



## **Total Central America: Two Months of Wild**

62 days, Mexico City to Panama City

Trip code CMMC

### **What's included**

- Your G for Good Moment: Alebrijes Artisan Community Workshop, Oaxaca

- Your G for Good Moment: San Antonio Women's Pottery Cooperative and Local Lunch, San Ignacio
- Your G for Good Moment: Caribbean Gastronomic Experience "El Manglar", Livingston
- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your G for Good Moment: Puesta del Sol Community Guesthouse Stay, Isla de Ometepe
- Your G for Good Moment: Local Community Focused Chocolate Experience, Bocas del Toro
- Your G for Good Moment: Kuna Yala Cultural and Natural Immersion, San Blas Islands
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Oaxaca Market Visit With CEO, Oaxaca
- Your Discover Moment: Oaxaca
- Your Discover Moment: San Cristobal de Las Casas - Free Time, San Cristóbal de Las Casas
- Your Big Night Out Moment: Tulum
- Your Discover Moment: Playa del Carmen
- Your Discover Moment: Caye Caulker
- Your Discover Moment: Antigua Guatemala
- Your Big Night Out Moment: Antigua Guatemala
- Your Big Night Out Moment: Granada
- Your Discover Moment: Granada
- Your Discover Moment: Monteverde
- Your Discover Moment: La Fortuna
- Your Big Night Out Moment: Bocas del Toro
- Your Discover Moment: Boquete
- Your Discover Moment: Panama City
- Your Big Night Out Moment: Panama City
- Mexico City street food crawl
- Alebrijes Artisan Community visit
- Boat trip to Sumidero Canyon
- Stop at Roberto Barrios Waterfall for a swim
- Tour the Mayan ruins in Palenque
- A catamaran adventure into a gorgeous lagoon in Bacalar
- Chichen Itzá ruins guided tour
- Guided tour of Tikal
- Orientation walk in Antigua, Leon, and Granada
- Beach time in Playa del Carmen and Caye Caulker, and El Tunco
- CEO-led Orientation Walk of Puerto Viejo
- Biking Puerto Viejo
- CEO-led Orientation Walk - Bocas del Toro
- Starfish Beach Visit
- Panama City CEO-led Orientation Walk

- 3-night San Blas Islands Stay supporting the local ingenious community
- Guna Indigenous Community Visit & Presentation
- Island Visits
- Free time for beach, snorkelling, swimming, and lounging
- Free time in Mexico City, Oaxaca, Palenque, San Cristóbal de las Casas, Playa del Carmen, Caye Caulker, Antigua, Granada, Ometepe, Monteverde, La Fortuna, Puerto Viejo, Bocas del Toro, Boquete, Valle de Anton, Panama City, & San Blas Islands
- 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 April 11th, 2025 and onwards

# Itinerary



## Itinerary Notes

Important note for Nicaragua:  
New regulations now require visas for certain nationalities, including Australian and New Zealand passport holders. Requirements can change at short notice, so all travelers should check with the nearest consulate or official sources before travel.

**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.

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### Accommodation

Hotel Benedicta (or similar)

Hotel

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### Today's Activities

#### ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

#### 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

Start the adventure off with a CEO-led walking tour through La Condesa and Roma neighborhoods. Stroll past bohemian cafes, bars, and restaurants. Your CEO will grab some street food snacks for the group ranging from street tacos to chilaquiles. Savour whatever you sample as you continue to get to know the area. Finish up the tour near the giant Bosque de Chapultepec. Then, spend the afternoon trying out the optional activities in the area like a visit to the ruins of Teotihuacán.



### Accommodation

Hotel Benedicta (or similar)

Hotel



### Today's Activities

Mexico City Walking Tour

Mexico City

Get the lay of the land during a walking tour of Mexico City with your CEO. Start by visiting the La Condesa and Roma neighborhoods. Wander past the bars, restaurants, and cafes. Sample some street food snacks purchased by your CEO. The tour ends at Bosque de Chapultepec.

Free Time

Mexico City

Take advantage of free time to get to know Mexico City on your own. Choose from a variety of optional activities in the area, seek out some great food spots, or search for some unique gifts to bring back to your friends and family.



### 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.

Teotihuacán Pyramids Visit

Teotihuacán

1350MXN

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.

Day 3

## Mexico City/Oaxaca

Hit the road and travel south to Oaxaca from Mexico City. Once the group arrives, soak in your first experience of the vibrant culture in Oaxaca. Head out for an orientation walk to the main square and your CEO will accompany the group to the market where you can try a tlayuda, a toasted tortilla with tons of different toppings like refried beans, shredded cabbage, salsa, meat, and cheese. Cap off the day with a visit to a local chocolate-making shop and a free evening to keep the adventure going.



### Accommodation

Hostal Don Nino (or similar)

Hotel



### Today's Activities

Local Bus

Mexico City - Oaxaca

6h-7h

470km

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

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

Your CEO will accompany the group to the market where you can try a tlayuda, a toasted tortilla with tons of different toppings like refried beans, shredded cabbage, salsa, meat, and cheese before capping off the day with a visit to a local chocolate-making shop.

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



## Accommodation

Hostal Don Nino (or similar)

Hotel



## Optional Activities - Day 4

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.

Herve el Agua Day Trip

Oaxaca

Begin this activity in the morning with included transport to Herve 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 Herve el Agua - Between 1 hour and 45 minutes to 2 hours

Herve el Agua to Mezcalería- 1 hour

Mezcalería to Oaxaca - 45 minutes.

Cooking Class

Oaxaca

65USD

Test out your culinary skills and learn to make traditional Oaxacan cuisine. The teacher will teach the class to create authentic dishes that can be replicated at home, when you're finished dig in and enjoy your dish!

The group will have additional free time today in Oaxaca for other optional activities. Afterwards, 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 these handicrafts are made. In the evening board and overnight bus to San Cristobal.



## Today's Activities

Free Time

Oaxaca

Enjoy more free time in Oaxaca. Taste more delicious food from the markets, book an optional cooking class and learn how to make mole, or shop for keepsakes at the many local stores and craft markets with featuring work by the artists who call Oaxaca home.

Overnight Bus

Oaxaca – Tuxtla Gutiérrez

8h-9h

570km

Curl up and catch a snooze en route to the next stop.

### 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.

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Arrive early to Tuxtla Gutierrez, which is a city in southern Mexico and the capital of Chiapas. The group will travel by private bus to Sumidero Canyon for an included boat ride down the river. The trip is a few hours long and will take you through the canyon with some of the walls towering 2,500 feet above you. It's sure to make you feel small. Keep a lookout for the wildlife in the area and try to spot caves as you journey on. Afterwards, continue on to San Cristobal de las Casas where you will stop for the evening.



## Meals included

Breakfast



## Accommodation

Hotel San Martin (or similar)

Hotel



## Today's Activities

Private Vehicle

Tuxtla Gutiérrez - Parque Nacional Cañón del Sumidero

30m

20km

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

Sumidero Canyon

San Cristóbal de Las Casas

3h

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.

Private Vehicle

Parque Nacional Cañón del Sumidero - San Cristóbal de Las Casas

2h-2h30m

90km

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

Day 7

## San Cristóbal

San Cristóbal de Las Casas is located in a high mountain valley at 2110m (6921 ft). Enjoy a free day to experience this city known for its 16th-century architecture. Opt to visit nearby indigenous Mayan villages to see their unique day-to-day, or visit Lagunas de Montebello National Park and the group of beautiful lakes near the Guatemalan border. You have a full day to do as you please and there are plenty of activities to try out.



### Accommodation

Hotel San Martin (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Enjoy a free day to experience this city known for its 16th-century architecture. Opt to visit nearby indigenous Mayan villages to see their unique day-to-day, or visit Lagunas de Montebello National Park and the group of beautiful lakes near the Guatemalan border.



### 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 Zinacantan 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.

Day 8

## San Cristóbal/Palenque

Get ready for a full day of travel from San Cristóbal de Las Casas to Palenque. Along the way the group will stop to swim in the pristine turquoise waters of Roberto Barrios waterfall. Arrive to Palenque in the evening.



### Accommodation

Hotel Maya Tulipanes (or similar)

Hotel



### Today's Activities

Private Vehicle

San Cristóbal de Las Casas - Palenque

5h-6h

215km

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

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.

Day 9

## Palenque

Enjoy a guided tour of the impressive Mayan ruins of Palenque followed by free time for an optional jungle trail hike, or just relax at the hotel keeping an eye out for nearby birds and wildlife.



### 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.

Free Time

Palenque

Enjoy a free afternoon for an optional jungle hike or otherwise just kick back at the hotel and listen to the sounds of the jungle. Ask your CEO for more recommendations should you need them.



### Optional Activities - Day 9

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 10

## Palenque/Bacalar

Spend the day travelling to Bacalar in the eastern part of Mexico from Palenque. Sit back as the scenery changes outside your window and rest up for the next part of the trip.

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### Accommodation

Bacalar Magico Hotel (or similar)

Hotel

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### Today's Activities

Private Vehicle

Palenque - Bacalar

7h-8h

487km

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

Day 11

## Bacalar

Spend a full free day enjoying optional activities in the area, or just relax and keep the good vibes going.

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### Accommodation

Bacalar Magico Hotel (or similar)

Hotel

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### Today's Activities

Free Time

Bacalar

Take advantage of free time for optionals in the area. Explore the San Felipe Bacalar Fort or visit the lagoon again for some kayaking.

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### Optional Activities - Day 11

Kayaking

Bacalar

10-12USD

Throw on a lifejacket and paddle the pale blue waters of Laguna Bacalar. Bring a camera to capture the surreal beauty of the mineral-infused lake.

Fortress Exploration

Bacalar

10MXN

Built in 1729, the San Felipe Bacalar fort was built by the Spanish hoping to fend off further pirate attacks. See the original stone walls, with canons facing out to the sea. The fort is built in the form of a four-pointed star and is surrounded by a moat.

The group is in for a treat this morning with an included boating adventure in the lagoon. In the afternoon it's onward to Valladolid. Travel north and inland from Bacalar to a city on Mexico's Yucatán Peninsula. Upon arrival your CEO will lead you on an orientation walk of the small Mayan town filled with quaint taverns, vibrant indigenous culture, and loads of street food vendors. Smell the delicious aromas as you walk and sample a few snacks along the way.



## Accommodation

Hotel Santa Ana (or similar)

Hotel



## Today's Activities

Boat Trip Laguna Bacalar

Bacalar

Head out into the Bacalar lagoon by boat this morning for a fun adventure. Start by visiting the Canal de los Piratas for a swim in the clear waters. Then, visit Cenote Negro, an open-air cenote and also the deepest point in the entire lagoon. From there the boat will stop at Cenote Esmeralda to admire the different shades of blue. Finally stop at Cenote Cocalitos, home to stromatolites, which are living stones that are thought to be the oldest form of life on Earth. Here you'll enjoy a prepared picnic featuring fresh fruit.

Private Vehicle

Bacalar - Valladolid

4h

270km

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

CEO-led Orientation Walk

Valladolid

Marvel at Valladolid's colonial buildings, which includes a 16th-century convent of San Bernardino of Siena, and the San Gervasio Cathedral. Walk through the streets of town smelling the delicious aromas from the street food vendors. Sample some delicious treats and get to know this vibrant Mayan town.

