



## Journeys: Discover Mexico

9 days, Mexico City to Oaxaca

Trip code CMONG

### What's included

- Your Journeys Highlight Moment: Talavera Pottery Experience, Puebla
- Your G for Good Moment: Sunrise Adventure in Xochimilco, Mexico City

- Your G for Good Moment: Alebrijes Artisan Community Workshop & Lunch, Oaxaca
- Your G for Good Moment: Mezcal Tasting at Real Minero, Oaxaca
- Your G for Good Moment: Oaxaca Culinary Experience, Oaxaca
- Your Foodie Moment: Introduction to Mexican Cuisine, Mexico City
- Your Discover Moment: Oaxaca
- Arrival transfer
- Sunrise Xochimilco Tour
- Expedition Leader-led orientation walk of Mexico City's historical centre
- Teotihuacán Guided Tour
- Museum of Frida Kahlo (Casa Azul)
- Monte Albán Guided Tour
- Orientation walks in Puebla and Oaxaca with Expedition Leader
- Free time in Mexico City, Puebla, and Oaxaca
- All transport between destinations and to/from included activities

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

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

**VALIDITY:** Valid for all trips departing January 16th, 2024 and onwards

# Itinerary

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

Day 1

## Mexico City

Arrive at any time, your arrival transfer is included. Enjoy an introduction to Mexican cuisine from a chef, and a welcome dinner at a local restaurant.

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### Meals included

Dinner

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### Accommodation

Novotel Mexico City Centro Historico (or similar)

Hotel

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### Today's Activities

Arrival Transfer

Mexico City

You will be met at the airport and transferred to the hotel to start your adventure.

#### ACTIVITY

Sit down and enjoy a demonstration from a talented chef, who will teach you how a few typical regional dishes are prepared while offering further details about Mexican cuisine. The demonstration will be an hour and a half and the experience concludes with a group dinner featuring the plates you learned about from the chef.

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your Expedition Leader will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Rise early for a sunrise tour of Mexico City's Xochimilco, a system of canals built by the ancient Aztecs. Navigate through colourful floating gardens on a brightly painted, flat-bottomed punt-a-boat coasting through the morning air. The waters are home to the critically endangered axolotl, a rather unusual amphibian native to Mexico with deep roots into Aztec mythology. At first glance it's a race run by the local communities to save a quirky salamander, but experts in an article featured on National Geographic's website feel it's really about habitat restoration. After navigating the waters, the group will stop at a local farm for a traditional breakfast. Later, return to the city and join the Expedition Leader for an orientation walk of the historical center around the iconic main plaza (zócalo), before taking the rest of the day to explore on your own. Opt to visit one of the city's stellar museums, such as the National Museum of Anthropology or the Palace of Fine Arts; or tour the murals of Diego Rivera, the renowned Mexican painter who spearheaded the Latin American fresco movement in the early half of the 20th century.



## Meals included

Breakfast



## Accommodation

Novotel Mexico City Centro Historico (or similar)

Hotel



## Today's Activities

### ACTIVITY

Enjoy a magical morning in Xochimilco, a 3.5-hour experience that begins at sunrise. Glide through the canals in a canoe, surrounded by the mesmerizing light of dawn, as you explore the traditional chinampas. Taste delicious chinamper cuisine, visit cultivated chinampas, and discover the axolotl reserve, endemic to the region. This sunrise journey connects you deeply with the ecological and cultural richness of the area, offering insights into traditional agriculture and species conservation. It's a responsible and inspiring way to start your day, supporting local communities and learning about their traditions while immersing yourself in nature's beauty and the magic of dawn.

Mexico City Walking Tour

Mexico City

Get the lay of the land during a walking tour of Mexico City with your Expedition Leader, and visit the historic centre (known as the zócalo) of the city.

Free Time

Mexico City

Take advantage of free time to get out and explore this amazing city and its surroundings. Opt to tour one of museums in the area.



## Optional Activities - Day 2

Diego Rivera Mural Museum Visit

Mexico City

45MXN

Visit the Diego Rivera Mural Museum to see his works preserved in the historic centre of Mexico City. Rivera, widely known for his marriage to renowned artist Frida Kahlo, said "The composition (of the mural) are reminders of my life, my childhood and my youth and covers from 1985 to 1910. The characters of the walk all dream, some sleeping on the benches and others, walking and talking". To best know an artist you have to really look at their art to understand them better, visit the mural museum to do just that.

