



Solo-ish Guatemala

9 days, Antigua to Antigua

Trip code CGAO

What's included

- Your G for Good Moment: Chokojol Juyu Community Visit & Lunch, Antigua Guatemala
- Your G for Good Moment: Community Lunch with Konojel, Lago de Atitlán
- Your Welcome Moment: Meet Your CEO and Group
- Dinner Party: Guatemalan Cuisine Focused Cooking Class, Antigua Guatemala
- We Day: The History & Local Indigenous Communities of Antigua, Antigua Guatemala
- G Day: Lake Atitlan Communities & Cultural Immersion, Panajachel
- Me Day: Rio Dulce Me Day, Rio Dulce
- Complimentary arrival transfer
- CEO-led walking tour of Antigua
- Boat tour of Lake Atitlan
- Tikal Tour with a local guide
- Visit to Finca Paraíso
- Free time in Antigua, Panajachel, Flores, and Rio Dulce
- Internal flight between Guatemala City & Flores
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing April 11th, 2025 and onwards

Itinerary



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

Dinner Party: Antigua

Please ensure your flight lands by 14:00 and enjoy an included arrival transfer to the start hotel in Antigua. After a brief welcome meeting, discover the secrets of Guatemalan cuisine during a hands-on, private cooking demonstration at a local culinary school. With an experienced chef by your side this sensory immersion into the region's culture will demonstrate just how important food is in bringing people together across the world. From dishes like Pepián and Kak'ik, both of which are deeply rooted in Mayan traditions, to Hilachas, Tamales, and Rellenitos, your taste buds will be in heaven no matter which dish you learn to make. Your local culinary instructors will charm you with their personal stories and expert local knowledge, and you'll make new friends as you enjoy your own creations together. The experience will help you understand how Mayan culture and Spanish Colonial influence have blended together in a perfect harmony through food.

Make sure to arrive by 2:00 pm so that you have time to get settled in and join your CEO and fellow travellers for a welcome briefing and tonight's Dinner Party.



Meals included

Dinner



Accommodation

Posada San Vicente (or similar)

Hotel



Today's Activities

Arrival Transfer

La Aurora International Airport - Antigua Guatemala

1h15m-1h30m

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

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. 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

Food is a universal language, and there's no better way to get to know a new friend, or a new community, than by breaking bread together and digging in to a delicious meal. Join your fellow Solo-

ish travellers in an immersive cooking class with an expert local chef at a culinary school in Antigua. Step inside Guatemalan culture through the aromas and flavours of each dish and its combination of ingredients. Known for dishes like Pepián, a rich stew, and Kak'ik, a turkey soup, both of which are deeply rooted in Mayan traditions. Or other popular dishes like Hilachas (shredded beef stew), Tamales (corn dough with various fillings), and Rellenitos (sweet plantain fritters), this class will allow you to leave with the knowledge of how to bring a few of these delicious dishes back home. It's the perfect way to step out of your comfort zones and mingle with fellow travellers over the delicious food of Guatemala.

Today is all about the history and local cultures of Guatemala. Begin the day with breakfast and a visit to a local macadamia farm, where you'll learn how the cultivation of these trees has created sustainable income opportunities for surrounding communities. Then head to G Adventures-supported Chokojol Juyu for a meaningful cultural experience. Enjoy a traditional Guatemalan lunch prepared by the local community before participating in a Quitapenas Doll workshop, where you'll discover the story behind one of Guatemala's most beloved traditions and create your own keepsake. In the afternoon, stop at Cerro de la Cruz for panoramic views of Antigua before joining your CEO on an orientation walk through the city's cobblestone streets, colonial landmarks, and vibrant plazas. Finish the day with free time to continue exploring this UNESCO World Heritage city at your own pace. A day full of local connections and heartwarming interactions.



Meals included

Breakfast | Lunch



Accommodation

Posada San Vicente (or similar)

Hotel



Today's Activities

Breakfast at Macadamia Farm.

Antigua Guatemala

Visit a local macadamia nut farm and see how these nuts are processed. Try some of the products and learn about the vision behind the owner's farm and dedication to helping indigenous populations in Guatemala have better access to jobs, wages, and well-being that will help support their families and preservation of traditions.