After a short, but sweet visit in Valladolid the group will travel to the Chichen Itzá ruins for a guided tour. These ruins hold the history, beliefs, and rituals that defined ancient Mayan civilization. See the Pyramid of Kukulcan, the famous Castillo, the cenote, and the Nunnery. Afterwards, travel to Tulum for a free evening. Tulum is filled with trendy beach clubs where you can dance the night away, or stretch out on white sand beaches to admire the colors at sunset.



## Accommodation

Hotel Casa Colonial (or similar)

Hotel



## Today's Activities

Private Vehicle

Valladolid - Chichén-Itzá

45m-1h

43km

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

Chichen Itzá Guided Tour

Chichén-Itzá - Chichen Itza

2h

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 - Tulum

1h30m

105km

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

Free Time

Tulum

Take this time to soak in the spectacular coastline of Tulum. Swim in the cobalt waters off of the white sand beaches. Hunt down some delicious street food and have a picnic in the sand. Or if you're still feeling adventurous, head out for some cave and cavern exploring in the nearby cenotes.

ACTIVITY

Enjoy a night out on the town with your travel friends and truly let your hair down in the fun and lively atmosphere of Tulum.

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## Optional Activities - Day 13

Tulum Ruins Visit

Tulum

1h-4h

The Maya built the ancient seaport of Tulum in the late 13th century. Located some 130 km (80 mi) south of Cancun, this picturesque site features a number of limestone structures protected on three sides by a 7m (23 ft) thick wall. Visit “El Castillo” (the castle), overlooking the Caribbean coast, and the Temple of Frescoes, then head down to the beach. Dive into the warm aquamarine waters and imagine spotting ancient vessels laden with turquoise and jade.

Day 14

## Tulum/Playa del Carmen

Travel from Tulum to Playa del Carmen where you can enjoy time to explore on your own. Tonight, head out with your fellow travellers to 12th Street, where there’s tons of bars and clubs to choose from.

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## Accommodation

Hotel Colonial (or similar)

Hotel

Day 15

## Playa del Carmen

Enjoy free time to explore the Mayan ruins of Tulum or take a ferry to nearby Cozumel. Or just play in the waves and enjoy the beach.

Start your holiday off with some hardcore relaxation. Enjoy a full day of free time to fill as you wish. Get your ruin on with a visit to Tulum perched atop the sea, explore the fish- and coral-filled seas around Cozumel on a scuba dive, go swimming in a cenote or at the beach, and save some energy for a night out on the town.



### Accommodation

Hotel 12 bees (or similar)

Hotel



### Optional Activities - Day 15

Cenote Visit

Playa del Carmen

40-60USD

1h-4h

30-60km

Pack your swimsuit, hail a shared van (colectivo) and ask for directions to one of Yucatan's many cenotes. These natural swimming holes were formed thousands of years ago, when the peninsula's porous limestone collapsed to reveal fresh water pools fed by underground systems of canals and rivers. Dive into the turquoise waters surrounded by cave walls or tropical foliage, watch fish dart in and out of the shafts of sunlight and realize why the Maya called cenotes "sacred wells".

Tulum Ruins Visit

Tulum

1h-4h

The Maya built the ancient seaport of Tulum in the late 13th century. Located some 130 km (80 mi) south of Cancun, this picturesque site features a number of limestone structures protected on three sides by a 7m (23 ft) thick wall. Visit "El Castillo" (the castle), overlooking the Caribbean coast, and the Temple of Frescoes, then head down to the beach. Dive into the warm aquamarine waters and imagine spotting ancient vessels laden with turquoise and jade.

Tequila Tasting

Playa del Carmen

850-1100MXN

Mexico is the birthplace of tequila, and there is nowhere better to learn about the iconic drink. Join a certified sommelier to learn about the history of tequila and the production process, before the main highlight - a tasting session. Sip, don't shoot!

Coco Bongo Disco and Show

Playa del Carmen

90USD

Coco Bongo lives up to its name. Visitors describe it as “insane”, “exciting” and “amazing”. This Vegas-style disco and show features a range of high energy acts including Elvis, Lady Gaga, Moulin Rouge and more. The price includes all your drinks and the show is cheaper on weekdays. Go wild!

Akumal Beach Visit

Akumal

20USD

1h-4h

55km

Akumal is the place to visit if you're looking to escape from the crowds. Take a shared van (colectivo) and head for this small town and beach between Playa del Carmen and Tulum. Known as the “land of turtles”, float in the clear waters of this protected bay and spot green turtles feeding on the sea grass.

Opt to snorkel with stingrays and nurse sharks at Hol Chan Marine Reserve, go diving or just chill out, Belizean style.

Mention Belize and you may conjure up visions of unbelievably clear blue waters, diving and snorkelling along the barrier reef and remarkable marine life. Belize also boasts huge swaths of jungle, ancient Mayan ruins, and above all, friendly, easygoing people. Belize is all this and much more!



## Accommodation

Tropical Paradise Hotel (or similar)

Hotel



## Today's Activities

Private Vehicle

Playa del Carmen - Chetumal

4h

315km

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

The drive time to Chetumal depends on traffic conditions.

Border Crossing (Mexico - Belize)

Chetumal - Santa Elena

30m-1h30m

Arrive at the Mexican border then go to immigration to get passports stamped and pay the exit fee. After a quick trip on the bus, grab your luggage and pass through Belizean immigration and customs. Get back on the bus with your stuff and get ready to start exploring Belize.

Local Bus

Santa Elena - Belize City

3h-4h

158km

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

Public buses in Belize are old retired American school buses. Luggage is piled in the back of the bus and people will often stand in the aisle as the bus fills up. Your CEO will pay your fare so if the conductor asks you for money, just point to your CEO.

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.

Days 17–18

## Caye Caulker

Opt to snorkel with stingrays and nurse sharks at Hol Chan Marine Reserve, go diving or just chill out, Belizean style.

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### Accommodation

Tropical Paradise Hotel (or similar)

Hotel



## Optional Activities - Days 17-18

Hol Chan Marine Reserve Day Tour

Caye Caulker

6h-7h

Explore the oldest marine reserve in Belize with a full-day tour filled with snorkelling and sightseeing. The tour includes stops at three popular snorkelling destinations – the Hol Chan Channel, Shark and Ray Alley, and Coral Gardens. Stop at two additional viewing spots to marvel at tarpon and manatees. Expect to see an abundance of angelfish, blue-striped grunts, schoolmaster snappers, and hundreds of other varieties of species in their natural surroundings. Keep your eyes peeled to see green moray eels poking out from their tiny caves.

Tour Includes: snorkeling mask, fins/flippers, lunch, assortment of tropical fruit, water, and other snacks.

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.

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.

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.

Day 19

## Caye Caulker/San Ignacio

Travel by boat and bus from Caye Caulker to San Ignacio. Enjoy an included pottery demonstration and local lunch at a G Adventures-supported women's pottery cooperative.

From the town of San Ignacio, opportunities abound for exploring Belize's little known inland scenic beauty. With free time here, choose to explore the area by foot, canoe or horse, take a caving trip, or visit the Mountain Pine Ridge Area and swim in its inviting pools and rivers.



### Meals included

Lunch



### Accommodation

Kawoq Hostel (or similar)

Hostel



### Today's Activities

Water Taxi

Caye Caulker - Belize City

45m-1h

39km

Jump in and cross the water to the next stop.

Local Bus

Belize City - San Ignacio

3h

123km

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

#### ACTIVITY

Like in many places around the world, education for women in the village of San Antonio isn't prioritized. Girls don't typically attend school beyond primary levels. So a women's cooperative was founded here, as a way for underprivileged women to earn income, learn new skills, and share centuries-old Mayan techniques and knowledge. Visit the pottery workshop, which is newly expanded with an investment from G Adventures. Meet some of the women who've found community within its walls and gain insight into the tradition of throwing pots. Afterward, enjoy lunch together with these inspiring and unforgettable women, sampling traditional foods of the Cayo region.



### Optional Activities - Day 19

## 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.

Opt to visit the sacred Mayan cave Actun Tunichil Muknal or check out the seldom-visited Mayan ruins of Xunantunich.



## Accommodation

Kawoq Hostel (or similar)

Hostel



## Optional Activities - Day 20

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

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.

Learn about Mayan culture and history on a guided tour of the ruins of Tikal.

Cross the border into Guatemala and you immediately notice the difference in culture, with its heavy Mayan influence and Spanish language. Here we have entered Guatemala's northeast jungle Petén region. The descendants of the Maya of Chichén Itzá migrated to the Petén area several centuries after the collapse of the great Mayan cities in the Yucatán.

En route to Flores, stop for a guided tour of the ancient city of Tikal. Arrive in Flores, the capital of the department of Petén, a small island located on the second largest lake of Guatemala, Lake Petén Itzá.



## Accommodation

Peten Express Hotel (or similar)

Hotel



## Today's Activities

Taxi

San Ignacio - Benque Viejo del Carmen

15m-30m

5km

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

Border Crossing (Belize - Guatemala)

Benque Viejo del Carmen - Melchor de Mencos

30m-1h30m

Grab your bags from the vehicle and head to immigration after paying the exit fee. Passports get stamped in immigration and then passed to your CEO for the short walk (200m) to the Guatemalan border where the entrance fee is paid. Lend a hand loading luggage into the vehicle while your CEO gets all the passports stamped. Welcome to Guatemala!

Private Vehicle

Melchor de Mencos - Tikal

1h30m-2h30m

100km

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

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.

Private Vehicle

Tikal - Flores

1h-1h30m

64km

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

Day 22

## Flores/Rio Dulce

Travel across the country towards the coast to Rio Dulce, on the shores of Lake Izabal.

A travel day from Flores to Rio Dulce which is located in the department of Izabal, home of the largest lake in Guatemala, Lake Izabal was one of the most important water ways of the Spanish crown during colonial times.

We take the road past areas of dense jungle and arrive at Río Dulce, a small town on Lake Izabal and a port stop for boaters around the globe, on their way to/from Livingston and the Caribbean coast.



### Accommodation

Hotel Hacienda Tijax (or similar)

Hotel



### Today's Activities

Private Vehicle

Flores - Rio Dulce

4h-5h

210km

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

Day 23

## Rio Dulce

Travel to the Caribbean town of Livingston by scenic boat ride from Rio Dulce. Enjoy a visit to the G Adventures-supported El Manglar Restaurant for an explanation of the women-led community initiative project here. Then, walk around the grounds before a sit-down lunch of delicious local flavours.



### Meals included

Lunch



### Accommodation

Hotel Hacienda Tijax (or similar)

Hotel



### Today's Activities

Scenic Boat Ride to Livingston

Rio Dulce - Livingston

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".

#### ACTIVITY

El Manglar Restaurant in Guatemala is a women-led community tourism initiative founded by the Cayo Quemado Women's Committee with the aim of creating new job opportunities within the community. During your visit you will begin with a welcome given by the women of the committee and receive a brief introduction to the workshop. Then, there will be a short walk around the property, including a full explanation of the project, its impact, and culture before you all sit down for lunch at the restaurant. Every traveler that visits Cayo Quemado has a direct impact on their community.

Day 24

## Rio Dulce/Antigua Guatemala

Enjoy an orientation walk of Antigua's cobblestone streets, then opt to take a salsa lesson and practice new moves out at night.