National Museum of Anthropology

Mexico City

210MXN

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

Palace of Fine Arts Visit

Mexico City

95MXN

Also known as the Cathedral of Art in Mexico, the Palace of Fine Arts is a cultural centre in the city capital that hosts events such as dance performances, orchestras and music, theatre and opera, along with art exhibitions for photography and paintings. If you are interested in the Ballet Folklorico de Mexico, this is the venue they perform in. The building, a work of art itself, has a restaurant and bookstore that can be visited on the first floor. Getting to go inside is wonderful, but you can even appreciate the grandeur of this hall from the outside as the warm Mexican sun bounces off the glass dome on the top, and off of the beautiful marble siding of the palace.

Day 3

## Mexico City

Head to Teotihuacán for a guided tour of this ancient city and UNESCO World Heritage site. Little is known regarding when Teotihuacán, the "city of the gods," was constructed or by whom, but by the fifth century A.D. it had grown to become one of the most important cities in Central America. Explore these impressive pre-Aztec ruins and learn about the site's iconic temples, the Pyramid of the Sun and the Pyramid of the Moon. Enjoy a delicious lunch near the site before returning to Mexico City in the late afternoon.



### Meals included

Breakfast | Lunch



### Accommodation

Novotel Mexico City Centro Historico (or similar)

Hotel



### Today's Activities

Private Vehicle

Mexico City - Teotihuacán

1h-2h

50km

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

Teotihuacán Guided Tour

Teotihuacán

Visit the ruins of Teotihuacán (meaning 'the place where gods were born'), northeast of Mexico City. This ruin site dates back to 100AD and has the impressive Avenue of the Dead, Pyramid of the Sun and Pyramid of the Moon. Excavations are still underway at these ruins in the present day. These structures are so massive that the inside of the Pyramid of the Sun for example - has never been entirely explored. Bring water, wear a hat and solid walking shoes, and climb the pyramids to learn all about this pre-Columbian Mesoamerican city. Don't forget to stop by the museum too!

Private Vehicle

Teotihuacán - Mexico City

1h-2h

50km

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

Day 4

## Mexico City/Puebla

Head to the vibrant Coyoacán district, home to the Frida Kahlo Museum. Tour the Casa Azul or “blue house,” where the famed Mexican artist was born and spent her final years. National Geographic’s book “In Praise of Difficult Women” by Karen Karbo offers inspiring, in-depth profiles of women around the world who, like Frida Kahlo, pushed against the boundaries built by societal norms. After your visit, travel to Puebla and take a guided walk of the stunning city, backed by a soaring volcano, and renowned for its Spanish colonial architecture and culinary traditions. Mole poblano is said to have originated here! Enjoy a free afternoon to continue exploring.



### Meals included

Breakfast | Lunch



### Accommodation

Hotel Casareyna (or similar)

Hotel



### Today's Activities

Museum of Frida Kahlo (Casa Azul)

Mexico City

Visit the famed "Blue House" where Frida Kahlo was born, lived and died. Her lifelong home is open to those looking to learn more about or see what life was like for the celebrated artist. The museum consists of ten rooms throughout the home, each filled with original furniture from when she lived there with her husband Diego Rivera, and personal items of Frida's from letters, art materials, original works of art, to handcrafted kitchenwares.

Private Vehicle

Mexico City - Puebla

3h

150km

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

Puebla Orientation Walk

Puebla

Puebla is known for many things, such as pottery, colonial architecture and great food. Let your Expedition Leader guide you on a short walk through the city to point out the essentials like supermarkets, main squares, and ATMs.

Free Time

Puebla

There's something for everyone in Puebla. Spend some time in the city's central square, the Zócalo to see the beautiful Puebla Cathedral or search for some beautiful Mexican souvenirs to bring home.

Day 5

## Puebla

Enjoy a Talavera pottery demonstration with a local artist and learn about the historical and cultural significance of this Mexican ceramic tradition, brought to the New World by the Spanish in the 16th century. The rest of the day is yours to explore: choose to visit one of Puebla's colourful markets; or discover the Great Pyramid of Cholula, the largest pyramid in the world.