ACTIVITY

Delve into an unforgettable experience at Chokojol Juyu, a vibrant training center dedicated to preserving the rich textiles and local indigenous culture of Antigua's community. Learn how to prepare Pepian, a traditional Guatemalan dish, alongside talented children and youth who are passionate about their heritage. Then learn from the women of the community as they share insights into their textile traditions which showcases the intricate techniques and stories behind their beautiful crafts, including a Quitapenas Doll workshop. Afterwards, sit down for lunch together surrounded by the warmth of local hospitality.

ACTIVITY

On a CEO-guided orientation walk of Antigua's historic sites, you'll wander through its cobblestone streets and see colonial sites like the vibrant Central Park, the historic Cathedral, and the Palace of the Captains General. Then, stop by the iconic Santa Catalina Arch, perfectly framed by the Agua Volcano. See the striking yellow façade of La Merced Church and the peaceful ruins of the Capuchinas Convent. Finish the walk along Calle de los Pasos to the Church of San Francisco, home to the tomb of Saint Hermano Pedro. In 'gradas del cerro de la cruz' you'll have an amazing view of Antigua.

Experience the breathtaking beauty and vibrant culture of Guatemala's Lake Atitlán on an unforgettable G Day. Travel from Antigua to Panajachel before boarding a boat across the lake to the community of San Marcos. Enjoy a delicious community lunch with Konojel, followed by a special G surprise that offers a deeper connection to local Mayan traditions. Continue by boat to San Juan La Laguna, where you'll visit the Rupalaj textile cooperative to learn about the traditional natural dyeing process and try weaving on a backstrap loom. Afterwards, enjoy free time to explore the colorful streets, local markets, and artisan shops of San Juan before returning to Panajachel by boat. Remember to be on the lookout because who knows where you might end up on this epic G Day.



Meals included

Breakfast | Lunch



Accommodation

Kamol Bey (or similar)

Hotel



Today's Activities

ACTIVITY

With your Solo-ish travel mates and CEO, explore some of the world's coolest activities alongside new friends. It's not just an epic day of fun, it's chock full of incredible experiences and a surprise G element along the way to take your day to an 11. Spend the day exploring the stunning natural beauty of Guatemala's Lake Atitlan and the small local communities along the shores. Board a boat in Panajachel and cruise across the water to the local community of San Marcos. Enjoy a delicious local Mayan lunch, and participate in a Mayan tree planting ceremony for a sense of indigenous culture and beliefs. Test your communication and bargaining skills in the colourful local markets before travelling by boat for unforgettable views of the lake and surrounding area. Be on the lookout for a fun surprise along the way.

ACTIVITY

Enjoy a traditional community lunch with Konojel in San Marcos before experiencing a special G surprise inspired by local Mayan traditions. Afterwards, travel to nearby San Juan La Laguna to visit the Rupalaj textile cooperative, where local artisans will demonstrate traditional natural dyeing techniques

and invite you to try weaving on a backstrap loom. Enjoy free time to explore the village's markets and artisan workshops before returning to Panajachel.

Rupalaj K'istalin Workshop

San Juan La Laguna

Experience what it takes to create traditional textiles through a natural dyeing demonstration and backstrap loom weaving experience.

Day 4

Panjachel/Flores

Enjoy the gorgeous views of Lake Atitlan during a lieisurely morning. Have breakfast with a view, walk near the lake, and simply enjoy the sounds, smells, and sights of Panajachel. In the afternoon, travel north on a flight to Flores, with its heavy Mayan influence in the northeast jungle Petén region. Flores is situated on an island in Lake Petén Itzá, connected to the mainland by a causeway. This unique location offers stunning views of the lake and surrounding landscape. The town is also considered the gateway to nearby Mayan ruins and towering temples. Upon arrival take time to get settled and enjoy your new surroundings. Choose to find a cozy spot for an authentic Guatemalan dinner this evening with your newest travel friends.



Meals included

Breakfast



Accommodation

Hotel Petén (or similar)

Hotel



Today's Activities

Free Time

Panajachel

Spend a free morning on your own in Panajachel. Enjoy the views from the shores of Lake Atitlan and have a slow, leisurely breakfast among the blue water and rising volcanoes in the distance.

Private Vehicle

Panjachel - Guatemala City

4h

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

Plane

Guatemala City - Flores

1h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time

Flores

Get settled in Flores this evening. Choose to go for a walk by yourself if you're craving some alone time, or grab a few pals and find a cute local spot to have an authentic Guatemalan dinner.