Today is a travel day from Rio Dulce to Antigua, followed by an orientation walk once you arrive. Plan your activities for the next day and enjoy some of the nightlife this beautiful colonial city has to offer.

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### Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel

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### Today's Activities

Private Vehicle

Rio Dulce - Antigua Guatemala

6h-7h30m

315km

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

Orientation Walk - Antigua

Antigua Guatemala

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.

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### Optional Activities - Day 24

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!)

Day 25

## Antigua Guatemala

Enjoy a free day in Antigua. Opt to relax with a massage, climb a volcano, soak up the culture in one of the city's many cafés, or explore the nearby hills and towns by bike.

Get adventurous and pre-book the Pacaya Volcano Hike on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.



### Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel



### Optional Activities - Day 25

Cycling

Antigua Guatemala

30-50USD

1h-5h

Get off the beaten track and discover the treasures of Guatemala. Enjoy an adventurous ride with incredible views ranging from wide open fields, volcanoes, local villages, and coffee plantations. There are full-day and half-day tours that vary in difficulty level. Have your CEO make a reservation.

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.

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.

Acatenango Volcano Climb

Antigua Guatemala

145USD

10h-12h

Interested in a major physical challenge? Spend the day hiking the active Acatenango Volcano located to the west of Antigua. Bring lots of water, your camera and hope for clear skies to see a spectacular view of neighbouring Fuego and possibly even Pacaya beyond. Make no mistake, this is a very challenging climb but well worth it.

Massage

Antigua Guatemala

30-60USD

30m-2h

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

Finca Filidelfia Coffee Tour

Antigua Guatemala

25USD

2h-3h

1-2km

Travel a short 10-minute ride outside of Antigua to the Finca Filadelfia coffee plantation. Walk through the plant nursery, explore the rows of coffee plants, pick a coffee "cherry" (each one has two beans inside), then discover the various stages that go into making the perfect cup of quality coffee. The farm also has a restaurant and zipline for those who opt to fly above the canopy to spot the very best beans.

Pacaya Volcano Hike

Antigua Guatemala

Ever wanted to get up close and personal with an active volcano? Now's your chance! Pacaya is the perfect spot for first time volcano adventurers – start the day with a short (but steep!) hike to reach the dried lava flows at the base of the volcano before enjoying time exploring the martian-like landscape. Try roasting marshmallows over a heat vent or climb your way through one of the lava tubes carved out by molten rock. There may not be any visible lava flows, but the sheer size and force of Pacaya is something you'll be talking about for years to come.

Day 26

## Antigua Guatemala/Panajachel

Travel to beautiful Lake Atitlán and enjoy the views.

Travel through the hills and fertile fields of the Guatemalan highlands to the shores of Lake Atitlán, one of the most beautiful spots in Guatemala. Twelve native villages, blue/grey mountains and three volcanoes line the shores of this lake resulting in a wonderful combination of unusual natural beauty and traditional culture.

The area is also ideal for outdoor pursuits like swimming, fishing, wind surfing, hiking, bird watching, kayaking, and horseback riding.

Note: Please dress conservatively when visiting the villages and refrain from photographing religious ceremonies, or individuals who do not wish to be photographed.



### Accommodation

Kamol Bey (or similar)

Hotel



### Today's Activities

Private Vehicle

Antigua Guatemala - Panajachel

4h

80km

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



### Optional Activities - Day 26

Massage

Panajachel

Revive sore muscles with a relaxing massage.

Kayaking

Lago de Atitlán

Grab your life jacket and tour local waters by kayak. Get up close to marine life and see many sights you may miss on shore.

Swimming

Lago de Atitlán

Grab your bathing suit and go for a refreshing swim.

Day 27

## Panajachel/San Juan La Laguna

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. Opt to bargain for colourful textiles and paintings at the lake's markets.



### Meals included

Dinner



### Accommodation

Rupalaj Kistalin Posada Homestay (or similar)

Homestay



### Today's Activities

Boat

Panajachel - San Juan La Laguna

30m-45m

25km

Climb aboard and get your float on.

#### 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.



### Optional Activities - Day 27

Shopping

San Juan La Laguna - Panajachel

Scour the local shops and stalls for unique wares to remind you of your travels to the region.

Day 28

## San Juan La Laguna/Antigua Guatemala

Return to Antigua, and enjoy a Big Night Out with the group.

We return to Antigua to spend more time to explore the city, shop, and check out optional activities in the area.

Optional activities include visiting a macadamia nut farm, checking out a coffee plantation, biking around Antigua's surrounding hills or taking a salsa lesson.



### Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel



### Today's Activities

Boat

San Juan La Laguna - Panajachel

30m-45m

25km

Climb aboard and get your float on.

Private Vehicle

Panjachel - Antigua Guatemala

3h-4h

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

Those prone to motion sickness should plan with anticipation. Although it is a relatively short distance to be travelled, there are many hills and winding roads.

### ACTIVITY

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.



### Optional Activities - Day 28

Massage

Antigua Guatemala

30-60USD

30m-2h

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

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!)

Day 29

## Antigua Guatemala

Enjoy free time to relax with a massage, explore the nearby hills by bicycle, or visit a local macadamia nut farm.

Get adventurous and pre-book the Pacaya Volcano Hike on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.



### Accommodation

Antigua Lemon Tree Hostel (or similar)

Hostel



### Optional Activities - Day 29

Cycling

Antigua Guatemala

30-50USD

1h-5h

Get off the beaten track and discover the treasures of Guatemala. Enjoy an adventurous ride with incredible views ranging from wide open fields, volcanoes, local villages, and coffee plantations. There are full-day and half-day tours that vary in difficulty level. Have your CEO make a reservation.

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.

Massage

Antigua Guatemala

30-60USD

30m-2h

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

Finca Filidelfia Coffee Tour

Antigua Guatemala

25USD

2h-3h

1-2km

Travel a short 10-minute ride outside of Antigua to the Finca Filadelfia coffee plantation. Walk through the plant nursery, explore the rows of coffee plants, pick a coffee "cherry" (each one has two beans inside), then discover the various stages that go into making the perfect cup of quality coffee. The farm also has a restaurant and zipline for those who opt to fly above the canopy to spot the very best beans.

Ever wanted to get up close and personal with an active volcano? Now's your chance! Pacaya is the perfect spot for first time volcano adventurers – start the day with a short (but steep!) hike to reach the dried lava flows at the base of the volcano before enjoying time exploring the martian-like landscape. Try roasting marshmallows over a heat vent or climb your way through one of the lava tubes carved out by molten rock. There may not be any visible lava flows, but the sheer size and force of Pacaya is something you'll be talking about for years to come.

Day 30

## Antigua Guatemala/Copán

Set off today on a full day of travel from Antigua across the border to neighboring Honduras, arriving to the town of Copán Ruinas in the evening.

The colonial highland town of Copán Ruinas is a charming and relaxing place, set along a river in the coffee growing region close to the Guatemalan border.

The Mayan ruins of Copán are fascinating, beautiful and unique among Mayan cities. Declared a World Heritage Site by UNESCO in 1980, Copán contains some of the most important Mayan ruins found to date, and many unusual artistic features, including some of the most detailed carving in the Mayan world.



### Accommodation

Hotel Brisas de Copan (or similar)

Hotel



### Today's Activities

Private Vehicle

Antigua Guatemala - Copán

8h-9h

280km

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

Border Crossing (Guatemala-Honduras)

El Florido

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

Day 31

## Copán

Free time in Copán. Opt to visit the ruins of Copán or soak in hot springs.

Free time in Copan. Opt to visit the impressive Copan ruins and check out some lesser known Mayan sites along the way. Knowledgeable local guides can interpret the many Mayan carvings left here over 1,000 years ago. You can also journey through the countryside to some hidden jungle hot springs for a relaxing soak.



### Accommodation

Hotel Brisas de Copan (or similar)

Hotel



### Today's Activities

Free Time

Copán

Free time in the town of Copán. Opt to visit the Copán Ruins, explore the hills, or soak in hot springs.



### Optional Activities - Day 31

Luna Jaguar Hot Springs Visit

Copán

50USD

Take a scenic drive through the back roads of Copán Ruinas to hot springs at Luna Jaguar. Take a relaxing soak in one of the pools, surrounded by the jungle. If all that lounging around has worked up your appetite, opt to enjoy a barbeque lunch on site.

Entrance - Copan Ruins

Copán

25USD

2h-3h

Step back in time more than a 1,000 years to discover the ancient Mayan site of Copán. Walk across grassy plazas and examine intricately carved stone stelae (tall monuments) depicting various gods and rulers. Admire the artistry and scale of the temples, ball court and well-preserved hieroglyphic stairway and understand why this is a UNESCO World Heritage Site. Be sure to visit the museum to see Mayan artifacts and a life-sized replica of the Rosalila Temple.

Cross the border into El Salvador and stay in the colonial town of Suchitoto. Don't forget to try the delicious pupusas, a local Salvadorian specialty.

Prepare for the long travel day with snacks.



## Accommodation

Posada Alta Vista (or similar)

Hotel



## Today's Activities

Private Vehicle

Copán - Suchitoto

8h

400km

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

Border Crossing (Honduras - Guatemala)

El Florido

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

Border Crossing (Guatemala - El Salvador)

Ermita - Anguiatú

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

Day 33

## Suchitoto/La Libertad Region

Enjoy a free morning in Suchitoto before heading to the coast in the La Libertad region. The sunsets in these small surfing towns are stunning. Grab a cold drink and enjoy!

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### Accommodation

Atami Escape Resort (or similar)

Hotel

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### Today's Activities

Free Time

Suchitoto

Enjoy a free morning to check out this colonial city.

Private Vehicle

Suchitoto - Playa El Tunco

3h

100km

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

Day 34

## La Libertad Region

Enjoy a free day in the laidback beach towns of the area to take a surf lesson, eat fresh ceviche at the fish market in nearby La Libertad, visit the Tamanique waterfalls, or chill out with a beer in hand.

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### Accommodation

Atami Escape Resort (or similar)

Hotel

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### Today's Activities

Free Time

Playa El Tunco

Enjoy a free day to do as much or as little as you'd like in this beach town.

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### Optional Activities - Day 34

Surfing Lesson

60USD

Grab your swimsuit and get ready to hang ten! Learn how to find and ride the waves with surfing lessons from local experts. Enjoy the fresh sea air, and try to spot local marine life while enjoying the waters.

Set off early for a full day of travel by land and sea to Nicaragua, finishing up in colonial León with a brief orientation walk.



## Accommodation

Hotel Hellenika (or similar)

Hotel



## Today's Activities

Private Vehicle

Playa El Tunco - La Unión

4h

205km

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

Boat

La Unión - Potosí

3h

Climb aboard and get your float on.

Border Crossing (El Salvador - Nicaragua)

La Unión - Potosí

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

Potosí - León

3h

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

Orientation Walk

León

Take a brief walk of the historic center of León. Pass through the central park, the local market, and various historical churches.

Journey to Granada and see its colourful colonial buildings on an orientation walk. Enjoy a Big Night Out with the group.

Granada's colonial charm is complemented by the active volcanoes and lakes that surround it, and there are many fun easy day trips available. Hike, cruise, or just explore the city's markets and museums.

Walking is probably the easiest way to see all the sights of Granada.



