



Spirit of Bhutan

6 days, Thimphu to Paro

Trip code ADTO

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Arrival & Departure transfer

- Sustainable Development Fees
- Memorial Chorten & Motithang Takin Preserve visit
- Tashichho Dzong visit
- Chimi Lhakhang Hike
- Explore Punakha Dzong
- Explore Paro Dzong and Archery grounds
- Free time in Thimphu, Punakha, and Paro
- Hike to Taktsang Monastery Tiger's Nest
- 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 September 13th, 2022 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

Paro Airport to Thimphu

Arrive at Paro Airport and meet your arrival transfers to our accommodation in Thimphu. Here you will attend a welcome meeting followed by an optional group dinner.



Meals included

Dinner



Accommodation

Hotel Damisa Bhutan (or similar)

Hotel



Today's Activities

Private Vehicle

Paro - Thimphu

1h15m-1h30m

On arrival, take a private transfer to Thimphu.

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.

Visit the National Memorial Chorten, the Buddha Point, and Motithang Takin Preserve. In the evening, visit Tashichho Dzong.

In the evening, visit the Tashi Chhoedzong, known as the "Fortress of Glorious Religion", initially built in 1702. Today, it houses the main secretariat building, the central monk body, and the office of the king.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Hotel Damisa Bhutan (or similar)

Hotel



Today's Activities

Memorial Chorten Visit

Thimphu

The chorten is one of the most prominent religious structures in Thimphu, and for local Bhutanese it is a popular part of their daily prayers. Watch locals walk around the Chorten, spinning the prayer wheels and meditating in this lovely and peaceful spot.

Motithang Takin Preserve Visit

Thimphu

Enjoy a visit to the Motithang Takin Preserve, which was once a mini zoo. The area was converted into a preserve for Bhutan's national animal, the takin, which is a cross between a goat and an antelope.

Tashichho Dzong Visit

Thimphu

Enjoy a visit to Tashichho Dzong, a Buddhist monastery and fortress. Its main building is typical of Bhutanese architecture, with whitewashed walls and a golden roof. The original structure was built in 1216 and now houses the civil government.

Buddha Point Visit

Thimphu

Buddha Point is home to Thimphu's most recognized landmark, the Buddha Dordenma. Guarding the entry to the Thimphu valley, this 51-meter (167ft) gilded bronze statue is filled with 125,000 miniature

statues and sits atop a three-storey base housing a chapel and thousands of donated statuettes. The statue was commissioned to mark His Majesty the Fourth King of Bhutan, Jigme Singye Wangchuck's 60th birthday and was originally made in China before being transported to Thimphu in pieces.

The massive Buddha statue in Thimphu made of bronze and gold. Take lots of pictures - it's beautiful!

Thimphu Orientation Experience

Thimphu

Thimphu is the capital of the Himalayan kingdom of Bhutan. It is also Bhutan's largest city and displays loads of traditional Bhutanese art, architecture, and culture. It's a modern city with unique character. You'll see the old and the new blend together here as you walk the streets lined with restaurants and cafes that sit alongside old fortresses and monasteries. Did you know that Thimphu is the only capital city in the world without any traffic lights? Get to know the area on an orientation experience visiting sites like the textile museum and old clock tower.

Travel to Punakha in the morning crossing Dochula Pass. After a pleasant stop for views enjoy a short hike to Chimi Lhakhang Temple learning about its historical significance. In the afternoon explore the stunning Punakha Dzong.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Bhutanic Resort (or similar)

Hotel



Today's Activities

Chimi Lhakhang Visit

Punākha

30m-1h

Take a short hike to Chimi Lhakhang, temple of the "Divine Madman." Built in 1499, it is mainly visited today by women as it is known as the temple of fertility.

Private Vehicle

Thimphu - Punākha

3h-4h

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

Punakha Dzong Visit

Punākha

Visit Punakha Dzong, the winter seat of the Je Khenpo and the Monk Body, remarkably located between the rivers of the Mo (female) Chu and Pho (male) Chu. It is the second oldest and second largest dzong (fortress) in Bhutan and one of its most majestic structures, housing many sacred relics. It is also the winter capital of the Je Khenpo (chief abbot). Built by Zhabdrung Ngawang Namgyal in around 1637. Arguably, it is the most beautiful Dzong in the country. The Dzong guards Bhutan's most treasured relic, the Rangjung Kharsapani, an image of Chenresig kept away from the public in the utse (tower). It has survived Tibetan invasions, numerous fires, floods and a glacial lake burst. The Dzong served as the capital and seat of the Bhutanese Government until the early 1950s; and the coronation of the His Majesty the First Druk, Gyalpo Ugyen Wangchuck, took place here.

