G Adventures

Last Updated: July 6, 2023



The Best of Costa Rica Independent Adventure

10 days, San José to San José

Trip code TCRBCC

What's included

- Your Discover Moment: La Fortuna
- Arrival and departure transfer
- Guided tours of the Tortuguero Canals and National Park (entrance fee not included)
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing January 1st, 2015 - December 31st, 2016

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

San José

Arrive at any time. Arrival transfer included.

You will be met at San José International Airport and transferred to your hotel for the night.

This tour is an Independent Adventure with no group and no CEO (Chief Experience Officer). A welcome package with information about your tour will be at the starting hotel.

Today's Activities

Arrival Day

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

Private Vehicle — Juan Santamaría International Airport – San José

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

Welcome Meeting for Independent Trips San José

If you arrive between the hours of 9am and 9pm, a G Adventures CEO will meet you for a brief welcome meeting at your hotel before you head out on your own. Should you arrive before or after these hours, a complete welcome packet will be left for you at your hotel.

Day 2 San José/Tortuguero

Travel to Tortuguero NP and enjoy a guided boat trip and wildlife viewing in the canals and coastal jungle. In leisure time, relax at the secluded lodge or opt to go kayaking.

In the morning, transfer by road then by boat to the famous canals of Tortuguero. This tropical eco-paradise is home to countless bird and animal species, and you will have many opportunities to view and photograph wildlife.

Plenty of opportunity to see a variety of birds, monkeys and other wildlife. Relax at the secluded lodge on a hammock or at the pool or beach. Opt to take a night excursion or go kayaking.

*Please note that the entrance fee of $10 USD per person into the national park is not included.

Meals included

Breakfast | Lunch | Dinner

Today's Activities

Private Vehicle San José – Tortuguero 4h-5h

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

Boat Tortuguero 1h30m-2h

Climb aboard and get your float on.

Optional Activities - Day 2

Turtle Nesting Night Excursion (Seasonal) Tortuguero National Park – Tortuguero 57USD

Head out at night to visit the nesting grounds of the green and leatherback turtles (seasonal) on the beaches of Tortuguero National Park. Learn about the turtles' nesting process and hopefully see females lay eggs, during this once-in-a-lifetime wildlife experience. (seasonal, July to October)

Day 3

Tortuguero

Enjoy a guided tour of the Tortuguero canals. Keep your eyes peeled for toucans, parrots, herons, kingfishers, fishing bats, three-toed sloths, iguanas, and howler, white-faced and spider monkeys. Try to spot the tracks of river otters, collared peccaries, and Baird's tapirs on the banks of the rivers and canals. Watch for caiman swimming in the waterways.

Meals included

Breakfast | Lunch | Dinner

Today's Activities

Tortuguero National Park Guided Boat Tour Tortuguero National Park 2h

Hop on board, kick back, and prepare to witness a parade of tropical birds, reptiles, and mammals as we motor through the black water canals of the Tortuguero NP. Scan the trees for toucans, watch the shores for caimans, otters, iguanas and frogs, and look up to see monkeys sharing space with sloths. Bring your binoculars and bug spray. Be prepared for hot, humid, and possibly wet weather.

Optional Activities - Day 3

Guided Kayak Excursion Tortuguero 40USD

Grab a paddle and prepare to witness a parade of tropical birds, reptiles, and mammals as you kayak through the black water canals of the Tortuguero National Park. Scan the trees for toucans, watch the

shores for caimans, otters, iguanas, frogs, and look up to see monkeys sharing space with sloths. Bring your binoculars and bug spray. Be prepared for hot, humid, and possibly wet weather.

Day 4

Tortuguero/La Fortuna

Transfer to the Arenal region. Enjoy the afternoon at leisure and opt to soak in the hot springs.

In the morning, transfer to your hotel near the Arenal Volcano, arriving mid-afternoon. This area is full of exciting and wonderful things to do: whether it's checking out the popular hot springs, La Fortuna's Waterfall, the Venado Caves or the Caño Negro Wildlife Refuge.

Meals included

Breakfast

Today's Activities

Boat Tortuguero 1h30m-2h

Climb aboard and get your float on.

Shared Van Tortuguero – La Fortuna 3h-4h

Climb aboard and make friends with your seatmate en route to the next stop.

Optional Activities - Day 4

Hot Springs Soak La Fortuna 36-49USD

After a long day of exploring, take a relaxing soak in the hot springs around La Fortuna. Situated at the base of the Arenal Volcano, immerse yourself in therapeutic waters heated by earth's magma and infused with healing minerals and salts. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise. Transportation not included.

Day 5

La Fortuna

Today is free and there are a number of adventure activities available. Feeling lazy? Take some time to rest and relax at the hotel.

La Fortuna is one of the centres of adventure travel in Costa Rica. Options include river rafting, mountain biking, caving, or horseback riding. Don't forget about the hot springs, heated directly by the lava underneath the Arenal Volcano.