## Accommodation

Hotel Posada del Sol (or similar)

Hotel



## Today's Activities

Private Vehicle

León - Granada

2h

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

Orientation Walk - Granada

Granada

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.

### ACTIVITY

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.



## Optional Activities - Day 36

Masaya Volcano Day Excursion

Granada

40USD

Experience the energy and excitement of getting up close and personal with an active volcano. See the crater spew smoke and gas. Walk in a moonscape of lava rocks and stunted shrubs. Stop by the visitor's centre and learn about the history of Masaya and many other volcanoes in Nicaragua. Next,

stop at the Masaya Artesan Market filled with ceramics, woodcrafts, hammocks, cigars and leather works. Take in the view at the Laguna de Apoyo lookout and wrap up the tour in San Juan de Oriente, a local pottery and ceramics workshop.

Free time to explore beautiful Granada's markets, buildings and museums. Opt to kayak in Lake Nicaragua or swim in Laguna de Apoyo.

Free time to explore beautiful Granada's busy markets, colonial buildings and museums on foot or take a horse and carriage ride around town. Enjoy a meal on the "calzada", a pedestrian street that extends from the center of town down to Lake Nicaragua.

There are many optional activities to do just outside of town as well. Walk in the forest at the top of Mombacho Volcano, kayak around the isletas in Lake Nicaragua or swim in Laguna de Apoyo.



## Accommodation

Hotel Posada del Sol (or similar)

Hotel



## Optional Activities - Day 37

Mi Museo Cultural Museum

Granada

5USD

Step back into the 16th century in the San Fransisco Convent, Nicaragua's oldest and largest museum. See pre-Columbian statues, archival photos of Granada, paintings, religious wooden artifacts. Admire the colonial architecture, with its wooden beams, courtyard and clay tile roof.

Hiking

Granada

Take a trip up the steep slopes of the Mombacho Volcano, 10km (6 mi) from Granada, past coffee plantations and cloud forest. Bring a sweater for the cool, windy weather. Trek along marked trails, past cloud-kissed plants and abundant wildlife, to see fumaroles, craters and possibly a view (although the summit is often cloud-covered). Look down and try to spot the Mombacho salamander.

Market Exploration

Masaya

Masaya is the mecca of markets. Go there if you like to shop. Prepare to haggle. Look for hammocks, wooden bowls, engraved pottery, folk art paintings, and embroidered blouses.

Laguna de Apoyo Visit

Granada

35USD

Travel less than half an hour from Granada to the picturesque Laguna de Apoyo. The warm clean waters of this lake are said to have healing properties; this former volcano crater is nature's giant

bathtub, filled by natural springs and rain water from the past 20,000 or so years. Hike the forested trails in the surrounding hills. See hummingbirds, monkeys, and toucans. Slip into the mild waters and enjoy a peaceful swim. How many people can boast they swam in a volcano?

Get to know local friends during a 2-night G Adventures-supported community homestay on Ometepe. Try the local cuisine and test out some language skills.

From the town of San Jorge, we cross Lake Nicaragua by ferry to arrive at Ometepe Island, formed from two volcanoes, one active and one dormant that rise out of the middle of the lake. The limited development and traditional communities create a welcoming relaxed atmosphere.

The group will be split up amongst different local families who will host you in their homes for two nights in a small community on the island. Breakfast and dinner will be provided in the home. This experience give you a chance to see how rural Nicaraguans live.



## Meals included

Dinner



## Accommodation

Puesta del Sol Homestay (or similar)

Hotel



## Today's Activities

Local Bus

Granada - Rivas

1h15m-1h45m

70km

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

Local Bus

Rivas - San Jorge

15m-30m

5km

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

Ferry

San Jorge - Moyogalpa

1h

10km

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Moyogalpa - Isla de Ometepe

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

ACTIVITY

Stay with a local family by the lake in the small rural village of La Paloma, near Moyogalpa, on Ometepe Island. Your presence is supporting this community-owned and operated business. The Planeterra Foundation helped launch the project and trained up the community to host G Adventures travellers. While you're here, practice Spanish, enjoy authentically-cooked fresh food and hike the nearby trails.

Enjoy free time to explore Ometepe. Opt to climb Volcano Concepción or Volcano Maderas, take a cultural tour, visit the beach at Santo Domingo, or visit el Ojo de Agua for a refreshing swim and lunch. You can also view pre-Columbian petroglyphs or the small museum of indigenous artifacts in Altagracia.

Today is a free day in Ometepe. We get to spend more time with the local host families and see more of the island. Opt to climb either of the two volcanoes on the island, view petroglyphs left by the island's original inhabitants, walk or kayak in Charco Verde reserve, swim in clear spring water at Ojo de Agua, lay on the beach or explore the island on bicycle.



### Meals included

Breakfast | Dinner



### Accommodation

Puesta del Sol Homestay (or similar)

Hotel



### Today's Activities

Free Time

Isla de Ometepe

Free time in Ometepe. Spend time with the local host families and see more of the island. Opt to climb either of the two volcanoes on the island, view petroglyphs, walk or kayak in Charco Verde reserve, swim in clear spring water at Ojo de Agua, lay on the beach or explore the island on bicycle.

#### ACTIVITY

Stay with a local family by the lake in the small rural village of La Paloma, near Moyogalpa, on Ometepe Island. Your presence is supporting this community-owned and operated business. The Planeterra Foundation helped launch the project and trained up the community to host G Adventures travellers. While you're here, practice Spanish, enjoy authentically-cooked fresh food and hike the nearby trails.



### Optional Activities - Day 39

## Swimming

Isla de Ometepe

Free

Swim the cool waters of Lake Nicaragua, also known as Mar Dulce (Sweet Sea). Fed by more than 40 rivers, it's the largest lake in Central America and the tenth largest freshwater lake in the world. Also check out local swimming holes fed by underground springs and enriched with therapeutic minerals to both relax and invigorate the senses.

## Hike Concepcion Volcano

Isla de Ometepe

45USD

10h-12h

The steep terrain of this active volcano make Concepción the most difficult climb in all of Nicaragua. Plan on a round trip duration of 10-12 hours of sweaty, muddy, humid and windy climbing. Bring lots of water and food. The rewards can include breathtaking views of the isthmus of Ometepe, Maderas Volcano, Chontales, and Costa Rica to the south, as well as vegetation unique to this volcano.

## Ometepe Island Cultural and Pre-Columbian Petroglyphs Tour

Isla de Ometepe

45USD

3h-4h

There's something special about coming across a boulder in a field, now covered in moss, and engraved in circles or images made by someone who lived in the area thousands of years ago. Discover Ometepe's pre-Columbian petroglyphs (rock carvings) and stone statues, along with pieces of ancient ceramic urns and utensils. Learn the history and significance of these artifacts dating back to 1000 BC. Includes a stop at hot springs and the beach.

## Ojo de Agua (Swimming Hole)

Isla de Ometepe

10-15USD

Head off on horseback along the shore of Lake Ometepe, past plantain plantations and rugged scenery.

Day 40

## Isla de Ometepe/Monteverde

Take a ferry back to the mainland and cross the border into Costa Rica, finishing up in the cloudforest air of Monteverde.

At 1,400 meters above sea level, Monteverde is literally in the clouds. The Monteverde and Santa Elena Cloud Forest Reserves are home to diverse and unique flora and fauna. Sloths, monkeys, kinkajous, tapirs and large cats inhabit the area. There are more species of orchids here than anywhere else in the world.



### Meals included

Breakfast



### Accommodation

Hotel Manakin (or similar)

Hotel



### Today's Activities

Private Vehicle

Moyogalpa - Isla de Ometepe

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

Ferry

Moyogalpa - San Jorge

1h30m

10km

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Local Bus

San Jorge - Rivas

15m-30m

5km

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

Local Bus

Rivas - Peñas Blancas

1h

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

Border Crossing (Nicaragua - Costa Rica)

Peñas Blancas

Be prepared to walk with bags approximately 10 minutes between the Nicaragua and Costa Rica border stations.

Private Vehicle

Peñas Blancas - Monteverde

4h

190km

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

Free day in Monteverde. Opt to visit a cloud forest reserve, fly through the jungle canopy via zipline, or tour a coffee plantation.

The day is free to choose from many optional activities. Fly hundreds of meters above the trees on a zip-lining tour, hike through one of the cloud forest reserves, ride a horse in the mountains, visit a coffee/sugar cane farm, tour the cheese factory or check out the orchid garden, serpentarium, or frog pond in town.



## Accommodation

Hotel Manakin (or similar)

Hotel



## Optional Activities - Day 41

Monteverde Butterfly Garden Visit

Monteverde

20USD

Get close to butterflies, bump into giant bugs, and make friends with hairy eight-legged spiders in this collection of gardens nestled in the mountains of Monteverde. Observe caterpillars, take prize-worthy photos of the iridescent blue morpho butterfly, and check out the leaf-cutter ant colony. The nature centre is home to 30 species of butterfly, a whole bunch of insects, and more.

Santa Elena Cloud Forest Visit

Monteverde

35-50USD

Pull on your poncho and boots and head into the cloud-covered forest, past over-sized ferns and exotic orchids. Harness your inner Tarzan as you imagine swinging from the forest's giant vines, trudge along 12 km of trails, watch for wildlife and trek to the top of the observation tower. Be sure to stop and listen too. Hear the haunting hollow call of the bellbird and perhaps catch sight of the brilliant green and red resplendent quetzal. Feel good about protecting the preserve and sustaining the quality of local schools through payment of your park fees.

Sky Walk

Monteverde

55USD

Get up high to see the tree tops of Monteverde's Cloud Forest from a bird's eye view. Cross a series of suspension bridges to discover the early ropes and pulleys that early biologists required to glimpse – a lush, green vista accented by bromeliads, vines, and orchids. Wonder at this wet canopy, home to thousands of species of birds, small animals, amphibians and insects (making up 90% of all the organisms in the forest).

Ziplining

Monteverde

3h-4h

Buckle up your harness, don your helmet, and prepare to launch. Glide along cables suspended high above the cloud forest canopy. Dare to let go and reach top speeds as you zip past stunning scenery. Forget your fear as you spot a toucans or exotic orchids in this adrenaline-filled experience. Minimum age: 6.

CASEM Coop Visit

Monteverde

CASEM—the Cooperative of Artisans Santa Elena Monteverde—is an inspiring example of female empowerment and teamwork. By focusing on providing women artisans with the opportunity to gain economic independence and develop new skills, this G for Good Project helps improve the quality of life for its members and strengthens the community. Through the marketing of their products, CASEM Coop not only supports its 90 artisan members, but also promotes the culture and traditions of the Monteverde region. Stop by the restaurant on your way out to try some delicious local food!

Costa Rica Adrenaline Bundle

La Fortuna

CANYONING (Half-day Arenal)

Rappel, down-climb, river-trace, and descend huge waterfalls in the rugged mountains and lush rainforests around Costa Rica's Arenal Volcano.

ZIPLINING (Half-day Monteverde)

Get a true bird's-eye view of the rainforest canopy as you soar through the trees on a Tarzan swing, a giant rappel, and a 137-meter-high (450-foot) zipline.

Please note the prices listed does not include the IVA Tax.

Please note that passengers must weigh between 45-100kg (100 - 220 lbs) and be at least 130cm (4'3 ft) tall to participate in these activities.