Day 5

Flores

Step back in time into the life of the ancient Maya with a guided tour today to the Tikal archaeological site. Set in the heart of the jungle, in Tikal National Park, you will see this UNESCO World Heritage site along with your bilingual guide. See some of the temples, plazas, carved stone monuments and public squares dating from as far back as 600 BC. Climb to the top of Temple IV and feel your heart thumping in your chest. Snap some photos and soak in the deep, ancient energy of this place. Return to Flores for more free time to relax, maybe journal, walk along the water, or grab an ice cold beverage to celebrate a day well spent.



Meals included

Breakfast



Accommodation

Hotel Petén (or similar)

Hotel



Today's Activities

Private Vehicle

Flores - Tikal

45m

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

Tikal Ruins Guided Tour

Tikal

3h-4h

7km

Put on your walking shoes and prepare for a tiring but memorable day walking through history at the impressive site of Tikal. The Mayan site is set in the heart of the jungle, in Tikal National Park, now a UNESCO World Heritage site. Along with our bilingual guide, see some of the temples, plazas, carved stone monuments and public squares, more than 3,000 buildings in all, dating from as far back as 600 BC. Climb to the top of Temple IV, catch your breath, take photos, and then sit and contemplate the magnificence of the site and the tropical rainforest beyond. Look for monkeys, anteaters, armadillos, and deer, as well as macaws and eagles, snakes, and spiders.

Private Vehicle

Tikal - Flores

45m

42km

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

Free Time

Flores

Back in Flores enjoy free time to recharge. Spend it alone or with members of the group. Go for a walk, listen to a podcast along the shores of the lake, or find a fun, local spot to grab a cold beverage and celebrate a day well spent amid ruins and ancient history.

After breakfast the group will drive from Flores to Rio Dulce, special for its unique combination of natural beauty, Caribbean influence, and diverse wildlife. This river runs through the lush rainforest landscape featuring cliffs, beaches, and hot springs. It is a haven for nature lovers and those wishing to experience adventure off-the-beaten-path. After having lunch on your own in the charming town, the group will enjoy an unforgettable visit to Finca Paraiso. This place is so special because it features a rare, natural phenomenon where hot and cold water sources converge. The waterfall cascades down a rock formation heated by the underground hot springs creating a steamy, warm waterfall combining with the cooler river below. It's an ideal place to swim and find the perfect temperature to float and stare up at the jungle hovering above you. Return to Rio Dulce for free time to grab dinner on your own and recharge your social batteries. There's no doubt that Guatemala will have captured your heart by now.



Meals included

Breakfast



Accommodation

Hacienda Tijax (or similar)

Hotel



Today's Activities

Private Vehicle

Flores - Rio Dulce

5h

218km

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

Finca Paraíso Visit

Rio Dulce

Enjoy a few hours to swim in the hot and cold water of Finca Paraíso. This unique natural phenomenon is well worth a visit. The underground hot springs heat up the water cascading down the waterfall to make a steaming falls that collides with the cold river below creating the perfect temperature to swim and float around beneath the jungle trees.

Free Time

Rio Dulce

Get settled in beautiful Rio Dulce. Enjoy the sounds of the jungle around you and have a relaxing dinner at a local restaurant on your own or with the group.

Day 7

Me Day: Rio Dulce

It's time for a day that belongs entirely to you! Choose to go on a scenic boat ride to the Caribbean town of Livingston and enjoy a visit to the G Adventures-supported El Manglar Restaurant for an explanation of the women-led community initiative project here. Then, walk around the grounds before a sit-down lunch of delicious local flavours. Or you can join your CEO on a visit to the nearby beach for some downtime by the water and in the sand. The choice really is all yours. You can decide to be as solo or social as you wish for the best of both worlds. Dinner in the evening will be at your leisure. Finding a hip foodie spot with your travel mates sounds like a fabulous idea.



Meals included

Breakfast



Accommodation

Hacienda Tijax (or similar)

Hotel



Today's Activities

ACTIVITY

Traveling solo alongside your new Solo-ish travel mates means there's always something fun to do and new friends to explore with. But the joy of travel can also be about taking time to yourself to recharge, refresh and reflect on the journey. Today, choose to join your CEO for an incredible activity, or take the time to yourself to enjoy your own company in one of the most incredible places on our planet.



