



## **Quito to Lima: Surf Towns & Hot Springs**

15 days, Quito to Lima

Trip code SEQM

### **What's included**

- Your G for Good Moment: Shandia Community Lodge, Shandia

- Your G for Good Moment: Shandia Biking & Community Experience, Shandia
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Local Living Moment: Amazon Jungle Experience, Tena
- Your Discover Moment: Baños
- Your Discover Moment: Lima
- Amazon Jungle excursion to a local community
- Beach time in Mancora
- Barranco neighbourhood visit (Lima)
- All transport between destinations and to/from included activities

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**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 1st, 2020 and onwards

# Itinerary

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## Itinerary Notes

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Please note current landslides are causing road closures. Due to this, drive times between cities may take longer than usual as there's a possibility alternate routes will need to be taken. No included activities are expected to be missed, but please be aware that delay times may change depending on a variety of factors.

**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

## Quito

Arrive at any time. Tonight, get to know your fellow travellers over a few drinks at a downtown bar. Say cheers with a local craft beer and get excited for the adventure of a lifetime.

Spend the first day of your trip wandering Ecuador's capital city. Meet the group in the evening at the hotel.



### Accommodation

Hotel Air Suites (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

#### ACTIVITY

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



### Optional Activities - Day 1

Quito City Tour & Equator Line

Quito

Enjoy a city tour of Quito. Visit the Old Town, a UNESCO World Heritage Site, with stops at the Basilica del Voto Nacional, La Compañía Church, San Francisco Square, Plaza Grande and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city. Drive 25km (16 mi) north of Quito to the Middle of the World, latitude 0°. Stand with one foot in each hemisphere.

Please note that this tour starts at 8 a.m. and ends around 5 p.m.

Cotopaxi Volcano - Full Day

Cotopaxi - Alausí

56USD

Enjoy a spectacular 2 hour drive to Cotopaxi Volcano National Park to see the highest active volcano in the world (5,897m/ 19,347 ft). Visit a museum in the park and hike around a lagoon at the bottom of the volcano to learn about the flora and fauna found at this altitude. Continue by car up the volcano to the parking lot, at over 4,500m/14,763 ft. Walk for an hour and a half to the refuge and after a short break, continue to the glacier (if the weather holds out). Return to Quito in the early evening.

Day 2

## Quito/Tena

Travel overland to the jungle city of Tena, located on the edge of the Amazon. Hop into the back of a pickup truck and head to the local community of Pimpilala where you will stay in rustic wooden huts. Enjoy the hospitality of a Quichua family and experience life in the jungle first-hand.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Cabanas Pimpilala (or similar)

Hotel



### Today's Activities

Local Bus

Quito - Tena

6h

189km

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

#### ACTIVITY

Learn about local traditional beliefs and customs on this cultural jungle experience in the Ecuadorian Amazon close to Napo River. Stay in rustic wooden huts with a local Quichua family as hosts near the community of Cando. They've introduced countless visitors to local living and a completely different way of doing things – one that may give you a different perspective on life.

Take part in a number of amazing activities. Hike through the rainforest, plunge into waterfalls, and learn the uses of tropical plants. Experience local tradition, and learn about Quichua history and culture.

Day 3

## Tena

Venture out on nature walks and become immersed in the jungle around you. Learn about uses of traditional plants, and the cultural beliefs and local traditions in the Amazon jungle. You can also choose to take a tour of an animal rescue and rehabilitation centre.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Cabanas Pimpilala (or similar)

Homestay



### Today's Activities

#### ACTIVITY

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Take part in a number of amazing activities. Hike through the rainforest, plunge into waterfalls, and learn the uses of tropical plants. Experience local tradition, and learn about Quichua history and culture.



### Optional Activities - Day 3

Guided Waterfall Walk

Tena

Make your way through the jungle, learning more about the lush greenery and insects and animals that call it home. Walk to a series of waterfalls, suit up in a harness, and climb your way to the top for beautiful views.

AmaZOOonico Animal Rescue Centre Visit

Tena

25USD

2h-4h

Take a guided tour of amaZOOnico, a rescue and rehabilitation centre that rehabilitates, reintroduces, and cares for animals who are victims of illegal trafficking. See large cats and reptiles up close, and learn all about the important work of this sanctuary.