Monteverde Coffee Plantation Tour

Monteverde

40USD

No trip to Costa Rica is complete without visiting a coffee plantation. Head to Café Monteverde and learn how this fair trade coffee goes from crop to cup. Pick ripe berries, watch how the beans are separated from the husk, then observe the drying and roasting process. Sample and buy some of these excellent beans. The Santa Elena coffee co-op prides itself on sustainable practices: it recycles processing water, uses coffee pulp for fertilizer, and sends plant fibers and husks to make paper.

Monteverde Horseback Riding

Monteverde

45USD

2h30m-3h

Enjoy Monteverde's breath-giving wilderness by horseback. Spot toucans, bellbirds, and parrots as you ride through private mountain trails along the primary and secondary forest. Meet monkeys, see sloths,

and possibly glimpse the Gulf of Nicoya through the clouds. Take photos, inhale the pure air, and let your horse lead you on this memorable meander in misty Monteverde.

Day 42

## Monteverde/La Fortuna

Transfer to La Fortuna along bumpy roads, then break up the journey with a peaceful boat ride on Lake Arenal before a short ride to the town.

The trip from Monteverde to La Fortuna takes us down from the cloud forest and across Costa Rica's largest lake. The town of La Fortuna lies at the base of the Arenal Volcano, which dominates the landscape rising to 1670 meters high. The town has become famous as the adventure sports capital of Costa Rica.

Choose your adventure! Canyoning, white water rafting, hiking, caving, rafting, horseback riding, paddleboarding, kayaking, visiting a wildlife refuge, and even more activities are all possible options for you to choose from while we're here.



### Accommodation

Arenal Backpackers Resort (or similar)

Hotel



### Today's Activities

Shared Van

Monteverde - Laguna de Arenal

3h30m

Climb aboard and make friends with your seatmate en route to the next stop.

Boat

Laguna de Arenal

45m

Climb aboard and get your float on.

Shared Van

Laguna de Arenal - La Fortuna

30m-45m

Climb aboard and make friends with your seatmate en route to the next stop.

Free Time

La Fortuna

Free time to enjoy the La Fortuna and Arenal area.



### Optional Activities - Day 42

### La Fortuna Waterfall Swim

La Fortuna

20USD

Take a walk, taxi, or horse just outside the town of La Fortuna to the nearby waterfall. Once at the gate, pay a fee then start the descent on rough steps (more than 500 of them!) to get to the base of the falls. The water cascades 65m (200 ft) down the side of the dormant Cerro Chato. Sit on the rocks, get sprayed, watch for iridescent blue morpho butterflies and then plunge into the cool waters. Please note the price listed does not include the IVA Tax.

### Ecotermas Hot Springs

La Fortuna

64USD

3h-5h

Relax in the shadow of the Arenal Volcano immersed in one of the naturally heated pools at Ecotermas. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise. Please note the price listed does not include the IVA Tax.

### Costa Rica Adrenaline Bundle

La Fortuna

#### CANYONING (Half-day Arenal)

Rappel, down-climb, river-trace, and descend huge waterfalls in the rugged mountains and lush rainforests around Costa Rica's Arenal Volcano.

#### ZIPLINING (Half-day Monteverde)

Get a true bird's-eye view of the rainforest canopy as you soar through the trees on a Tarzan swing, a giant rappel, and a 137-meter-high (450-foot) zipline.

Please note the prices listed does not include the IVA Tax.

Please note that passengers must weigh between 45-100kg (100 - 220 lbs) and be at least 130cm (4'3 ft) tall to participate in these activities.

Free time to enjoy the La Fortuna and Arenal area.

Choose your adventure! Canyoneering, hiking, caving, rafting, horseback riding, paddleboarding, kayaking, visiting a wildlife refuge, and even more activities are all possible options for you to choose from while we're here.



## Accommodation

Arenal Backpackers Resort (or similar)

Hotel



## Optional Activities - Day 43

La Fortuna Waterfall Swim

La Fortuna

20USD

Take a walk, taxi, or horse just outside the town of La Fortuna to the nearby waterfall. Once at the gate, pay a fee then start the descent on rough steps (more than 500 of them!) to get to the base of the falls. The water cascades 65m (200 ft) down the side of the dormant Cerro Chato. Sit on the rocks, get sprayed, watch for iridescent blue morpho butterflies and then plunge into the cool waters. Please note the price listed does not include the IVA Tax.

Mountain Biking

La Fortuna

79USD

3h-5h

13-15km

Rent a bike and head off along one of the backroads outside of town. Take the road to San Ramon and turn right on the road toward the waterfall. Or take a guided cycling tour and pick one of three routes of varying difficulty. Please note the price listed does not include the IVA Tax.

Costa Rica Adrenaline Bundle

La Fortuna

**CANYONING (Half-day Arenal)**

Rappel, down-climb, river-trace, and descend huge waterfalls in the rugged mountains and lush rainforests around Costa Rica's Arenal Volcano.

**ZIPLINING (Half-day Monteverde)**

Get a true bird's-eye view of the rainforest canopy as you soar through the trees on a Tarzan swing, a giant rappel, and a 137-meter-high (450-foot) zipline.

Please note the prices listed does not include the IVA Tax.

Please note that passengers must weigh between 45-100kg (100 – 220 lbs) and be at least 130cm (4'3 ft) tall to participate in these activities.

Birdwatching

La Fortuna

Set out on a bird watching adventure with a local expert. Depending on the season, explore around Arenal Volcano and Lake, visit El Silencio Nature Reserve, or Finca Luna Nueva. The area around Arenal is home to more than 350 species of birds. Look for toucans, parrots, Montezuma Oropendolas, colourful tanagers, and parakeets.

Horseback Riding

La Fortuna

59USD

Enjoy Fortuna's fantastic wilderness on one of two different horseback riding options. Ride around the base of Arenal volcano or take a scenic trip to La Fortuna waterfall, passing through Maleuku village with opportunities to take a dip in the emerald green pool. Spot toucans, bellbirds and parrots as you ride private mountain trails through primary and secondary forest. Meet monkeys, see sloths, and possibly hear the rumble of the volcano. Take photos, inhale the pure air and let your horse lead you on this memorable meander.

Lost Canyon Adventures Canyoning

La Fortuna

90USD

Hold on tight and get ready to rappel down the face of rushing waterfalls. Fear and fun collide in the rainforest as you throw caution to the monkeys and launch yourself into nature. Get soaked and feel completely alive. Trek through rivers and keep your eyes peeled for exotic birds and wildlife. Let the action begin!

Caño Negro Wildlife Refuge Tour

La Fortuna – Caño Negro

65-133USD

Travel north to Caño Negro Wildlife Refuge near the Nicaraguan border. Take a guided tour by covered boat through one of the world's most important wetlands; home to a vast array of plants, birds, reptiles, fish, and mammals. Keep your eyes peeled and you may see a three-toed sloth or a Jesus Christ lizard. Please note the price listed does not include the IVA Tax.

Day 44

## La Fortuna/San José

Journey through the mountains to the capital for a final night out.

Return to San José for our final night out.

San José has beautiful parks, museums and theatres. Enjoy the view of the surrounding lush mountains from the downtown streets.

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### Accommodation

Hotel Lluvia de Oro (or similar)

Hotel

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### Today's Activities

Local Bus

La Fortuna - San José

3h-4h

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

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### Optional Activities - Day 44

Sarapiquí River Rafting

Sarapiquí

99USD

Duck, dodge, and paddle your way down the Sarapiquí River on this class 3 rafting trip. We like to call this section of the river "The Jungle Run" - don't miss the monkeys, iguanas and other amazing Costa Rican wildlife while you fly down the rolling rapids. Try and keep up while your guide directs the rafts and calls out directions... "Paddle Hard!" "Right Paddle!" "Back Paddle!" "Get Down!".

There's so much to see and do in San José so we recommend checking out what you can. From city tours to coffee experiences in the Central Valley, there's a variety to choose from for your full free day here. You can also choose to visit world-class museums, walk through parks, or find a delicious local spot to have some traditional Costa Rican food. In the evening choose to attend an optional group dinner nearby.



## Accommodation

Costa Rica Guesthouse (or similar)

Hotel



## Optional Activities - Day 45

Jade Museum (Museo del Jade Marco Fidel Tristán Castro) Visit

San José

15USD

Enjoy the brand new Jade Museum, housed on five floors of a building next to the Plaza de la Democracia in downtown San José. On display are nearly 7,000 pieces of pre-Columbian jade and a wide variety of archaeological artifacts made out of ceramic, bone, wood, shell and stone dating back to between 500 B.C. and 1500 A.D.

Central Market (Mercado Central) Visit

San José

San José's Central Market is a riot of sound, smell and souvenirs. Wander up and down the aisles to see everything from handicrafts to rubber boots, fresh fish, flowers, herbal remedies, and pretty much everything else you can imagine. Grab some cheap eats at a food counter. Be sure to protect your valuables.

Irazu Volcano Half Day Tour

San José

Leave San Jose behind this morning and drive past coffee plantations, fields and forests to the Irazú Volcano National Park. Start your day with some nature and begin the breathtaking summit of the Irazu Volcano. The ascent to the summit of this natural beauty is filled with cloud top views, an abundance of flora, and be sure to keep your eyes peeled for local birds and other critters. The top of the volcano allows for views of the beautifully coloured green crater lake. If you're lucky on a clear day you can even see both the Pacific Ocean and the Caribbean Sea to the east and west. Descend to the city of Cartago to stop at the Virgin of the Angels Basilica where you will learn about the local religious beliefs. The Basilica is exquisite with its large vaulted ceilings, custom stained glass windows, statues, carvings and other pieces of art and many believers make the pilgrimage all the way here to worship.

Day 46

## San José/Puerto Viejo de Talamanca

Catch a local bus from San José to the picturesque village of Puerto Viejo de Talamanca on Costa Rica's Caribbean coast. You'll find 14km (8.7 mi) of incomparable white and black sand beaches here all surrounded by exotic tropical vegetation. A true paradise to start the adventure. Set off on a CEO-led orientation walk upon arrival and then take advantage of free time to explore, unwind, and soak up the magic of Puerto Viejo. You'll have just enough time to dive into the town's laid-back rhythm and discover why this little corner of the Caribbean is so loved by travelers from all over the world. Whether you're craving beach time, a local bite, or a bit of spontaneous adventure, there's plenty to do (or not do –because relaxing counts too!)



### Accommodation

Hotel Agapi (or similar)

Hotel



### Today's Activities

Free Time

Puerto Viejo de Talamanca

You'll have free time today to explore, unwind, and soak up the magic of this Caribbean village. Choose between beach time, a local bite to eat, or a bike rental to pedal around and feel the salty sea air blow through your hair. Prepare to fall a little bit in love with this laid-back coastal gem.

Local Bus

San José - Puerto Viejo de Talamanca

5h

210km

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

CEO-led Orientation Walk of Puerto Viejo

Puerto Viejo de Talamanca

30m

Stroll through the main streets with your trusty CEO. Explore local shops, stop by cafés, and see where the key beach entrances, bike rental shops, and must-try restaurants and bars are. As you walk, gain a deeper sense the area's unique Afro-Caribbean culture and laid-back lifestyle.



### Optional Activities - Day 46

Bike Rental

Puerto Viejo de Talamanca

9USD

Rent a bike from a local shop and head out to explore.

