puebla

Discover all that Puebla has to offer its travellers on this free day to explore. Opt to visit a ceramics workshop, check out the pyramid of nearby Cholula, sample delicious local specialties, or watch a lucha libre wrestling match at night.



### Optional Activities - Day 4

Cholula Ruins Visit

Cholula

85MXN

2h-3h

1-2km

Also known as Tlachihualtepetl, Cholula is a massive archaeological site west of Puebla. Dating from at least 100AD, it's the oldest continuously occupied ceremonial centre in the western hemisphere. Most impressive is the Great Pyramid of Cholula – a tall grass-covered structure which is actually at least four successive pyramids built one on top of the other. The Spanish built a church at the very top in 1594. Visit the museum to learn about the history, explore tunnels, and climb to the top for breathtaking views of nearby volcanoes.

Day 5

## Puebla/Oaxaca

Journey south to beautiful Oaxaca, and get a feel for the city on an orientation walk, stopping to visit one of its sprawling markets. After, visit the Alebrijes Artisan Community for your G for Good moment. Meet a local artisan, speak with them, ask any questions the group may have, and learn more about how the Alebrijes are crafted.

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### Meals included

Breakfast

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### Accommodation

Hotel Oaxaca Real (or similar)

Hotel

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### Today's Activities

Private Vehicle

Puebla – Oaxaca

5h-6h

340km

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

Orientation Walk

Oaxaca

All walks will be slightly different, allowing your CEO to show off their favourite spots. You can expect to see the Santo Domingo Cultural Centre, walk through the zocalo and the famous 20th of November market. Opt to sample some delicious Oaxacan foods along the way such as mole, tlayudas or chapulines.

ACTIVITY

Alebrijes were created by a Mexican artisan named Pedro Linares who was known for making piñatas and carnival masks. After falling ill and hallucinating crazy figures and creatures inside his mind, the artist decided to bring what he saw to life by creating the small figurines we know as Alebrijes. Often made of a mash-up between animals, these figurines are now made by Oaxacan artisans out of wood and then painted with vibrant pigments and lots of patterns. Learn more about how these figurines integrated themselves into Oaxacan/Mexican folklore and how the craft expanded from originally being made from cardboard to now being carved from Copal wood. Meet a local artisan and speak with them, ask any questions the group may have and to learn more about how the Alebrijes are crafted.

Then enjoy an authentic Oaxacan lunch at Zoológico Mágico. Here, you'll see why a meal is more than food -- it's a celebration of Oaxaca's vibrant traditions, brought to life. Each dish is a tribute to their heritage, featuring iconic plates like mole negro.

Day 6

## Oaxaca

Take advantage of free time, and opt to learn how to make mole in a cooking class, shop at nearby artisan villages, visit the UNESCO World Heritage site of Mitla, or sample some mezcal at a local distillery - look out for the worm! In the evening enjoy a guided tasting of local favorites.

You can pre-book the Herve el Agua Day Trip during check-out and pay a visit to a petrified waterfall outside of Oaxaca.



### Meals included

Breakfast



### Accommodation

Hotel Oaxaca Real (or similar)

Hotel



### Today's Activities

ACTIVITY

Attend a cuisine tasting in Oaxaca with a local expert who will share a variety of authentic regional specialties. You'll learn how to prepare a handmade tortilla and enjoy a guided tasting of local favorites. Please note that this will not be a full meal.



### Optional Activities - Day 6

Monte Albán Tour

Monte Albán - Oaxaca

950MXN

1h-3h

1-2km

The Zapotec site of Monte Albán dates back to 500 BC and features platforms, pyramids, plazas, and a ball court sitting on a leveled mountaintop some 10km (5 mi) from Oaxaca. Enjoy the 360-degree views, see Olmec carvings, and be sure to visit the museum to see artifacts and stele excavated in the early 20th century.

