



Solo-ish Philippines

11 days, Manila to El Nido

Trip code APMN

What's included

- Your G for Good Moment: Sibaltan Heritage Community, El Nido
- Your Welcome Moment: Meet Your CEO and Group

- Dinner Party: Dinner Party, Manila
- We Day: Mount Purro Nature Reserve Adventure, Mount Purro
- G Day: Tutulari Inararo Avatar Gorge, Clark
- Me Day: Manila Me Day, Manila
- Complimentary Arrival Transfer
- Intramuros walking tour
- Manila Foodie Walking tour
- Jeepney ride
- Mount Purro Nature Reserve G for Good Experience
- Avatar Gorge Excursion
- Iwahig Firefly Excursion
- Puerto Princesa Subterranean River tour
- Full day Port Barton Island Hopping tour
- Sibaltan Indigenous community experience
- 2 Full day El Nido Snorkeling tours
- Internal airfare
- All transport to and 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 October 22nd, 2024 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: Manila

Welcome to Manila and the Philippines! After meeting your included arrival transfer at the airport, join your new travel mates and CEO for an exciting and tasty walking tour of Manila. Filipino food is unique with such a global historic influence. Try the vibrant flavors as you explore local neighborhoods while getting to know your new fellow solo-ish travellers.

Make sure your flight arrives no later than 1:00 pm to join your CEO and follow solo-ish travellers for a 3:00 pm Welcome Moment, followed by your Manila street food Dinner Party.



Meals included

Dinner



Accommodation

Hotel Kimberly Manila (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

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. Filipino food is a vibrant fusion of indigenous flavors and culinary influences from Spain, China, and the United States, reflecting the Philippines' rich history and cultural diversity. On an epic street food tour, try the local favorites like steamed dumpling, meat skewers, and fried rolls. Along the way, get to know your new fellow solo-ish travellers and the lively city of Manila.

Day 2

We Day: Mount Purro

Get to know your fellow solo-ish companions and local life of the Philippines on a day trip to Mount Purro Nature Reserve. Leaving the city behind, spend a day with the Dumagat Indigenous community, learning more about Indigenous food and culture. Join your CEO for some light hiking, join in an Indigenous cooking demonstration, build the fire for cooking and make sinigang, a traditional pork dish cooked in bamboo.



Meals included

Breakfast | Lunch



Accommodation

Hotel Kimberly Manila (or similar)

Hotel



Today's Activities

Private Vehicle

Manila - Mount Purro

2h

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

ACTIVITY

With your incredible CEO at the helm, get to know the local community and your Solo-ish travel mates on a day packed full of interesting and engaging adventures. Connect with local Filipino culture outside of the city with a day trip to Mount Purro Nature Reserve. This reforestation organization was formed to protect the greater Manila area from future natural disasters like flash flooding. With your fellow solo-ish travellers, immerse yourself with the local community, learn about their initiatives, hike and join a local cooking demonstration

Private Vehicle

Mount Purro - Manila

2h

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

Day 3

G Day: Avatar Gorge

Today we'll take a day trip to a hidden gem just north of the city of Manila. This stunning wonderland is called Avatar Gorge. Alongside your CEO and solo-ish travel mates, explore this mossy covered canyons, uniquely carved by erosion. This off the beaten path adventure will have you fall in love with The Philippines' natural side while connecting with your group. In the afternoon, travel back to Manila for the night.



Meals included

Breakfast | Lunch



Accommodation

Hotel Kimberly Manila (or similar)

Hotel



Today's Activities

Private Vehicle

Manila - Clark

2h-2h8m

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

Private Vehicle

Clark - Manila

2h-2h8m

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

ACTIVITY

Part of the indigenous domain of the Aeta people, Avatar Gorge is an incredible natural formation of rock and moss. Take a 4x4 to reach the gorge, and then walk on foot through lush vegetation and gorgeous flora through huge walls of green.

Connect with the culture and history of the Philippines today while exploring the stories behind the centuries-old walls of Intramuros. Ride a classic Filipino jeepney to the wall to start the walking tour. As you walk through cobblestone streets alongside your other solo-ish travellers, visit iconic landmarks like Fort Santiago and San Agustin Church, engaging with your CEO as they bring the heritage of Manila to life. After the tour, take the jeepney back to your hotel and enjoy an afternoon at leisure. Choose to relax at a cafe for some downtime, or join your CEO for a walk through Makati and Chinatown.