Day 47

## Puerto Viejo de Talamanca

It's time to explore! Hop on a bike and ride to the beach with your CEO. Once here opt to try surfing if the waves are calling. Hit up beaches like Cocles, Punta Uva, and maybe even make it to Manzanillo. There will be stops along the way to grab a drink, jump in the ocean, and spot some animals. Later, the group will have free time to relax at the hostel, grab a coffee, find a hammock, and simply relax. You could also chat with your travel mates, play some cards together, or throw on a fun playlist and dance the night away to reggae and calypso for a true taste of this tropical paradise. Group hangout in the common area to spice up the evening, anyone?



### Accommodation

Hotel Agapi (or similar)

Hotel



### Today's Activities

Biking Puerto Viejo

Puerto Viejo de Talamanca

This morning, jump on a bike and take a ride around to a nearby beach with your CEO. You'll be out exploring and enjoying the scenery all day around Puerto Viejo.

Start time: 9 AM

End time: 5 PM

Free Time

Puerto Viejo de Talamanca

Embrace the beauty of Puerto Viejo and enjoy the beaches, chill vibes, and colourful nature of this Caribbean haven. Snap group photos, make up fun dances, and load up those reels for your social medias, because everyone at home wants to come along for the ride.



### Optional Activities - Day 47

Surf Lesson

Puerto Viejo de Talamanca

65USD

Grab a board and hit the waves. With knowledge and tips from a certified instructor you'll be hanging ten in no time.

The moment you have been waiting for...Panama! Cross the border today and travel by bus, boat, and foot to the lovely archipelago of Bocas del Toro. Your CEO will show the group around on a leisurely stroll through town. Check out the main spots, learn a bit about the local culture, and get the lay of the land. The archipelago of Bocas is a reflection of Afro-Caribbean culture. As you walk the streets you'll hear calypso and reggae rhythms, and guari-guari- a language that is a mixture of English, French and Spanish. After the walk, take some time to wander on your own, find a comfortable spot, breathe in the fresh air, and simply enjoy being present in one of Panama's favorite destinations for locals and travellers alike.



## Accommodation

Dreamers Hostel (or similar)

Hostel



## Today's Activities

Local Bus

Puerto Viejo de Talamanca - Sixaola

2h30m

30km

Settle in and scan the scenery from the window of a local bus between Puerto Viejo and the border with Panama.

Border Crossing (Costa Rica - Panama)

Sixaola - Guabito

1h

Cross the border between Costa Rica and Panama at Sixaola. Have your passports handy.

Private Vehicle

Guabito - Almirante

2h

43km

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

Water Taxi

Almirante - Bocas del Toro

30m

Sit back and enjoy the shared boat ride from Almirante to the paradise of Bocas del Toro.

CEO-led Orientation Walk - Bocas del Toro

Bocas del Toro

15m-30m

Follow your CEO and get the lay of the land and the good vibes of Bocas. The archipelago is a favorite destination among Panamanians and visitors. This north-westernmost province in the country allows you to become immersed in the cultures, mangroves, reefs, and perfect surfing waves, of this laid-back and sun-kissed paradise.

Free Time

Bocas del Toro

Spend a free evening in Bocas del Toro. Sit on the beach as the sun fades from the sky, hangout with your travel pals and have a night out on the town, or find a funky local spot and grab a meal together after a day of travel.

The tropical vibes continue during a full free day to enjoy all that Bocas del Toro has to offer. Think paddle boarding, kayaking, snorkelling, or maybe a bioluminescence tour later in the day. Choose to be as relaxed or active as you would like. Swimming, sunbathing, rocking in a hammock, or people watching from a cute local spot, are great options too.

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## Accommodation

Dreamers Hostel (or similar)

Hostel

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## Today's Activities

Free Time

Bocas del Toro

Feel like you have stepped into a 'Pirates of the Caribbean'-like paradise with plenty to discover. From snorkeling to deserted beaches, diving, starfish, coconuts, wildlife, delicious food, party places, and peaceful quietness, Bocas del Toro really does have something for everyone. Soak up some sunshine, take some pictures and videos, and find some fresh seafood to indulge in as you pretend you are marooned here forever, away from the stress of the world.

### ACTIVITY

Enjoy a night out on the town with your travel friends and truly let your hair down in the beach town of Panama's Bocas del Toro.

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## Optional Activities - Day 49

Bioluminescence Tour

Bocas del Toro

25USD

Learn about bioluminescence, micro-organisms that create light in the water, from an expert guide. Navigate by boat through the mangroves to the perfect spot to see the water light up. Stir up the water with your hand to light up the surrounding area or take a dip to see the glowing all around you like magical fairy dust.

\*Please note this experience is seasonal.

Bike Rental

Bocas del Toro

5-10USD

Rent a bike and pedal around to explore Bocas del Toro.

Day 50

## Bocas del Toro

Charge up those phones and cameras because you're going to want proof of today's activity! The group will enjoy a visit to the famous Starfish Beach, known for the hundreds of starfish that spend the day in the shallow waters of an isolated cove. Swim in the calm waters and enjoy the beauty before you. Travel back to the hostel in the afternoon and relax on your own. Grab some friends and head out for a fun local meal and some dancing, read a book in solitude, or try one of the optional activities you didn't have time for yesterday. There will be an optional group dinner tonight and everyone will walk there together if you choose to join.



### Accommodation

Dreamers Hostel (or similar)

Hostel



### Today's Activities

Free Time

Bocas del Toro

Spend time on your own or with the group in the beautiful atmosphere of Bocas del Toro. Swim, lounge, play a card game, dance in the street, and let the good times roll.

Starfish Beach Visit

Bocas del Toro

3h-8h

Starfish beach is known for the hundreds of starfish that spend the day in the shallow, calm water of this isolated cove. You can reach the beach by boat, shuttle, bike or 4x4 – once you arrive, grab a drink and see how many starfish you can spot while swimming in some of the calmest waters of Bocas.



### Optional Activities - Day 50

Bike Rental

Bocas del Toro

5-10USD

Rent a bike and pedal around to explore Bocas del Toro.

Bioluminescence Tour

Bocas del Toro

25USD

Learn about bioluminescence, micro-organisms that create light in the water, from an expert guide. Navigate by boat through the mangroves to the perfect spot to see the water light up. Stir up the water

with your hand to light up the surrounding area or take a dip to see the glowing all around you like magical fairy dust.

\*Please note this experience is seasonal.

Sunset Snorkelling Tour

Bocas del Toro

25USD

Experience a Caribbean sunset on the ocean while relaxing on the boat, a SUP board, or experience it as you bob in and out of the water while snorkelling. Once the sun goes down, watch Bocas del Toro light up along the shore with a rum punch or beverage of choice in hand and cheers to a beautiful night in paradise.

Pack those bags and travel back to the mainland today as the group heads to the mountain town of Boquete, where an abundance of outdoor activities await! Along the way pay a visit to the local indigenous Ngäbe community and learn about the process from which chocolate is derived and why cacao is so important to their culture. Arrive in the evening to Boquete and get settled in at your base for the next few nights. Choose to join an optional dinner at a local spot with the group.



## Accommodation

Hotel Oasis (or similar)

Hotel



## Today's Activities

Ferry

Bocas del Toro - Almirante

45m

Travel back to the mainland via ferry from Bocas del Toro.

Private Vehicle

Almirante - Boquete

3h30m

185km

Settle in and scan the scenery from the comfort of your private vehicle between Bocas del Toro and Boquete. There will be a stop en route at a G Adventures-supported community tourism initiative.

### ACTIVITY

Learn how chocolate is really made from planting the seed to tasting the final sweet bar. The group will visit a farm operated by the local Indigenous Ngäbe community where your guide will take everyone through the whole process and tell you about the history, trade side of things, and why cacao is so important to the local indigenous culture here in Panama. This handmade process focuses on the traditional ways of making chocolate to ensure the continuation of organic cocoa. At the end of the experience you will get to taste the chocolate bars, accompanied by yanikeke, traditional bread made with flour and coconut.

Everyone loves to feel that adrenaline kick in every now and then, and the wooded valley of Boquete surrounded by mountains is the perfect destination to make that happen. Enjoy a full free day here to discover the trails of lost waterfalls, hike to Baru Volcano, go whitewater rafting, or horseback riding. You can also choose to book a tour of a coffee plantation, hike through the cloud forest, or try spotting wildlife in the area. Craving some deeper connection after a day of activity? Choose to join the group and walk from the hostel to a nearby restaurant for an optional local dinner.



## Accommodation

Hotel Oasis (or similar)

Hotel



## Optional Activities - Day 52

Whitewater Rafting

Boquete

65USD

Buckle up your lifejacket, strap on a helmet and head out to where white water meets green jungle on Panama's Chiriqui Viejo River. Paddle down Class III+ rapids and hold on tight as the expert guide sets a course past boulders and over waterfalls. Feel alive and enjoy the ride.

Lost Waterfall Hike

Boquete

38USD

Discover three stunning waterfalls on this hike through the cloud forest. Trek through dense flora while keeping an eye out for local wildlife, before reaching the waterfalls for a refreshing swim. Dive in!

Horseback Riding

Boquete

40USD

Throw on some long pants, grab the reins and hop up on a well-trained horse. Trail ride through the scenic town of Boquete, home to the Barú Volcano National Park.

Coffee Plantation Tour

Boquete

30USD

Head out into the hills to visit one of the many coffee plantations in the region. Learn about the production process and have a sample or two of the locally-grown "café" while taking in the beautiful scenery.

Hiking

Boquete

40-85USD

1h-8h

3-10km

Choose from a variety of hiking tours, from low-impact routes through botanical gardens or challenging full-day trips to see waterfalls and unforgettable wildlife. Options include the Quetzal Trail (one of the most scenic hikes in Panama) or Baru Volcano.

Everyone wants more time in Boquete, so take another free day to try some of the optional activities you didn't have time for yesterday. Life is better when shared, so grab a buddy and opt in to one of the active activities together. Take pictures and videos of your experiences and push yourself out of your comfort zone in a place that largely celebrates being adventurous. Walk from the hostel to a local restaurant tonight for an optional group dinner and share stories of your experiences from today.

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## Accommodation

Hotel Oasis (or similar)

Hotel

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## Optional Activities - Day 53

Whitewater Rafting

Boquete

65USD

Buckle up your lifejacket, strap on a helmet and head out to where white water meets green jungle on Panama's Chiriqui Viejo River. Paddle down Class III+ rapids and hold on tight as the expert guide sets a course past boulders and over waterfalls. Feel alive and enjoy the ride.

Lost Waterfall Hike

Boquete

38USD

Discover three stunning waterfalls on this hike through the cloud forest. Trek through dense flora while keeping an eye out for local wildlife, before reaching the waterfalls for a refreshing swim. Dive in!

Boquete Cycling

Boquete

35km

Set off on a full day of cycling through the highlands around Boquete. Cycle along some paved and some gravel roads through highland forest past cattle farms and green hills along local roads. This day is all about enjoying the fresh mountain air of the Panamanian countryside, so take a deep inhalation and enjoy.

Coffee Plantation Tour

Boquete

30USD

Head out into the hills to visit one of the many coffee plantations in the region. Learn about the production process and have a sample or two of the locally-grown "café" while taking in the beautiful scenery.