### Meals included

Breakfast



### Accommodation

Hotel Casareyna (or similar)

Hotel



### Today's Activities

ACTIVITY

Spend time with a local artist to discover the historical and cultural significance of Talavera pottery dating back to the 16th century. Witness the process from clay to creation, learning about its uses from tableware to tiles and hearing about the purpose behind the colours chosen. Watch close to a hundred artisans working as they go through each stage of production. End the tour with a visit to a small museum of contemporary ceramic art.

Free Time

Puebla

There's something for everyone in Puebla. Spend some time at the Cholula Ruins, head out on a stroll around the city's central square, or search for some beautiful Mexican souvenirs to bring home. You have half the day at your leisure, discover the city as you wish.



### Optional Activities - Day 5

Cholula Ruins Visit

Cholula

85MXN

2h-3h

1-2km

Also known as Tlachihualtepetl, Cholula is a massive archaeological site west of Puebla. Dating from at least 100AD, it's the oldest continuously occupied ceremonial centre in the western hemisphere.

Most impressive is the Great Pyramid of Cholula – a tall grass-covered structure which is actually at least four successive pyramids built one on top of the other. The Spanish built a church at the very top in 1594. Visit the museum to learn about the history, explore tunnels, and climb to the top for breathtaking views of nearby volcanoes.

Day 6

## Puebla/Oaxaca

Depart for Oaxaca, an eclectic Mexican city where indigenous culture holds strong. Take an orientation walk with the Expedition Leader on arrival, visiting some of the iconic places in the city like the Santo Domingo cathedral, the main plaza (Zócalo) and the bustling local market. Settle into the hotel and set off on a free evening to choose from one of the many incredible restaurants in town.

The Oaxaca area is well known for its many artisans who make everything from pottery, to elaborate weavings, and mezcal (tequila's cousin). Its also known for its culinary delights and you'll have many opportunities to taste an array of Oaxacan cuisine.



### Meals included

Breakfast



### Accommodation

Hotel Parador del Dominico (or similar)

Hotel



### Today's Activities

Oaxaca Orientation Walk

Oaxaca

Go on a Expedition Leader led walk through the colonial city of Oaxaca. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs.

Private Vehicle

Puebla - Oaxaca

5h-6h

340km

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

Set off in the morning for a guided visit of the nearby UNESCO archaeological site of Monte Albán, one of Mesoamerica's most ancient cities. Founded around 500 B.C., Monte Alban was a Zapotec metropolis of pyramids, terraces and canals overlooking the city of Oaxaca and once served as the region's capital until eventually being abandoned and re-occupied into the 14th century. Continue to an artisan community for lunch and then learn about Alebrijes, fantastical folk figurines carved from copal wood and then brightly painted. Next, visit a mezcal cooperative for a demonstration and tastings of the unique local beverage made from the agave plant. Enjoy a free evening in Oaxaca to relax or head out for a night on the town.



### Meals included

Breakfast | Lunch



### Accommodation

Hotel Parador del Dominico (or similar)

Hotel



### Today's Activities

Monte Albán Tour

Monte Albán - Oaxaca

1h-3h

1km

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.

ACTIVITY

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

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

#### ACTIVITY

Immerse yourself in the tradition of mezcal with a Mezcal Tasting at the Mezcal Real Minero cooperative in Santa Catarina Minas. The experience includes a tasting of 4 mezcals in the aging room, crafted sustainably and with local stories shared by the community women. This experience supports environmental conservation, women's empowerment, quality education and responsible tourism, enriching both cultural and economic aspects of the community.

Free Time

Oaxaca

Choose to put your feet up after a long day or to head out and explore the nightlife.

Take advantage of a free day to explore Oaxaca and its surroundings. Take an optional excursion to the petrified waterfall of Hierve el Agua, visit more ruins at Mitla, or simply wander the cobblestone streets of the city to discover its plazas, colourful architecture, and quaint cafes. This evening, the group will experience the culinary delights of Oaxaca with a local host. The culinary richness of Oaxaca has been featured on an episode of National Geographic's "Gordon Ramsay: Uncharted", in which Ramsay explores the history and traditions of this Mexican city while learning how to make mole and tortillas from talented locals. During your experience the group will learn how to flip your own tortillas at a tortilla-making workshop. Continue to a local family's kitchen to taste an array of delicious Oaxacan dishes and chat with your hosts about traditional cooking methods and food culture.