Meals included

Breakfast



Accommodation

Hotel Kimberly Manila (or similar)

Hotel



Today's Activities

ACTIVITY

Join your CEO for an afternoon exploring Manila on foot. Check out some of the cooler rooftops of Makati and check out some of the more interesting spots in Manila's Chinatown that you have missed.

Jeepney Ride & Intramuros Walking Tour

Manila

Jump into a local jeepney to the heart of Manila, Intramuros. Take a guided tour to explore the historic centre of Manila known as Intramuros ("Within the Walls"). Founded by the Spanish in the late 16th century, the city was enclosed by thick stone walls which still stand today. At the height of its power, Intramuros was feared by Spain's enemies as the only true European powerhouse in the whole of Asia, but after holding strong against Chinese pirates, Dutch forces, British, American and Japanese occupations, the large majority of the city was destroyed during the month-long brutal Battle of Manila fought between the Japanese and the Allies in the closing days of WWII, a battle which also claimed the lives of 100,000 Filipino civilians. A walk through this area, despite the devastation (or maybe because of it) truly gives you a sense of the history of this area. Then take the jeepney back to the hotel.

Day 5

Manila to Puerto Princesa

Fly together this morning to Puerto Princesa on Palawan Island. After arrival, spend the afternoon free before coming together for a magical evening under the... fireflies! We'll drive to Iwahig and once its dark, join an expertly guided excursion to watch as the fireflies light up the dark sky.



Meals included

Breakfast | Dinner



Accommodation

Holiday Suites Puerto Princesa (or similar)

Hotel



Today's Activities

Plane

Manila - Port Barton

5h30m-5h27m

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

Iwahig Firefly Evening Tour

Puerto Princesa

Take part in a magical evening experience where you will witness the captivating glow of thousands of fireflies. You'll be surrounded by lush mangrove trees, illuminated by these tiny dancing lights.

Day 6

Puerto Princesa to Port Barton

Drive from Puerto Princesa to Port Barton today. On the way, stop at the famous UNESCO World Heritage Site, the Subterranean River National Park, also known as the Underground River. Take a tour with your fellow solo-ish travellers through the limestone karst formations. Arrive to Port Barton in time for an incredible sunset viewing with your new friends.



Meals included

Breakfast | Lunch



Accommodation

Holiday Suite, Port Barton (or similar)

Hotel



Today's Activities

Free Time

Port Barton

Spend an evening at leisure in Port Barton.

Private Vehicle

Puerto Princesa – Port Barton

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

Puerto Princesa Subterranean River National Park Visit

Sabang

Take a boat ride through the famous subterranean river. The underground ecosystem is over 8km (5 mi) long with amazing rock formations, cave systems, wildlife and old growth forest. The Puerto Princesa Subterranean River National Park was voted one of the New 7 Wonders of Nature in 2011.

Day 7

Port Barton

This morning, we'll load into a boat and spend the day out on the water on an Island Hopping adventure. Relax under the sun, snorkel and look out for sea turtles, and enjoy lunch on board. In the evening, enjoy a free evening in Port Barton.



Meals included

Breakfast | Lunch



Accommodation

Holiday Suite, Port Barton (or similar)

Hotel



Today's Activities

Port Barton Island Hopping

Port Barton

Experience the unspoiled natural beauty of Port Barton with this exciting island-hopping activity. With all your equipment included, jump into the water and snorkel in hopes of swimming alongside sea turtles. Between swims, enjoy lunch on the beach on an island.

Day 8

Port Barton/El Nido

Travel this morning from Port Barton to El Nido. Once in El Nido, visit the Sibaltan Heritage House. After meeting the community, jump in hands on in a cooking demonstration with the local women. Witness the local traditions of the community, learning their local songs, cultural dance and observing the Cuyonon artisan weaving.



Meals included

Breakfast | Lunch



Accommodation

Isla Amara Hotel, Lio Beach (or similar)

Hotel



Today's Activities

ACTIVITY

Travelers visiting Sibaltan can engage in hands-on cultural experiences, including traditional weaving workshops led by the Sibaltan Women Weavers Association (SWWA). They can craft travel-friendly items, such as placemats, small baskets, or bags, using pandan or buri leaves dyed in vibrant colors. This workshop offers a meaningful connection to the rich cultural heritage of the Philippines while supporting local artisans. Visitors can also enjoy traditional dance performances and cooking demonstrations, showcasing the vibrant cultural and culinary traditions of Sibaltan, all while promoting sustainable living practices.