Be enveloped by Panama's inland scenery today while the group travels from Boquete to Valle de Anton. Located in the middle of the crater of an inactive volcano, this quaint town is rich in green, fertile land, biodiversity, and full of adventure waiting for you. Arrive later in the day, get settled in the hostel, and perhaps go out for dinner with the group and cheers to a successful travel day.

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## Accommodation

Hotel Don Pepe (or similar)

Hotel

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## Today's Activities

Private Vehicle

Boquete - David

1h

49km

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

Local Bus

David - Las Uvas

6h

371km

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

Local Bus

Las Uvas - Valle de Antón

2h

30km

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

Valle de Anton is an ideal destination for travellers looking to hike, zipline, cycle, or soak in hot springs. If you're feeling really adventurous, opt to try the 30km (18.6 mile) Ruta de la Caldera, or choose one of its sections, the most iconic being El Gaital which reaches over 1,000 metres (3,281 ft) above sea level. You could also rent bikes and cycle around the town, or visit the Pozos Termales to soothe those muscles from yesterday's long bus rides. It's your time to enjoy the great outdoors, laugh with your travel family, and soak up the cool weather as you search for wildlife on your own. As always, there will be the option to join together with the group for dinner in the evening at a hip, local spot, and dish out stories about how you spent your free day here.



## Accommodation

Hotel Don Pepe (or similar)

Hotel



## Today's Activities

Free Time

Valle de Antón

Today is all yours to enjoy the charming atmosphere of Valle de Anton. From ziplining to hot springs, and hiking along the caldera, to cycling, there's no time to be bored. Search for wildlife in the forest, and walk around town to admire the gardens. Choose to be as active or relaxed as you need at this point in your adventure.



## Optional Activities - Day 55

Cerro Gaital Hike

Valle de Antón

3h-4h

7-8km

Hike through the lush tropical forests of Panama to the peak of Cerro Gaital. A relatively challenging, but rewarding trek that takes you to the top of the mountain with beautiful panoramic views of the surrounding area. The loop trail is 4.6 miles total.

Valle de Anton Hot Springs

Valle de Antón

Choose to enjoy a soak and relax in the area's hot springs. Perhaps, put some mud on your face and exfoliate those pores.

If you wish, enjoy a morning to sleep in before travelling by public bus to Panama City. Download those podcasts and playlists to enjoy along the way. Arrive in the late afternoon and join your CEO for an orientation walk to discover the main attractions like Casco Viejo, Plaza de la Independencia, and the Panama Cathedral. Then, enjoy free time in the evening to take a more in-depth city tour, stroll or bike along the Amador Causeway, the city's scenic boardwalk, or relax at your accommodation. Tonight is the perfect opportunity to enjoy the nightlife atmosphere of Panama's capital.



## Accommodation

Hotel Toscana Inn (or similar)

Hotel



## Today's Activities

Local Bus

Valle de Antón - Panama City

3h

127km

Enjoy travelling like the locals on a public bus between Valle de Antón and Panama City. Stop along the way to grab some lunch on your own.

Panama City CEO-led Orientation Walk

Panama City

1h

Panama City is much more than the country's capital. Enjoy the important sites of the old square as your CEO helps you become familiar with your newest destination. Some of the tallest skyscrapers in Latin America can be found here. It's where historical culture and bustling city life meet. Enjoy the breeze coming from off the Pacific and get a sense of the city's modern atmosphere.

Free Time

Panama City

The evening is yours to make of it what you wish. From walks along the scenic boardwalk, to exploring the old town, and finding a delicious local spot to grab dinner, the vibes here fit everyone's mood.

Day 57

## Panama City

Panama City has plenty to offer travellers. From walking along the Bay of Panama, to visiting the Metropolitan Natural Park's nature sanctuary in the middle of the city. If you're feeling up to it, you could even arrange a visit to the iconic Panama Canal about an hour outside the city. From great food to loads of archaeological sites and colonial history, there's loads to experience and check out. Enjoy yourself on this full free day in the vibrant atmosphere of the city before you go off the grid to the San Blas Islands.



### Accommodation

Hotel Toscana Inn (or similar)

Hotel



### Optional Activities - Day 57

The Shaping of Panama and Miraflores Locks Excursion

Panama City

Discover more of the famous canal and the city it shaped on this tour. Check out the exhibitions at the Miraflores Locks Observation Centre and, with some luck, see ships making their way through the locks' chambers. Explore the historical French Quarter and the ruins of Old Panama - a UNESCO World Heritage Site - and learn about the region's intriguing past complete with pirate tales.

Panama Canal Visit

Panama City

25USD

2h-3h

Visit the Panama Canal, including the Miraflores Locks and on-site museum. The Panama Canal is considered to be one of the greatest engineering wonders of the world. It extends 77km (48 mi) over a series of lakes and locks and connects the Atlantic (via the Caribbean Sea) to the Pacific Ocean. Discover the dramatic history of its construction, beginning with the French in the late 1800's, the official completion by the US in 1914, and what's happened since. Witness a freighter, sailboat, or maybe even a submarine, transit through a lock. It's an experience not to be missed.

Metropolitan Natural Park Visit

Panama City

Visit Metropolitan Natural Park, a 573-acre nature sanctuary in the heart of Panama City. It is the city's only wildlife preserve, and the only tropical forest to serve as a public recreational park for a city. Home to 227 bird species, 45 mammals, 36 kinds of snakes, and 14 kinds of amphibians, there will be plenty of opportunities to spot wildlife as you walk through. Considered a guided tour to learn about the flora and fauna or hike along one of the trails on your own. From here you can also head to the top of Cerro Cedro for impressive views of the city below.

It's time to bid farewell to the mainland as the group travels early this morning to catch the ferry to the magical and largely untouched San Blas Islands. The islands are governed by the local Guna indigenous community and the archipelago is made up of 365 islands, of which only 50 are inhabited by the Guna community. The islands' well-protected natural beauty make them a top destination to experience while in Panama, especially before word gets out about this wonderful paradise. Arrive to the community of Carti and pay a visit to the chief at their local Congress House for a brief welcome. Then, continue by boat to Asseryaladub Island, where you will have free time to relax on the beach and explore the underwater world of snorkelling. Gather round with the group after an included dinner this evening and listen to stories about Guna culture for a truly unique introduction to the San Blas Islands.



## Meals included

Lunch | Dinner



## Today's Activities

Private Vehicle

Panama City - Guna Yala

2h30m

113km

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

Ferry

Guna Yala - San Blas Islands

1h

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Free Time

San Blas Islands

Get settled on Asseryaladub Island, one of the more popular of the San Blas. Live those 'marooned on a deserted island' fantasies and relax in the tranquility of island life. Lounge on the beach, swim in the warm water, and choose to grab a snorkel to check out the abundance of fish beneath the surface. If you're looking for a reset, the laid-back atmosphere will not disappoint.

Remember, a trip to the San Blas Islands won't look like an island experience you've had before. So embrace the local customs and cuisine, and keep in mind there's no internet access. You will be completely unplugged for a few days. It's paradise without the everyday creature comforts, and you'll be surprised by how much you enjoy the simple things in life. After breakfast visit a natural pool and check out the starfish lounging beneath the surface. Then, visit another island for a slight change of scenery. Relax more on the beach here, play some games in the water with your travel pals and go snorkeling. Arrive back to Asseryaladub Island and your cozy huts there for more free time. Kick back in the common area and take it easy, there's nowhere to be but here.



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

San Blas (or similar)

Hostel



## Today's Activities

Free Time

San Blas Islands

Relax, swim, sunbathe, and snorkel during your full free day among the San Blas Islands. Visit a few other spots like a natural pool with starfish and another smaller island for a slight change in scenery before returning to your home base. Here, chill out with the group or on your own and simply enjoy being in the moment with no pressing concerns to handle or problems to solve. It's the ultimate vacation.

### ACTIVITY

An immersive journey into the heart of Gunayala, the first semi-autonomous indigenous territory in Panama. A rare opportunity to move beyond the beach and engage deeply with the community of Carti Sugdub, where you will be welcomed by the local Sayla at the sacred Onmaggged Nega (Congress House). You will discover the secrets of traditional Mola textiles, learn the art of beaded Winis, and hear the powerful history of the Dule Revolution directly from the keepers of the culture.

REDTURI (Red de Turismo Indígena de Panamá) is a dedicated, 100% indigenous-led non-profit organization committed to developing authentic tourism that honors the cultural heritage and autonomy of Panama's original peoples.

Today, learn more about the prevalent traditional practices of the Guna. In the morning travel by boat to the Aguadub Community for a presentation and cultural session highlighting Guna tradition. This includes the art of crafting Molas, a traditional textile made from layers of colored fabric created to form patterns and pictures inspired by their universal beliefs. Listen as a member of the community discusses the significance of beadwork and ancestral medicine shared by a local healer. Return to Asseryaladub with a great appreciation for the indigenous community that calls these islands home and how they are working to protect and preserve its untouched beauty. This afternoon take advantage of free time to swim, snorkel, and maybe play a game of beach volleyball as a group. End the day feeling far more connected to this immensely special place.



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

San Blas (or similar)

Hostel



## Today's Activities

Guna Community Visit

San Blas Islands

2h30m

Experience a cultural session led by the local indigenous Guna community that will highlight their traditional practices. Become familiar with the art of Mola design, learn more about wini beadwork, and listen to stories from a local healer as they describe their ancestral medicine practices. This visit is an ideal way to give thanks to the community and better understand their desires to protect and maintain the solitude and untouched paradise of their beautiful San Blas Islands.

Free Time

San Blas Islands

Enjoy a final free afternoon in the San Blas Islands. Grab a good book and read on a towel in the sand overlooking the inviting turquoise water. Snorkel with the fish, float aimlessly in the ocean under a perfect blue sky, or play a game of beach volleyball with your fellow travellers. Today's only rule is to relax and have fun.

ACTIVITY

An immersive journey into the heart of Gunayala, the first semi-autonomous indigenous territory in Panama. A rare opportunity to move beyond the beach and engage deeply with the community of Carti Sugdub, where you will be welcomed by the local Sayla at the sacred Onmagged Nega (Congress House). You will discover the secrets of traditional Mola textiles, learn the art of beaded Winis, and hear the powerful history of the Dule Revolution directly from the keepers of the culture.

REDTURI (Red de Turismo Indígena de Panamá) is a dedicated, 100% indigenous-led non-profit organization committed to developing authentic tourism that honors the cultural heritage and autonomy of Panama's original peoples.

Spend a leisurely morning on the island and soak up the magical connection you have built by visiting. Then, wave goodbye to the palm trees swaying in the breeze and the small waves crashing in the white sand as you board the boat back to Puerto Carti. From here, travel back to Panama City by private vehicle. Enjoy free time to explore the vibrancy of this city and if you desire, dance the night away with your new close friends. A rooftop bar seems like the perfect vibe for tonight's night out on the town. The choice is all yours.



## Meals included

Breakfast | Lunch



## Accommodation

Hotel Toscana Inn (or similar)

Hotel



## Today's Activities

Free Time

San Blas Islands

Take advantage of a slow morning to fully say goodbye to this stunning tropical paradise. Go for one last swim, take as many photos as you can, and vow to return someday before heading to the ferry.

Water Taxi

San Blas Islands - Guna Yala

30m

Enjoy a public ferry ride through the water from San Blas Islands back to Puerto de Carti.