Wake up and cycle to the nearby community of Shandia and discover the beauty of the Amazon with a member of the community as your guide. Learn about traditional uses of cacao by watching a chocolate-making demonstration, eat meals made of fresh local ingredients, and stay at the G Adventures-supported community lodge.

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## Meals included

Breakfast | Lunch | Dinner

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## Accommodation

Shandia Lodge (or similar)

Homestay

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## Today's Activities

### ACTIVITY

Stay overnight at the Shandia Indigenous lodge located in the Ecuadorian Amazon. With the support of G Adventures and Planeterra, the community has developed new culturally immersive tours led by the village's youth. The community lodge is seen by the community as a way to rescue their Indigenous culture and provide opportunities for the future. Watch a chocolate making demonstration and learn about their cultivation of cacao and their traditional agriculture practices. Meals of local ingredients grown in the village are prepared by women who were provided with culinary training through the project. Leave Shandia community knowing your visit is creating opportunities for a whole new generation of people in this community to improve their lives, and the lives of their children and grandchildren.

### ACTIVITY

6km

Cycle to the Indigenous Shandia community, a rural village surrounded by rivers and lush Amazonian landscapes. With the support of G Adventures and Planeterra, the community has developed new culturally immersive experiences led by the village's youth. Spend 40 minutes cycling from Shandia lodge stopping along the way to take in the beauty of the Amazon. These cultural tours are seen by the community as a way to rescue their Indigenous culture and provide opportunities for the future. This provides an economic opportunity for youth who traditionally would have left the community to find work. Leave Shandia community knowing your visit is creating opportunities for a new generation in the community and contributing to the preservation of their culture.

Day 5

## Tena/Baños

Travel to Baños and get your adrenaline pumping. Try out horseback riding, canyoning, hiking, mountain biking, or rafting in the surrounding mountains.

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### Meals included

Breakfast

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### Accommodation

Hotel La Floresta (or similar)

Hotel

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### Today's Activities

Pickup Truck

Tena

45m

Hop into the back and ride along to the next destination.

Local Bus

Tena - Baños

3h-4h

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

Free Time

Baños

Get out and explore Baños and its beautiful surroundings.

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### Optional Activities - Day 5

Mountain Bike Rental

Baños

10USD

Hop on your bike and explore the amazing scenery surrounding Baños. Pass by mountains, rivers, waterfalls, and changing vegetation – depending on what path you take. Enjoy the cool wind on downhill stretches, but be sure to bring sunblock; the sun can be strong.

Horseback Riding - Baños

Baños

25USD

Hop in the saddle and explore Baños' beautiful countryside by horseback. Check out the unique vegetation in the region, and, perhaps, trot over to Tungurahua Volcano for amazing views.

Hot Springs - Baños

Baños

4USD

Soak weary muscles in the thermal baths that Baños is famous for. Head to hot springs at the base of Tungurahua Volcano, which means "little hell" in Quichua, or try some of the baths fed by the melt waters of Tungurahua's glaciated flanks. Rise before the sun for an early soak - watching the sun peak over the mountains while relaxing in the warm waters is definitely worth the early start.

Day 6

## Baños

The day is yours to explore what Baños has to offer. Check out the swing at the end of the world or relax in nearby hot springs.

Opt to pre-book the "Baños Canyoning Adventure" or "Baños Ziplining Adventure Bundle" activity on the checkout page ahead of time to include this optional on your tour.



### Accommodation

Hotel La Floresta (or similar)

Hotel



### Optional Activities - Day 6

Mountain Bike Rental

Baños

10USD

Hop on your bike and explore the amazing scenery surrounding Baños. Pass by mountains, rivers, waterfalls, and changing vegetation – depending on what path you take. Enjoy the cool wind on downhill stretches, but be sure to bring sunblock; the sun can be strong.

Baños Ziplining Adventure Bundle

Baños

25USD

Buckle up your harness, put on your helmet, and prepare to launch. Glide along a zipline suspended 850m above the canyon below, dare to let go and reach top speeds as you zip past stunning scenery. Forget your fear as you cross Tibetan Suspension Bridge above Pastaza River. Rock climb up to a second zipline to finish off this adrenaline-filled adventure. Please keep in mind this is a level 3/5 physical activity. Good mobility, no fear of heights, and a strong fitness level are required for you to have an enjoyable experience.

Horseback Riding - Baños

Baños

25USD

Hop in the saddle and explore Baños' beautiful countryside by horseback. Check out the unique vegetation in the region, and, perhaps, trot over to Tungurahua Volcano for amazing views.