Meals included

Breakfast

Optional Activities - Day 5

Venado Caves Exploration — La Fortuna — 78USD

Duck your head and enter an underground world formed some 15 million years ago. The Venado Caves are 45 min NW of Fortuna. Ford rivers, crawl through caverns, and marvel at the strange stalactites, stalagmites and subterranean inhabitants including bats, frogs, and spiders. Not ideal if you get anxious in closed spaces. Great for those who want to channel their inner Indiana Jones. Please note the price listed does not include the IVA Tax.

Lost Canyon Adventures Canyoning — La Fortuna

Hold on tight and get ready to rappel down the face of rushing waterfalls. Fear and fun collide in the rainforest as you throw caution to the monkeys and launch yourself into nature. Get soaked and feel completely alive. Trek through rivers and keep your eyes peeled for exotic birds and wildlife. Let the action begin! Please note the price listed does not include the IVA Tax. Minimum age: 8.

Caño Negro Wildlife Refuge Tour — La Fortuna – Caño Negro — 65-133USD

Travel north to Caño Negro Wildlife Refuge near the Nicaraguan border. Take a guided tour by covered boat through one of the world's most important wetlands; home to a vast array of plants, birds, reptiles, fish, and mammals. Keep your eyes peeled and you may see a three-toed sloth or a Jesus Christ lizard. Please note the price listed does not include the IVA Tax.

La Fortuna Waterfall Swim — La Fortuna — 20USD

Take a walk or grab a taxi to just outside the town of La Fortuna to the nearby waterfall. Once at the gate, pay a fee then start the descent on rough steps (more than 500 of them!) to get to the base of the

falls. The water cascades 65m (200 ft) down the side of the dormant Cerro Chato. Sit on the rocks, get sprayed, watch for iridescent blue morpho butterflies and then plunge into the cool waters. Transportation not included.

Hot Springs Soak La Fortuna 36-49USD

After a long day of exploring, take a relaxing soak in the hot springs around La Fortuna. Situated at the base of the Arenal Volcano, immerse yourself in therapeutic waters heated by earth's magma and infused with healing minerals and salts. Rejuvenate your muscles, detox your cells, and stimulate all your senses in nature's thermal spa. Breathe in the pure rainforest air and marvel at the mystic surroundings of these outdoor pools of paradise. Transportation not included.

Hanging Bridges Arenal 77USD 1h30m-2h 3km

Come join the monkeys and perhaps spot a sloth lazing in the treetops of this protected rainforest that's set in the shadows of the Arenal Volcano. Trek 3km (2 mi) of winding trails up, down, across, and over 16 different bridges. One of higher suspended bridges overlooks a gorgeous gorge and 60m (37 mi) waterfall. Look up and down to spot birds, snakes, frogs, lizards, howler monkeys, and more. Don't forget to bring binoculars, bug spray, and a long lens as you reach new heights in the canopy of Costa Rica.

Day 6 La Fortuna/Guanacaste

Transfer to the Guanacaste coast. Opt to surf or swim the waves, practice yoga on the beach, or hang out in the shade of a palm tree.

Travel west through the province of Guanacaste to Costa Rica's Pacific coast. Spend time enjoying the long stretches of beautiful black sand beaches, considered some of the country's best for swimming and surfing.

Meals included

Breakfast

Today's Activities

Shared Van La Fortuna – Guanacaste 4h-5h

Climb aboard and make friends with your seatmate en route to the next stop.

Days 7–8

Guanacaste

Spend time relaxing and enjoying the beautiful beach.

Spend your day taking in the sun and sea, participating in optional activities such as surfing, fishing, golf, horseback riding, cycling, boating or snorkeling.

Meals included

Breakfast

Today's Activities

Free Time Guanacaste

Relax or enjoy some optional activities.

Optional Activities - Days 7–8

Fishing Guanacaste

Book a half-day sport-fishing tour or simply stand on shore, cast a line and see what you can reel in.

Horseback Riding Guanacaste

Throw on some long pants, grab the reins and hop up on a well-trained horse. Trail ride through the tropical forest and across the area's most beautiful landscape. Look for toucans in the trees and admire the ocean views. End your journey jogging your horse along the beach.

Surfing Guanacaste

Slather on the sunscreen, strap on a leash, pull on a rash guard and get ready to hit the waves of the Pacific Ocean. Experience the surf along the beaches of Guanacaste with their left, right and well-shaped beach breaks. Take a lesson, learn tips and techniques, then hang ten like a local.

Swimming Guanacaste

Dive in to cool off and enjoy the refreshing salt water of Costa Rica's Pacific coast.

Day 9 Guanacaste/San José

Transfer back to the capital for the last night.

Meals included

Breakfast

Today's Activities

Shared Van Guanacaste – San José 6h

Climb aboard and make friends with your seatmate en route to the next stop.

Day 10 San José

Depart at any time. Departure transfer included.

Transfer to the airport for your return flight.

Meals included

Breakfast

Today's Activities

Shared Van San José – Juan Santamaría International Airport

Climb aboard and make friends with your seatmate en route to the next stop.