## Valley of Mitla Ruins Visit

San Pablo Villa de Mitla

210MXN

The UNESCO World Heritage site of Mitla is 38km (24 mi) from Oaxaca. Its name derives from the Nahuatl language, meaning “Place of the Dead”. Occupied from 900 BC by the Zapotecs and then the Mixtecs, the ruin features five groups of structures on either side of the Mitla River. Look for ancient cut-stone mosaics and intricate stone carvings throughout.

The region is also famous for its hand-dyed, foot-loomed woven rugs.

## Mezcal Factory Tour

Oaxaca

The Valley of Oaxaca is renowned as the birthplace of mezcal. Not to be confused with tequila, this distilled liquor is made in small batches from a variety of species of agave (spiky green plants that look like the tops of pineapples). Sample different types, including white unaged mezcal (often sold with an agave larva inside), along with “reposado” and “añejo” (aged) batches. Grab a slice of orange that's coated in salt and mixed with chili and ground worms. Now, it's time to sip and enjoy.

## Hierve el Agua Day Trip

Oaxaca

Begin this activity in the morning with included transport to Hierve el Agua. This stunning natural formation consists of a series of mineral pools near the edge of a cliff. Over thousands of years, the heavily calcified water has flowed over the cliff, leaving mineral deposits as it goes. The result is known as a "petrified waterfall" – nearly white rock formations that resemble a cascading fall. Upon arrival, enjoy a few hours of free time to explore the area and perhaps go for a swim in one of the mineral pools. Then, travel to a Mezcalería for a tour of the distillery which includes an explanation of the production process of mezcal and a tasting. The group will return to Oaxaca in the late afternoon.

Please note these approximate travel times below:

Oaxaca to Hierve el Agua - Between 1 hour and 45 minutes to 2 hours

Hierve el Agua to Mezcalería- 1 hour

Mezcalería to Oaxaca - 45 minutes.

## Mole Cooking Class

Oaxaca

1200MXN

Take a cooking class and learn that there's more to mole than meets the eye (and mouth). In fact, in Oaxaca, there are at least seven different versions of this popular made-in-Mexico sauce cooked with ground chili, chocolate, and sesame seeds. Black, red, yellow, green – the list is endless. Take a guided trip to the local market and let your senses get lost in the spices, colours, and smells. Following your cooking class, sample your tasty creation.

Depart at any time.

With so much to do in Oaxaca, we strongly suggest booking an extra night to explore all this fabulous city has to offer.



## Meals included

Breakfast

## What's included

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## What are the main highlights of this trip?

Climb the Pyramid of the Sun at Teotihuacan, See the beautiful architecture and churches in Puebla, Sample mezcal at a local distillery, Try one of the delicious varieties of mole in Mexico's gastronomic heartland

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## 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?

**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?**

6 breakfasts

## **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?**

Private vehicle, walking.

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

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

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

Hotels (6 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.

## **What happens if I experience problems when arriving?**

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

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

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

## 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?**

It is uncommon to pay for optional activities, souvenirs and meals on credit card in the areas this trip visits, so be prepared with a combination of USD cash and local currency to pay for these on-trip costs.

That said, 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 prior to travelling. ATMs generally only dispense local currency, not USD. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

You will be able to exchange USD to local currency along the way, but please be advised that slightly torn notes and 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 50USD (or equivalent). Learn about local exchange rates at [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!

## What activities are optional on this trip?

### Mexico City

- All You Can Eat Taco Tour
- Museum of Frida Kahlo (Casa Azul) (320MXN per person)
- National Museum of Anthropology (210MXN per person)
- District of Coyoacán Visit (50-75USD per group)
- Xochimilco Boat Tour (25-50USD per person)
- Lucha Libre Match (350-500MXN per person)

### Cholula

- Cholula Ruins Visit (85MXN per person)

### Monte Albán

- Monte Albán Tour (950MXN per person)

### San Pablo Villa de Mitla

- Valley of Mitla Ruins Visit (210MXN per person)

### Oaxaca

- Mezcal Factory Tour
- Hierve el Agua Day Trip
- Mole Cooking Class (1200MXN 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

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

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

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

## Is travel insurance required for my trip?

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

## What is Planeterra?

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

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

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

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

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

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

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.