Private Vehicle

Guna Yala - Panama City

2h30m

113km

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

Free Time

Panama City

The evening is yours in Panama City. Find a spot to watch the sunset, maybe grab some dinner at a rooftop restaurant/bar, and commit to dancing the night away with your group that has quickly become like family.

ACTIVITY

Enjoy a night out on the town with your travel friends and truly let your hair down in the fun atmosphere of Panama City.

Day 62

## Panama City

Depart at anytime. Or perhaps consider spending a few extra days in the lively Panama City. Before you go, make sure you swap information with your newest travel family because someday maybe you'll meet up in another part of the world.



### Today's Activities

Departure Day

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

## What's included

- Your G for Good Moment: Alebrijes Artisan Community Workshop, Oaxaca
- Your G for Good Moment: San Antonio Women's Pottery Cooperative and Local Lunch, San Ignacio
- Your G for Good Moment: Caribbean Gastronomic Experience "El Manglar", Livingston
- Your G for Good Moment: Posadas Mayas Homestay, San Juan La Laguna
- Your G for Good Moment: Puesta del Sol Community Guesthouse Stay, Isla de Ometepe
- Your G for Good Moment: Local Community Focused Chocolate Experience, Bocas del Toro
- Your G for Good Moment: Kuna Yala Cultural and Natural Immersion, San Blas Islands
- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Oaxaca Market Visit With CEO, Oaxaca
- Your Discover Moment: Oaxaca

- Your Discover Moment: San Cristobal de Las Casas - Free Time, San Cristóbal de Las Casas
- Your Big Night Out Moment: Tulum
- Your Discover Moment: Playa del Carmen
- Your Discover Moment: Caye Caulker
- Your Discover Moment: Antigua Guatemala
- Your Big Night Out Moment: Antigua Guatemala
- Your Big Night Out Moment: Granada
- Your Discover Moment: Granada
- Your Discover Moment: Monteverde
- Your Discover Moment: La Fortuna
- Your Big Night Out Moment: Bocas del Toro
- Your Discover Moment: Boquete
- Your Discover Moment: Panama City
- Your Big Night Out Moment: Panama City
- Mexico City street food crawl
- Alebrijes Artisan Community visit
- Boat trip to Sumidero Canyon
- Stop at Roberto Barrios Waterfall for a swim
- Tour the Mayan ruins in Palenque
- A catamaran adventure into a gorgeous lagoon in Bacalar
- Chichen Itzá ruins guided tour
- Guided tour of Tikal
- Orientation walk in Antigua, Leon, and Granada
- Beach time in Playa del Carmen and Caye Caulker, and El Tunco
- CEO-led Orientation Walk of Puerto Viejo
- Biking Puerto Viejo
- CEO-led Orientation Walk - Bocas del Toro
- Starfish Beach Visit
- Panama City CEO-led Orientation Walk
- 3-night San Blas Islands Stay supporting the local ingenious community
- Guna Indigenous Community Visit & Presentation
- Island Visits
- Free time for beach, snorkelling, swimming, and lounging
- Free time in Mexico City, Oaxaca, Palenque, San Cristóbal de las Casas, Playa del Carmen, Caye Caulker, Antigua, Granada, Ometepe, Monteverde, La Fortuna, Puerto Viejo, Bocas del Toro, Boquete, Valle de Anton, Panama City, & San Blas Islands
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Wander the buzzing streets and food stalls of Mexico City, Swim and snorkel in the turquoise waters of Belize's Caye Caulker, Hop by boat to the Indigenous villages of Lake Atitlán, Hike lush cloud forests and uncover hidden waterfalls in Boquete, Experience island life off the grid in the San Blas Islands, Stay with a local community on the volcanic island of Ometepe, Kick back on a Caribbean beach in Bocas del Toro, Dance the night away under the lights of Panama City

## Itinerary Notes

Important note for Nicaragua: New regulations now require visas for certain nationalities, including Australian and New Zealand passport holders. Requirements can change at short notice, so all travelers should check with the nearest consulate or official sources before travel.

## What are the main highlights of this trip?

Wander the buzzing streets and food stalls of Mexico City, Swim and snorkel in the turquoise waters of Belize's Caye Caulker, Hop by boat to the Indigenous villages of Lake Atitlán, Hike lush cloud forests and uncover hidden waterfalls in Boquete, Experience island life off the grid in the San Blas Islands, Stay with a local community on the volcanic island of Ometepe, Kick back on a Caribbean beach in Bocas del Toro, Dance the night away under the lights of Panama City

## 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 view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

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

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

## **Are there Itinerary notes?**

Important note for Nicaragua: New regulations now require visas for certain nationalities, including Australian and New Zealand passport holders. Requirements can change at short notice, so all travelers should check with the nearest consulate or official sources before travel.

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

Important note for Nicaragua: New regulations now require visas for certain nationalities, including Australian and New Zealand passport holders. Requirements can change at short notice, so all travelers should check with the nearest consulate or official sources before travel.

Please note the use of drones is banned in Nicaragua.

## **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 18, avg 16.

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

6 breakfasts, 6 lunches, 6 dinners

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

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

Simple hotels/hostels (54 nts, most multi-share), overnight bus (1 nt), local homestay (3 nts). Basic Island Huts (3 nts, multi-share).

## **What kind of accommodation can I expect on this trip?**

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing and even (on rare occasions) dormitory-style rooms for the whole group. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

## 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 information should I be aware of as the itinerary draws to a close?

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?

## Costa Rica Water Activities:

- Drybag (Will help keep cameras and essentials dry)
- Sport Sandals or Water Shoes (if you plan to do waterfall rappelling and/or rafting)

## 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.)

**Lake Atitlan Overnight:**

- Overnight bag

**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 are the visas and entry requirements for my trip?

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

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

If you require a visa for Guatemala, please be advised that the group will enter Guatemala twice on this tour and a multi-entry visa may be required.

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](#)

Honduras:

Complete this [form](#) at least 2 days prior to crossing into Honduras. You will receive a confirmation in your email once it has been processed.

Important Notice for UK Travelers: Visa Requirements for Honduras:

Starting August 15, 2024, UK passport holders will need a visa to enter Honduras, this visa must be obtained in person in London, UK. Please check the visa application process and ensure you obtain your visa before departure. For more details, visit the UK Government's Travel Advice for Honduras.

Here is some information that will help you to fill out the form

Type of transport: Ground transportation

Immigration office: El Florido

Transport company: Prechequeo SLV

Travel date- (2nd day of the tour, depending on what date your tour starts)

Travel time- 12:00

Travel reason- Sightseeing

Destination address- Copan Brisas Hotel

Destination state- Copan

Destination city- Copan Ruinas

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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

## **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!

## **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?

## Mexico City

- All You Can Eat Taco Tour

## Teotihuacán

- Teotihuacán Pyramids Visit  
(1350MXN per person)

## Monte Albán

- Monte Albán Tour (950MXN per person)

## San Pablo Villa de Mitla

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

## Oaxaca

- Herve el Agua Day Trip
- Cooking Class (65USD per person)

## San Cristóbal de Las Casas

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

## Palenque

- Jungle Trail Hike (25USD per person)

## **Bacalar**

- Kayaking (10-12USD per person)
- Fortress Exploration (10MXN per person)

## **Tulum**

- Tulum Ruins Visit

## **Playa del Carmen**

- Cenote Visit (40-60USD per person)
- Tequila Tasting (850-1100MXN per person)
- Coco Bongo Disco and Show (90USD per person)

## **Akumal**

- Akumal Beach Visit (20USD per person)

## **Caye Caulker**

- Hol Chan Marine Reserve Day Tour
- Fishing (250-450USD per person)
- Bike with Purpose Rental (1-30USD per person)
- Sunset Sailing Boat Tour (60USD per person)

## **Xunantunich**

- Xunantunich Visit (65USD per person)

## **Barton Creek**

- Barton Creek Cave Canoeing (120USD per person)

## **Caves Branch**

- Cave Tubing (95USD per person)

### **San Ignacio**

- Horseback Riding (80USD per person)

### **Caracol**

- Caracol Ruins Tour (125USD per person)

### **Actun Tunichil Muknal**

- Actun Tunichil Muknal Cave Visit (140USD per person)

### **Antigua Guatemala**

- Salsa Lesson (10USD per person)
- Cycling (30-50USD per person)
- ChocoMuseo Tour and Workshop (24USD per person)
- Finca Valhalla Visit (5-10USD per person)
- Elizabeth Bell Walking Tour (25USD per person)
- Acatenango Volcano Climb (145USD per person)
- Massage (30-60USD per person)
- Finca Filidelfia Coffee Tour (25USD per person)
- Pacaya Volcano Hike

### **Panajachel**

- Massage

### **Lago de Atitlán**

- Kayaking
- Swimming

### **San Juan La Laguna**

- Shopping

### **Copán**

- Luna Jaguar Hot Springs Visit (50USD per person)
- Entrance - Copan Ruins (25USD per person)

## Playa El Tunco

- Surfing Lesson (60USD per person)

## Granada

- Masaya Volcano Day Excursion (40USD per person)
- Mi Museo Cultural Museum (5USD per person)
- Laguna de Apoyo Visit (35USD per person)
- Hiking

## Masaya

- Market Exploration

## Isla de Ometepe

- Swimming (Free)
- Hike Concepción Volcano (45USD per person)
- Ometepe Island Cultural and Pre-Columbian Petroglyphs Tour (45USD per person)
- Ojo de Agua (Swimming Hole) (10-15USD per person)

## Monteverde

- Monteverde Butterfly Garden Visit (20USD per person)
- Santa Elena Cloud Forest Visit (35-50USD per person)
- Sky Walk (55USD per person)
- Ziplining
- CASEM Coop Visit
- Monteverde Coffee Plantation Tour (40USD per person)
- Monteverde Horseback Riding (45USD per person)

## La Fortuna

- Costa Rica Adrenaline Bundle
- La Fortuna Waterfall Swim (20USD per person)
- Ecotermas Hot Springs (64USD per person)
- Mountain Biking (79USD per person)
- Birdwatching
- Horseback Riding (59USD per person)
- Lost Canyon Adventures Canyoning (90USD per group)
- Caño Negro Wildlife Refuge Tour (65-133USD per person)

## Sarapiquí

- Sarapiquí River Rafting (99USD per person)

## San José

- Jade Museum (Museo del Jade Marco Fidel Tristán Castro) Visit (15USD per person)
- Central Market (Mercado Central) Visit
- Irazu Volcano Half Day Tour

## Puerto Viejo de Talamanca

- Bike Rental (9USD per person)
- Surf Lesson (65USD per person)

## Bocas del Toro

- Bioluminescence Tour (25USD per person)
- Bike Rental (5-10USD per person)
- Sunset Snorkelling Tour (25USD per person)

## Boquete

- Whitewater Rafting (65USD per person)
- Horseback Riding (40USD per person)
- Hiking (40-85USD per person)
- Lost Waterfall Hike (38USD per person)
- Coffee Plantation Tour (30USD per person)
- Boquete Cycling

## Valle de Antón

- Cerro Gaital Hike
- Valle de Anton Hot Springs

## Panama City

- The Shaping of Panama and Miraflores Locks Excursion
- Panama Canal Visit (25USD per person)
- Metropolitan Natural Park Visit

## 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?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

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

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

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

## 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.