Day 4

Punākha/Paro

Take a scenic drive back to Paro this morning with a few stops en route. Upon arrival the group will visit the Paro Dzong as well as the local archery grounds. This evening you'll have free time to wander and indulge as you please.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Rema Resort (or similar)

Hotel



Today's Activities

Private Vehicle

Punākha - Paro

3h-4h

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

Paro Orientation Walk

Paro

Paro lies at the centre of a valley that is full of ancient sites and buildings. The area is covered with terraced paddy fields, quaint farmhouses scattered throughout the valley and green forests overlooking the Paro Chhu River snaking below. Enjoy an orientation walk of this beautiful place and learn about Bhutanese ancient artefacts and art work.

Paro Rinpung Dzong Visit

Paro

Visit Paro Rinpung Dzong, which means 'Fortress on a Heap of Jewels'. The original construction of this dzong is believed to have been completed in 1458 and it was restored to its present glory by His Majesty the Third of Bhutan, King Jigme Dorji Wangchuck, to mark his royal wedding in 1951.

Local Archery Grounds Visit

Paro

As Bhutan's national sport, a visit to a local archery ground is a must. Watch locals practice or compete with unbelievable accuracy and precision as they hit distant targets.

Free Time

Paro

Take advantage of free time and visit some of the best sites in Paro like, the ruins of the Drukgyel Dzong or Kyichu Lhakhang, one of the two oldest monasteries in Bhutan. Maybe head for a visit to the National Museum of Bhutan. There are statues, paintings, sacred masks and costumes all located in a seven-story watchtower.



Optional Activities - Day 4

Ta Dzong National Museum

Paro

The National Museum of Bhutan houses an extensive collection of Bhutanese art, with pieces dating back for centuries.

Day 5

Paro

Enjoy a morning hike to Taktsang Monastery (Tiger's Nest). The hike is about 7km and offers a chance to visit 13 holy relics, at a place considered to be one of the most venerated pilgrim sites of the Himalayan world. After finishing the hike you'll have the rest of the evening free to explore more of Paro on your own before one last dinner with the group.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Rema Resort (or similar)

Hotel



Today's Activities

Taktsang (Tiger's Nest) & Monastery Hike

Paro

6h

7km

Hike up to the Taktsang monastery (Tiger's Nest); containing 13 holy relics, it's considered one of the most venerated pilgrim sites of the Himalayan world. It is also where Guru Padmasambhava is said to have landed on the back of a tigress in the 8th century. Take in the stunning views en route and the incredible vista from this monastery, which clings to the rock towering 2,953m above the valley.

The group will hike from 2400m elevation and reach 3100m at the Taktsang Monastery before returning back to 2400m in the same day. The climb should take around 6 hours for a total distance of 7 km.

Free Time

Paro

Take advantage of free time and visit some of the best sites in Paro like, the ruins of the Drukgyel Dzong or Kyichu Lhakhang, one of the two oldest monasteries in Bhutan. Maybe head for a visit to the National Museum of Bhutan. There are statues, paintings, sacred masks and costumes all located in a seven-story watchtower.



Optional Activities - Day 5

Kyichu Lhakhang Temple Visit

Paro

Enjoy a visit to one of Bhutan's oldest and most beautiful temples. Built in the 7th century, Kyichu Lhakhang Temple boasts stunning art work inside and throughout the courtyards.

Day 6

Paro

Depart at any time. Airport transfer included. While at the airport, opt to experience a cultural art class at the social enterprise, VAST, a G Adventures-supported studio.

Your CEO will help arrange your transfer to the airport and all exit formalities before your journey home.



Meals included

Breakfast



Today's Activities

Private Vehicle

Paro - Paro Airport

30m

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



Optional Activities - Day 6

VAST Airport Experience

Paro Airport

Turn waiting at the airport into an art class! Visit the hands-on art experience at VAST (Voluntary Artists' Studio Thimphu) Happy Brush Activity Corner in the Paro Airport. The initiative works to nurture the artistic potential of Bhutanese youth by involving youth in community service, while empowering them to explore art as a viable and fulfilling career path. Through different hands-on activities, like painting a traditional mask featured in the festivals and folklore of Bhutan.

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What are the main highlights of this trip?

Travel along mystical mountains, Visit various dzongs and Buddhist gompas, Experience the Dragon Kingdom with cultural interactions at a local farm, Take in stunning Himalayan mountain views

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

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

Is there 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 important notes should I be aware of before the trip?

1. CAMERAS

Please note there may be times during your visit to Bhutan when the use of video and/or still cameras may be inappropriate. Local people may consider that filming is too intrusive and in these circumstances we will request that you do not film. At all times be aware and sensitive to the impact of photography and seek permission before taking photographs of people and respect their wishes if they refuse.

2. HIKING AND WALKING

Please note that there is a lot of walking and light hiking on this trip and some of it at higher altitudes. Please ensure you are in decent physical condition and able to walk for extended periods of time.