Optional Activities - Day 7

Scenic Boat Ride to Livingston

Rio Dulce - Livingston

30USD

5h-6h30m

55km

Take a boat down the Rio Dulce toward the Caribbean Sea passing through El Golfete and El Canyon before arriving to Livingston. Float past mangroves and lily pads and the Boquerón Canyon, where a sheer limestone cliff rises 122m (400 ft) out of the river, covered in vines, trees and moss. Arrive at the small fishing village of Livingston known for its unique Afro-Caribbean Garifuna population, with their unique art, music and delicious coconut seafood soup, "tapado".

Caribbean Gastronomic Experience "El Manglar"

Livingston

1h-2h

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

Day 8

Rio Dulce/Antigua

Enjoy breakfast in Rio Dulce before traveling back to Antigua. There will be a stop for lunch on your own along the way. Upon arrival to Antigua your CEO will take the group on an orientation walk downtown and then you will be free to do dinner as you please. Maybe gather together as a group of strangers that have become friends for a fantastic night of delicious food, laughter, and love in a beautiful place you will never forget.



Meals included

Breakfast



Accommodation

Posada San Vicente (or similar)

Hotel



Today's Activities

Private Vehicle

Rio Dulce - Antigua Guatemala

6h

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

Orientation Walk - Antigua

Antigua Guatemala

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

Free Time

Antigua

Enjoy a final evening in Antigua. Take photos, walk around the centre of town, and perhaps attend an optional group dinner to commemorate a fantastic Solo-ish experience in Guatemala.

Day 9

Antigua

You arrived a solo traveller and are leaving with many new friends. Say goodbye to your fellow Solo-ish travellers and depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

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

What's included

- Your G for Good Moment: Chokojol Juyu Community Visit & Lunch, Antigua Guatemala
- Your G for Good Moment: Community Lunch with Konojel, Lago de Atitlán
- Your Welcome Moment: Meet Your CEO and Group
- Dinner Party: Guatemalan Cuisine Focused Cooking Class, Antigua Guatemala
- We Day: The History & Local Indigenous Communities of Antigua, Antigua Guatemala
- G Day: Lake Atitlan Communities & Cultural Immersion, Panajachel
- Me Day: Rio Dulce Me Day, Rio Dulce
- Complimentary arrival transfer
- CEO-led walking tour of Antigua
- Boat tour of Lake Atitlan
- Tikal Tour with a local guide
- Visit to Finca Paraíso
- Free time in Antigua, Panajachel, Flores, and Rio Dulce
- Internal flight between Guatemala City & Flores
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Learn to make tortillas in the colourful streets of Antigua, Explore the lakeside villages of Atitlán by boat. Walk among the ancient ruins of Tikal deep in the jungle. Soak in the hot waterfall and cool river at Finca Paraíso

What are the main highlights of this trip?

Learn to make tortillas in the colourful streets of Antigua, Explore the lakeside villages of Atitlán by boat. Walk among the ancient ruins of Tikal deep in the jungle. Soak in the hot waterfall and cool river at Finca Paraíso

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

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

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

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

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

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

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 16, Avg. 14.

What meals are included in this trip?

8 breakfasts, 2 lunches, 1 dinner

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. Please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, plane, boat.

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 (8 nts).

Will I get my own room?

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

What are the joining instructions?

Welcome to Guatemala! Catch your included arrival transfer to the start hotel in Antigua. Please plan to arrive no later than 3pm.

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the arrivals halls. If for any reason you are not met at the airport, please call our local support line.

During your Welcome Meeting, you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run.

After a welcome briefing with your CEO, you and your new Solo-ish mates will attend a hands-on, cooking experience featuring Guatemalan cuisine staples.

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

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

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office San Jose, Costa Rica

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

After hours emergency number: +51 997 582 712

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

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

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

Are there any additional packing suggestions I should consider?

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

What should be on my packing list?

Documents:

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

Essentials:

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

Health & Safety:

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

Warm Weather:

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

When can I do my laundry on this trip?

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

What 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?

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

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

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Should I be tipping on my trip?

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$6-10 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

What activities are optional on this trip?

Rio Dulce

- Scenic Boat Ride to Livingston
(30USD per person)

Livingston

- Caribbean Gastronomic Experience "El Manglar"

Are there any health considerations I should know before travelling?

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

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

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

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

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

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

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

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

What is Planeterra?

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

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

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

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

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

How can I share feedback about my trip experience?

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

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

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

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

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

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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