What's included

- Your Discover Moment: La Fortuna
- Arrival and departure transfer
- Guided tours of the Tortuguero Canals and National Park (entrance fee not included)
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Spot monkeys and tropical wildlife along the Tortuguero canals, relax on the Pacific coast, get active in the Arenal Volcano region, soak in relaxing hot springs after a hard day of play

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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 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.

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) PROOF OF DEPARTURE
Costa Rica will not be allowing anyone to enter the country without proof of a departure ticket (bus, airplane, boat, etc.). If you are travelling through a few countries in Central America, you will need to show proof of your itinerary and a departure ticket from your last destination. Please print the itinerary and voucher and bring it with you.

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

Local guides/drivers, hotel staff. Please note there is no G CEO on this tour.

What meals are included in this trip?

9 breakfasts, 2 lunches, 2 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Shared shuttle/van, boat, walking.

How will we travel between destinations?

Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide.

Please note that a shared-tourist shuttle service is used on this tour. This shuttle makes stops at various hotels to pick-up/drop off passengers.

Are local flights included in the cost of the trip?

Local flights may be included in the cost of your tour, please see the itinerary. If they are included or if you book any additional flights, it is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Where will we stay during the trip?

Hotels (9 nts).

What should I expect from the accommodations on this trip?

A variety of accommodation standards are available for Independent tours, see your dossier for the accommodation class specific to your tour. Please remember that hotel/lodge/resort standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel . Porterage is not included, but can be arranged directly at most hotels.

What is the joining hotel?

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

What are the joining instructions?

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1 (or earlier if you have booked pre-accommodation with us), an arrival transfer to the joining hotel is included. When you arrive at the airport, look for the driver holding a G Adventures sign. Please approach them, and ask them who they are supposed to be picking up (do not tell them your name, they should have this information already). Once they give you the correct name, have your passport ready to show them and you will be on your way!

**Please note, the arrival transfer included occurs on day 1 of the tour. If you plan to arrive prior to day 1, you will be required to arrange pre-tour accommodation through G Adventures to be eligible for the transport from the airport. Due to customer experience and quality considerations, all services related to the tour must be continuous.

What should I do if I can’t find my airport transfer or experience arrival issues?

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

Who do I contact for arrival issues or in the event 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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS
G Adventures Office San Jose, Costa Rica
During Office hours (Weekdays 9am-5pm Local Time): +506 4001 8474
After hours emergency number: +51 997 582 712

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

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0344 272 0000
Calls from Germany: 0800 365 1000
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What are the packing guidelines and luggage restrictions?

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

What should I pack for this trip?

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:

- Footwear (required) (Closed toe suggested)
- 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
- 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

Warm Weather:

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

Where can I do my laundry on this trip?

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

What are the visas and entry requirements for my trip?

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

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

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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

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

The currency in Costa Rica is the Colon (CRC).

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 is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend you bring travellers cheques, as it is very difficult to exchange them in Costa Rica.

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

What emergency funds do I need access to on this trip?

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

Do I need to pay a departure tax?

Costa Rica airport exit tax: $29USD

What are the tipping guidelines for this 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.

If you feel your Local Representatives/Guides and drivers did an outstanding job, tipping is appreciated.

What activities are optional on this trip?

Tortuguero National Park

- Turtle Nesting Night Excursion (Seasonal) (57USD per person)

Tortuguero

- Guided Kayak Excursion (40USD per person)

La Fortuna

- Hot Springs Soak (36-49USD per person)
- Lost Canyon Adventures Canyoning
- La Fortuna Waterfall Swim (20USD per person)
- Venado Caves Exploration (78USD per person)
- Caño Negro Wildlife Refuge Tour (65-133USD per person)

Arenal

- Hanging Bridges (77USD per person)

Guanacaste

- Fishing
- Surfing
- Horseback Riding
- Swimming

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 local Guides 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 local office/Guides they are unable to complete the itinerary without undue risk to themselves and/or others.

What general safety tips and free-time guidelines should I follow?

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.

As of November 1st, 2007, the Costa Rica government, requires those entering Costa Rica from certain countries in South America and Sub-Sahara Africa, to have an International Certificate of Vaccination against Yellow Fever. Those affected countries are: Angola, Benin, Burkina Faso, Cameroon, Democratic Republic of Congo, Gabon, Gambia, Ghana, Guinea, Liberia, Nigeria, Sierra Leone, Sudan, Bolivia, Brazil, Colombia, Ecuador, Peru, French Guiana and Venezuela.

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 a G representative they are unable to complete the itinerary without undue risk to themselves and/or anyone you're travelling with.

Are there any specific safety considerations for this itinerary?

Like any city where tourism is on the increase, crime also tends to increase and while San José is not a noticeably dangerous city, there are certain precautions you should take. Make sure that you are aware of your things at all times and don't go out carrying expensive gear or jewellery.

What are the mandatory group rules regarding laws and behaviour?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts yourself and those around you at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy.

What are the mandatory travel insurance requirements for this trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.
G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

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

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

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

How can I share feedback about my trip experience?

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

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

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

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

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

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.

What are the age restrictions for this trip?

Minimum age of 2 years for this trip.

Are international flights included in this trip?

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

However, on some 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.