Hiking - Baños

Baños

Free

Head to the mountains for some amazing treks; Baños provides the perfect natural setting for outdoor adventure.

Hot Springs - Baños

Baños

4USD

Soak weary muscles in the thermal baths that Baños is famous for. Head to hot springs at the base of Tungurahua Volcano, which means “little hell” in Quichua, or try some of the baths fed by the melt waters of Tungurahua's glaciated flanks. Rise before the sun for an early soak – watching the sun peak over the mountains while relaxing in the warm waters is definitely worth the early start.

Baños Canyoning Adventure

Baños

Jump, slide, rappel, swim and float around Cascadas de Chamana on this canyoning adventure, while enjoying the stunning scenery near Sangay National Park. Please keep in mind this is a level 4/5 physical activity. Good mobility and a strong fitness level are required for you to have an enjoyable experience.

Day 7

## Baños/Cuenca

Soak up the scenic views en route to the town of Cuenca, Ecuador's third largest town. Explore art galleries, museums, and admire its colonial architecture. Visit national parks, take walks in the breathtaking countryside, or check out the country's only Inca ruin site.

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### Accommodation

Hotel La Casona Cuenca (or similar)

Hotel

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### Today's Activities

Local Bus

Baños - Riobamba

2h

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

Local Bus

Riobamba - Cuenca

6h

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

Day 8

## Cuenca

Choose your own adventure today. Wander through charming cobbled streets to discover the sights and sounds of Cuenca. From colourful homes with red-tiled roofs, to flower markets and picturesque plazas, the photo ops are endless in this town. (Prepare to have your camera roll filled with Cuenca!) Later, catch some z's on an overnight bus to Mancora.



### Accommodation

Qema Mancora (or similar)

Hotel



### Today's Activities

Free Time

Cuenca

Enjoy free time to explore colonial Cuenca and its surroundings.

Border Crossing (Ecuador - Peru)

Huaquillas - Aguas Verdes

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

Overnight Bus

Cuenca - Máncora

7h-8h

345km

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



### Optional Activities - Day 8

Cajas National Park Visit

Cajas National Park

65USD

3h-6h

Head out for an excursion from Cuenca with a visit to Cajas National Park. Tour this natural outdoor playground that combines stunning scenery and wildlife with excellent areas for hiking. The terrain is quite stark, mostly above 4,000m (13,120 ft) in the páramo (grassy highlands), with many clear lakes. Try some of the variety of treks in the park's vast 28,000 ha, and keep an eye out for oncillas, wild llamas, pumas, and a wide variety of birds, including toucans!

Day Trip to Ingapirca Ruins

Cuenca

65USD

Visit the ruins of Ingapirca, a UNESCO World Heritage Site that is approximately an hour and a half drive north of Cuenca, through some of Ecuador's most beautiful countryside. Although it is a major Inca site, not a lot is known about its history.

Cuenca Mud Baths & Hot Springs

Cuenca

40USD

Slather volcanic muds on your face and body and relax in the natural hot springs.

Gualaceo and Chordeleg Day Trip

Cuenca

65USD

Explore the countryside near Cuenca, visit nearby towns well-known for handicrafts, weaving, and textiles. Learn about the weaving process and pick up a shawl, guitar, or straw hat directly from the people who make them.

Day 9

## Máncora

Wake up in the seaside town of Mancora, a village populated by fishermen and surfers. Chill out and breathe in the salty air.

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### Meals included

Breakfast

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### Accommodation

Qema Mancora (or similar)

Hotel

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### Today's Activities

Free Time

Máncora

Chill out in this Peruvian fishing village, head to the beach or give surfing a try.

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### Optional Activities - Day 9

Surfing

Máncora

Jump up on a board and catch a wave!

Day 10

## Máncora

A lazy beach day is just what the doctor ordered. Unless you want to or take a surf lesson or join a yoga class. Totally up to you as you enjoy a free day in Máncora.

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### Accommodation

Qema Máncora (or similar)

Hotel

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### Today's Activities

Free Time

Máncora

Enjoy a free day to relax or get active.

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### Optional Activities - Day 10

Surfing

Máncora

Jump up on a board and catch a wave!

Day 11

## Máncora/Trujillo

Didn't get to do everything you wanted yesterday? No worries – more time in Mancora today. Later, relax and get some sleep on an overnight bus to Trujillo.