3. EARPLUGS

Bhutan, being a Buddhist country believes in ahimsa so the barking of dogs (and there are a lot of them) at night can be annoying. It's advisable to bring earplugs. If you are able to travel with a lot of patience and a good sense of humour, then we know that you - like all of us - will be captivated by what Bhutan has to offer.

4. CLOTHING

The prime requirement for clothes you bring on Bhutan trip is that they are comfortable and appropriate to the weather conditions that you are likely to meet. For protection against cold, particularly at night, a number of relatively thin layers is better than a few thick ones. Thermal underclothes, being small and light, can be very useful. Bhutan is very conservative and you should dress accordingly. As a general guideline, shoulders and knees should be covered at all times. The wearing of shorts is not allowed as it will restrict your entry into buildings of a religious nature and family homes. A water and windproof jacket, a hat and sunscreen are essential.

5. FLIGHT

Your arrival and departure flights into/out of Paro, Bhutan, must be booked by you online. Please visit the following airline websites to do so:

Druk Air

<http://www.drukair.com.bt/>

Bhutan Airlines

<http://www.bhutanairlines.bt/>

Flights can be booked from: Bangkok, Kathmandu, Delhi or Kolkata (please check Visa requirements if flying via India). Once your flights are booked, contact your G Adventures agent, who will be happy to assist in booking your International connections.

6. EXTRA NIGHTS

If you are planning to extend your stay in Bhutan, pre or post-tour accommodation MUST be booked through G Adventures in order for us to issue a valid visa for the duration of your stay. These extra nights will include a guide and meals in addition to the accommodation.

7. LUGGAGE

Please note that if you have extra luggage or bags you do not wish to bring along for the entire trip you will be able to leave them at the joining hotel and retrieve them at the finishing hotel when the trip ends.

8. ACCOMMODATION NOTE:

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

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO 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 15.

What meals are included in this trip?

5 breakfasts, 4 lunches, 5 dinners

What are the modes of transportation on my trip?

Private vehicle, 4x4, 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/guesthouses (5 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 kind of accommodation can I expect on this trip?

Hotels (5nts)

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.

Upon arrival travellers will be met and transferred from Paro Airport to their joining hotel. Please look for the G Adventures sign when you enter the arrival lounge. If you run into any problems please contact our airport transfer representative at this number, +975 17 747 428.

Please note that for Day 1 in order to have time for a visit to Buddha Point please plan to get to Bhutan by noon so that you can reach Thimpu by late afternoon and have enough time to do an orientation before going to Buddha Point. Most flights arrive to Paro in the morning. The last day is a departure day in which no activities are planned and a departure transfer from your hotel to the airport is also included on this tour.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

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

What happens if I experience problems when arriving?

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

Who should I contact in case of an emergency?

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

Ms Wangchuk Dem - (Primary Contact)

From outside of Bhutan: +975 17 747 428

From within Bhutan: 17 747 428

G Adventures South Asia Manager, Sorab Jassawalla (Delhi, India)

From outside of India: +91 88 5180 6614

From within India: 88 5180 6614

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 should be on my packing list?

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

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
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- 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](#)

For Bhutan, G Adventures will arrange the visa for you. The cost of the visa is included in the tour price. The Bhutanese visa is issued to your passport on arrival. No passport photos are currently required for this, but it's always good to travel with a couple current photos.

In order to arrange the Bhutan visa, please click on the following link for information and application [form](#)

These details need to be submitted to us 35-60 days before your entry into Bhutan.

We will then arrange the Bhutanese visa for you. The visa letter will be forwarded to you 2-5 business days before departure. We cannot get the visa letter issued any sooner, as it is issued by the Bhutanese government. Please print out the visa letter, you will be required to show this before boarding your flight to Paro.

Important: If you are planning to extend your stay in Bhutan, pre- and post-tour accommodation MUST be booked through G Adventures in order for us to issue a valid visa for the duration of your stay.

If arriving and departing Paro from India, please note that the Indian government has recently made some changes to visa regulation due to misuse of the Tourist visa. We encourage all passengers to contact the Indian consulate or embassy in their home country to get up to date information on entry requirements. This is especially important for those planning on entering India multiple times in a two month period.

As of February 2026, all non-Indian nationals entering India by air, land or sea must complete the e-Arrival Card online before arrival. Register within 3 days of arrival.

For more information and to complete the e-Arrival Card, we kindly request that you visit the [Indian Immigration](#) page.

Foreigners holding an Indian Tourist visa, who after initial entry into India plan to visit neighbouring Nepal, Bhutan or Sri Lanka and then re-enter into India within 2 months need to get special authorization.

You must have at least two blank passport pages available for each country you will visit on your tour. These are required for entry & exit stamps.

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.

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 Bhutan 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 \$4-5 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 \$8-10 per person, per day can be used.

What activities are optional on this trip?

Paro

- Ta Dzong National Museum
- Kyichu Lhakhang Temple Visit

Paro Airport

- VAST Airport Experience

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.

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.

How old must I be to join this trip?

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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