Private Vehicle

Port Barton - El Nido

3h

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

Day 9

El Nido

Spend the whole day out on the sea today in a private boat island hopping adventure. Cruise, snorkel and swim your way through picturesque beaches, perfect blue water and around krast formations. Make pit stops at gorgeous beaches, like Secret Beach and Hidden Beach, and keep your eyes out for sea turtles, eels and rays in the water.



Meals included

Breakfast | Lunch



Accommodation

Isla Amara Hotel, Lio Beach (or similar)

Hotel



Today's Activities

Island Hopping Tour

El Nido

7h-8h

Jump on a boat and cruise through some of the most beautiful water in the world. Stop at world class beaches like Secret Beach and Hidden Beach while swimming and snorkeling in the beautiful sea along the way. Gaze at the impressive limestone karsts and view of the sparkling water. Enjoy lunch on board while listening to stories and the history of El Nido.

Day 10

El Nido

A final day of exploring the coastline of El Nido on the water. Snorkel and explore nearby lagoons and beaches with your new travel mates and celebrate an incredible adventure together with a final toast on the beach.



Meals included

Breakfast | Lunch



Accommodation

Isla Amara Hotel, Lio Beach (or similar)

Hotel



Today's Activities

Island Hopping Tour

El Nido

7h-8h

Another exciting day at sea awaits. Today, check out a number of additional spots that usually have fewer visitors. Visit Secret Lagoon and 7 Commando Beach, and have more of these spots to yourself as you explore.

Day 11

El Nido

Depart at any time.



Meals included

Breakfast

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What are the main highlights of this trip?

Manila Foodie Walking tour, Mount Purro Nature Reserve Experience, Avatar Gorge excursion, Port Barton Island Hopping tour, 2 Full day El Nido Snorkeling tours.

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Is there an itinerary Disclaimer?

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

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

How large will the group be?

Max 16, avg 14

What meals are included in this trip?

10 breakfasts, 7 lunches, 2 dinners

What are the meals like on this trip?

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. While trekking in remote regions, food is included, plentiful and made of fresh local ingredients. For all trips, please refer to the meals included and budget information.

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?

Flight, private vehicle, boat, walking.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotels (10 nts).

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

Night 6 & 7 (Port Barton)

What kind of accommodation can I expect on this trip?

On Solo-ish Adventures, it's all about making new friends. Accommodation for Solo-ish Adventures is in twin-share rooms. No booking or rooming requests will be taken, and matrimonial bedding is not offered on Solo-ish Adventures

What are the joining instructions?

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

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

For airport transfers, please meet the airport representative at the meeting point stated below.

NAIA Terminal 1: A10

NAIA Terminal 2: Bay 8-9

NAIA Terminal 3: Bay 9

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Arrive to your start hotel no later than 3pm for your Welcome Meeting.

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. If you don't see a note, please ask reception for details!

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

What happens if I experience problems when arriving?

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

Who should I contact in case of an emergency?

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

If you have pre-booked an airport transfer please meet the airport representative at the meeting point stated below. Look for G Adventures sign with your name.

Airport Pick-up Points:

NAIA Terminal 1: A10

NAIA Terminal 2: Bay 8-9

NAIA Terminal 3: Bay 9

If you have any transfer complications on arrival in Manila, please call on the numbers below:

+639178458109 (Mark)

+639171778109 (Eli)

+639194365184 (Jenny)

G Adventures Bangkok office: +66 92 338 9222

EMERGENCY CONTACT NUMBERS

After hours emergency number

From outside Thailand +66 92 338 9222

From within Thailand 092 338 9222

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What instructions should I follow at the finishing point?

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

Are there any additional packing suggestions I should consider?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit with you in buses or on trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

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

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](#)

Philippines:

As of April 1st 2026, all non-Filipino nationals entering Philippines by air, land or sea must complete the Philippines e-Travel Registration Form online before arrival. Please note, the Custom Declaration area of the form must be completed in detail. Register within 3 days of arrival.

For more information and to complete the Registration Form, we kindly request the you visit the [Philippine Travel Information System](#) page.

Information is accurate as of April 1st, 2026.

How much spending money do I need for my trip?

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

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

During this tour the local currency you will use is the Philippine peso. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com for each of the above mentioned currencies. The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals.

USD, EUR, GBP, CAD, and AUD cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix. Travellers cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items. If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

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 Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people 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. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

What activities are optional on this trip?

- No optional activities

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.

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.