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### Today's Activities

Free Time

Máncora

Get out and enjoy this beachside town.

Overnight Bus

Máncora - Trujillo

9h-10h

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

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### Optional Activities - Day 11

Surfing

Máncora

Jump up on a board and catch a wave!

Day 12

## Trujillo

Bienvenidos a Trujillo! You can visit the impressive Chan Chan sandstone archaeological site today, snap a photo at the yellow colonial church, or head to Huanchaco for some more beach time.

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### Accommodation

Hotel Grau (or similar)

Hotel

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### Today's Activities

Free Time

Trujillo

Get out and explore the city!

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### Optional Activities - Day 12

Chan Chan Ruins Visit

Trujillo

Hop in a taxi and travel to the ruins of Chan Chan, the capital of Peru's largest pre-Inca empire, located 5km (3.1 mi) away from the city of Trujillo. Abandoned in the 1470s after the Inca army overran the city, it is now approximately 5,000 acres of eroded adobe.

Day 13

## Trujillo/Lima

Enjoy another full day in Trujillo before boarding a night bus to Lima.

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### Today's Activities

Free Time

Trujillo

Do as much or as little as you'd like before an overnight bus in the evening.

Overnight Bus

Trujillo - Lima

8h-9h

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

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### Optional Activities - Day 13

Chan Chan Ruins Visit

Trujillo

Hop in a taxi and travel to the ruins of Chan Chan, the capital of Peru's largest pre-Inca empire, located 5km (3.1 mi) away from the city of Trujillo. Abandoned in the 1470s after the Inca army overran the city, it is now approximately 5,000 acres of eroded adobe.

Day 14

## Lima

Discover the lively city of Lima today. Visit the trendy Barranco neighbourhood with your CEO to get a taste of bohemian-cool, try some ceviche, or sip pisco sours after exploring the colourful mansions and palm-studded streets.



### Accommodation

Hotel Gemina (or similar)

Hotel



### Today's Activities

Barranco Neighbourhood Visit

Lima

Dubbed Lima's coolest neighbourhood, once full of summer homes for Lima's elite now an area full with art boutiques, trendy bars, converted mansions, and cool vibes.



### Optional Activities - Day 14

Lima Cooking Class (4hrs)

Lima

Get a taste of Peruvian cuisine, visit local markets, sample exotic fruit, select fresh ingredients, and try your hand at preparing unique Peruvian dishes influenced by China, Italy, West Africa, and Japan.

Please note that if you are travelling with a family there is no age restriction on this activity and the cooking class is acceptable for children.

Full Day Lima Experience

Lima

150USD

Experience the highlights Lima along with its important eras in history such as, the Pre-Hispanic Oracle of Pachacamac. Enjoy lunch at a local restaurant in the bohemian district of Barranco and visit the colonial convent of San Francisco and its latest addition, the Magic Water Park.

Bike Miraflores and Barranco

Lima

35USD

Head out on a bike tour through Miraflores and Barranco visiting iconic districts in Lima along the way. You will bike a total of 13km or about 8 miles on this particular tour. Take in the colourful atmosphere as you pass by historic house in the Bajada de Baños district and visit the famous Puente de los Suspiros.

Lima City Tour

Lima

40USD

Discover Lima's cultural and culinary highlights on this half-day guided tour. Visit the Santo Domingo Monastery, walk around Plaza de Armas, marvel at the Bodega y Quadra Museum, and get to know some of Lima's lovely neighbourhoods. Stop to enjoy some authentic Peruvian tapas and be introduced to Pisco Sours during a demonstration and tasting.

Day 15

## Lima

Depart at any time.

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### Meals included

Breakfast

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### Today's Activities

Departure Day

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

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### Optional Activities - Day 15

Lima Cooking Class (4hrs)

Lima

Get a taste of Peruvian cuisine, visit local markets, sample exotic fruit, select fresh ingredients, and try your hand at preparing unique Peruvian dishes influenced by China, Italy, West Africa, and Japan.

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Lima City Tour

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40USD

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## What's included

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- Your G for Good Moment: Shandia Biking & Community Experience, Shandia

- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Local Living Moment: Amazon Jungle Experience, Tena
- Your Discover Moment: Baños
- Your Discover Moment: Lima
- Amazon Jungle excursion to a local community
- Beach time in Mancora
- Barranco neighbourhood visit (Lima)
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Mingle with Amazon locals during a homestay, get active in Baños, explore towering volcanoes and colonial cities, chill out on the beach or surf in Mancora, explore the nightlife in Trujillo.