## Meals included

Breakfast | Dinner



## Accommodation

Hotel Parador del Dominico (or similar)

Hotel



## Today's Activities

### ACTIVITY

Expertly shown in an episode of National Geographic's, "Gordon Ramsay: Uncharted", the delicious, local cuisine of Oaxaca is finally getting the spotlight it deserves. In a city often described as Mexico's food capital, some of the best foodie experiences are still found on the streets in the form of antojitos, and intriguing stories from long-time residents of the city. Explore the culinary delights of Oaxaca with this exclusive foodie experience. With our local host attend a tortilla-making workshop. Then visit the home of a local family and taste an array of local cuisine, learn traditional cooking methods, and discuss the food culture in Oaxaca.



## Optional Activities - Day 8

Hierve el Agua Petrified Waterfall Visit

Oaxaca

Travel to Hierve del 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 does. The result is known as a "petrified waterfall" – nearly white rock formations that resembles a cascading fall. Enjoy time to explore the area and go for a swim in one of the mineral pools.

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.

Day 9

## Oaxaca

Depart at any time.



### Meals included

Breakfast

## What's included

- Your Journeys Highlight Moment: Talavera Pottery Experience, Puebla
- Your G for Good Moment: Sunrise Adventure in Xochimilco, Mexico City
- Your G for Good Moment: Alebrijes Artisan Community Workshop & Lunch, Oaxaca
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- Free time in Mexico City, Puebla, and Oaxaca
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Explore Aztec canals on a punt boat, Enjoy a guided tour of Teotihuacan Ruins, Watch a Talavera pottery demonstration by a local artisan, Explore Mexico City on a walking tour, Delight in an Oaxaca culinary experience

## What are the main highlights of this trip?

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

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

## **Is there an itinerary Disclaimer?**

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

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

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

### **ACCOMMODATION NOTE:**

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

## **What is the group leader like?**

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

## **How large will the group be?**

Max 16.

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

8 breakfasts, 3 lunches, 2 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 Expedition Leader will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

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

Private vehicle, boat, walking.

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

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

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

Hotels - 8nts.

## **Will I get my own room?**

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## **What is the joining hotel?**

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

## 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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Journeys sign, and they will be waiting for you outside the luggage hall. 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 Expedition Leader. 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 Expedition Leader 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 Expedition Leader 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 group trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your Expedition Leader. If this is unsuccessful, please refer to our Emergency Contact. If you have not made contact with our representative at the airport within 30 minutes of exiting the baggage claim, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please contact 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 transfer 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. Included arrival transfers are provided from the nearest airport to your starting location. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What instructions should I follow at the finishing point?

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

## What should I take on my trip?

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

# What should be on my packing list?

## Documents:

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

## Essentials:

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

## Health & Safety:

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

### **Warm Weather:**

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

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

Laundry facilities are offered by some of our hotels for a charge. If laundry is not available at your hotel, your Expedition Leader will be able to direct you to a nearby laundromat.

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

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

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

## **How much spending money do I need for my trip?**

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

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

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

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

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

## **How much emergency money should I bring on this trip?**

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## **Do I need to pay a departure tax?**

Depending on the exchange rate departure tax is approximately \$35 USD per person. This tax is sometimes included in the price of your ticket, contact your airline to confirm.

## **Should I be tipping on my trip?**

Tipping of your National Geographic Expedition Leader 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 Expedition Leader did an especially outstanding job, any additional amount will always be welcome.

# What activities are optional on this trip?

## Mexico City

- Diego Rivera Mural Museum  
Visit (45MXN per person)
- National Museum of  
Anthropology (210MXN per  
person)
- Palace of Fine Arts Visit (95MXN  
per person)

## Cholula

- Cholula Ruins Visit (85MXN per  
person)

## Oaxaca

- Herve el Agua Petrified  
Waterfall Visit

## San Pablo Villa de Mitla

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

# Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader 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 Expedition Leader 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 Expedition Leader 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 Expedition Leaders 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 prostitutes is completely contrary to this philosophy. Our Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## **Is travel insurance required for my trip?**

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

## What is Planeterra?

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

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

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

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

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

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

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

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

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

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

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## **Are international flights included in this trip?**

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## **What should LGBTQ+ travellers know about safety and travel considerations on this trip?**

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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

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

## Itinerary Disclaimer

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

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