## Itinerary Notes

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## What are the main highlights of this trip?

Mingle with Amazon locals during a homestay, get active in Baños, explore towering volcanoes and colonial cities, chill out on the beach or surf in Mancora, explore the nightlife in Trujillo.

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

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## **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?**

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

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1) Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

2) Please also note this tour travels to Banos. The Tungurahua volcano in the area around Banos is constantly active. G Adventures have operated countless tours to the Banos area over the years without incident. However, we are obligated to point out that travel to the area is at your own risk, to exercise caution when travelling in the area. Further, we urge you to check your insurance coverage with your insurance provider prior to travel to the Banos area.

3) Please note that protocols in Peru may require that proof of double vaccination for COVID-19 be shown along with passport ID in order to board domestic flights, trains and also to gain entry into restaurants, museums and attractions. We recommend keeping this info handy as these requirements can change without notice.

## What is the role of the group leader during this trip?

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 14.

## What meals are included in this trip?

6 breakfasts, 3 lunches, 3 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. 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?**

Local bus, boat, truck, motorized canoe.

## **Are local flights included in the cost of the trip?**

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

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

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

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

Simple hotels (8 nts, some multi-share), overnight buses (3 nts), rustic jungle huts (2 nts), G Adventures-supported community lodge (1 nt).

## **Do any exceptions apply to Rooming or “My Own Room” on my tour?**

Nights 2-4: Amazon homestay, Nights 8, 11 and 13: overnight buses.

## 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 of the same sex sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken.

Please note that hot water shortages and power outages can be fairly common in Peru (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control. 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, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

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

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

During office hours (Weekdays, 9-6pm Local Time)

From outside Peru: +51 1 241 1650

From inside Peru: 01 241 1650 or 241 1650 (from payphone within Peru)

After hours Emergency number: +51 99 758 2712. (WhatsApp Available)

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.

## **Are there any additional packing suggestions I should consider?**

Remember that although near the Equator, the higher altitude on some parts of the trip make for cool evenings and you will need a warm sweater or pullover. It's best to layer clothes rather than bring a heavy parka so that you can take layers off. This is especially true on the Inca Trail, at which time warmer clothing is essential.

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?

## Amazon:

- Knee-length socks
- Loose-fitting, light coloured hiking pants
- Loose-fitting, light coloured long-sleeved shirts
- Pack liners to waterproof bags

## 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, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

### **Health & Safety:**

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

### **Warm Weather:**

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

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

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

## **What 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](#)

## **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?

The currency in Peru is the Nuevo Sol (PEN), and in Ecuador the US Dollar (USD).

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 dollar cash and cards is best. Please bear in mind that cost of living in the southern cone countries (Argentina, Brazil, Chile) is much higher than the rest of South America, and in the case of Argentina, more comparable with Europe. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

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!

## 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.

# What activities are optional on this trip?

## Quito

- Quito City Tour & Equator Line

## Cotopaxi

- Cotopaxi Volcano - Full Day  
(56USD per person)

## Tena

- Guided Waterfall Walk
- AmaZOOnico Animal Rescue  
Centre Visit (25USD per person)

## Baños

- Mountain Bike Rental (10USD per person)
- Horseback Riding - Baños  
(25USD per person)
- Hot Springs - Baños (4USD per person)
- Baños Ziplining Adventure  
Bundle (25USD per person)
- Hiking - Baños (Free)
- Baños Canyoning Adventure

## Cajas National Park

- Cajas National Park Visit  
(65USD per person)

## Cuenca

- Day Trip to Ingapirca Ruins  
(65USD per person)
- Cuenca Mud Baths & Hot  
Springs (40USD per person)
- Gualaceo and Chordeleg Day  
Trip (65USD per person)

## Máncora

- Surfing

## Trujillo

- Chan Chan Ruins Visit

## Lima

- Lima Cooking Class (4hrs)
- Full Day Lima Experience (150USD per person)
- Bike Miraflores and Barranco (35USD per person)
- Lima City Tour (40USD per person)

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

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

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

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

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

## What are the trip specific safety considerations?

Care should be taken when wandering around on your own in central Lima as, some areas can be dangerous and pickpockets are daring.

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

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

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

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

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

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

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

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

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

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.

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

Minimum age of 18 years for this trip.

## 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.