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Sorry! There are no remaining departures for "Central Mexico Sojourn: Mezcal & Mineral Pools" (CMMO), [but here are some similar trips](#).



## **Central Mexico Sojourn: Mezcal & Mineral Pools**

9 days, Mexico City to Oaxaca

Trip code CMMO

## What's included

- Your First Night Out Moment: Connect With New Friends
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Taco Street Food Crawl, Mexico City
- Your Foodie Moment: Mezcal Tasting, Oaxaca
- Your Discover Moment: Oaxaca
- Teotihuacán ruins visit
- Taco street food crawl
- Oaxaca market visit
- Herve el Agua petrified waterfall day trip
- Mezcal tasting
- Orientation walk of Puebla and Oaxaca
- Free time in Mexico City, Puebla and Oaxaca
- All transport between destinations and to/from included activities

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

**VALIDITY:** Valid for all trips departing January 1st, 2020 and onwards

# Itinerary

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**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

## Mexico City

Arrive at any time. Tonight, head out with your fellow travellers! Start the night with a taco crawl, maybe hit up a lucha libre match before ending the night at a local bar.

Arrive at any time. Check into the hotel and enjoy the city. Please try to arrive before 6pm for an important group meeting where you can meet the Chief Experience Officer (CEO) and the other group members.



## Today's Activities

### ACTIVITY

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

### 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.

Day 2

## Mexico City

Enjoy a free day to discover Mexico City. Explore one of the world's largest metropolitan areas. Opt to visit Frida Kahlo's house, see the iconic architecture of Museo Soumaya, or go on a party boat at the nearby floating gardens of Xochimilco. At night, opt to witness the high-flying practitioners of "lucha libre," Mexico's world-famous brand of wrestling.



### Meals included

Breakfast



### Today's Activities

Free Time

Mexico City

Get out and explore this Mexican metropolis.



### Optional Activities - Day 2

National Museum of Anthropology

Mexico City

210MXN

The National Museum of Anthropology houses the largest collection of Mexican art in the world. It's a must see if you're interested in the past or present-day history of Mexico. On the top of the highlights, see the Sun Stone (also known as the Aztec Calendar) an important piece in Aztec culture and mythology that illustrates the history of the universe. With over 20 exhibit halls, you may not be able to see the whole museum in just one day so grab a map and pick and choose what you're most interested in.

Museum of Frida Kahlo (Casa Azul)

Mexico City

320MXN

Visit the famed "Blue House" where Frida Kahlo was born, lived and died. Her lifelong home is open to those looking to learn more about or see what life was like for the celebrated artist. The museum consists of ten rooms throughout the home, each filled with original furniture from when she lived there with her husband Diego Rivera, and personal items of Frida's from letters, art materials, original works of art, to handcrafted kitchenwares. Tickets can be limited so we recommend booking in advance online: <https://www.museofridakahlo.org.mx/?lang=en>

Lucha Libre Match

Mexico City

350-500MXN

Combatants don colourful masks and catapult themselves towards their opponents off of the ring's ropes, employing a variety of different moves and holds to pin them to the mat for a three-count. The largely Mexican crowds are usually rowdy, making "lucha libre" an entertaining way to throw yourself head-first into the local culture.

Please be aware that prices for tickets will vary depending on seat location.

Xochimilco Boat Tour

Mexico City

25-50USD

1h-2h

Take on the famous canals of Xochimilco in a vibrant coloured gondola boat past vendors, mariachi bands and local artisans. Feel the vibes of the music around you as locals shop in the floating markets and hopefully you'll find something to bring back home too.

Day 3

## Mexico City

Take a day trip to the famous archaeological site of Teotihuacán to visit the massive pyramids. In the evening, set off in search of the perfect taco with a street food crawl. Indulge in one of Mexico's most iconic delicacies, as you take in the sights of this capital city.



### Meals included

Breakfast | Dinner



### Today's Activities

Teotihuacán Pyramids Visit

Teotihuacán

Visit the ruins of Teotihuacán northeast of Mexico City. This ruin site dates back to 100BC and has the impressive Avenue of the Dead, Pyramid of the Sun and Pyramid of the Moon. Bring water, wear a hat and solid walking shoes to learn all about this pre-Columbian Mesoamerican city that at its peak was once the largest city in all of the Americas.

#### ACTIVITY

Is it possible to find the perfect taco? Hit the streets of Mexico City to find out! One of Mexico's most famous (and delicious) dishes is known across the globe – but to find the best you need to go straight to its origins. Prepare for a feast that you won't soon forget.

Day 4

## Mexico City/Puebla

Travel to the city of Puebla, a colonial-era city that has an incredibly well-preserved centre and today has a thriving art and nightlife scene. After arriving and checking in, go on an orientation walk with the CEO.

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### Meals included

Breakfast

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### Today's Activities

Local Bus

Mexico City – Puebla

2h30m-3h

153km

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

Orientation Walk

Puebla

The route will vary for each tour, allowing our CEOs to share their personal favourites. You can expect to see the zócalo, artisans' market and visit the historic buildings within centre of this World Heritage city.

Day 5

## Puebla

Enjoy a free day in Puebla. Opt to take a walking tour of Puebla's historical centre and marvel at the traditional architecture, or visit the Amparo Museum which holds a vast collection of art from different periods in Mexican history. While you're off exploring and hunger strikes, try some street food and opt for the chalupas (small corn tortillas garnished with shredded pork, red and green chili sauce and diced onions). Or just take part in a foodie tour today and munch away!



### Meals included

Breakfast



### Today's Activities

Free Time

Puebla

Enjoy a full free day to discover all that Puebla has to offer.



### Optional Activities - Day 5

Puebla Food Tour

Puebla

Dive into Puebla's foodie paradise on this walking tour. Your local cuisine loving guides will take you around La Acocota, the oldest market in the city, to enjoy the tastes of at least six local foods. Puebla is known for Mexican staples such as tacos and the city itself actually invented "tacos árabes". Tacos árabes are sure to make your mouth water with the star being its spit-roasted pork. Continue through the market feasting on fried masa (corn), and learning about what ingredients go into typical Mexican dishes. End the tour with pan dulce, delicious Mexican pastries, and try some tasty artisan candies made by the nuns of Puebla.

Please note that prices for this tour will vary depending on which restaurants you choose.

Mole-Making Demonstration

Puebla

1200MXN

Learn to make the traditional and timeless sauce of mole, made with an assortment of chilis, chocolate and spices. Sample your mouth-watering creation when you're done and sit down for an included dinner with the group.

Day 6

## Puebla/Oaxaca

Wave goodbye to Puebla from the bus window and travel to colonial Oaxaca. Upon arrival, head out for an orientation walk to the main square and nearby markets for your first taste of Oaxaca's vibrant culture.

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### Meals included

Breakfast

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### Today's Activities

Local Bus

Puebla - Oaxaca

4h30m-5h

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

Orientation Walk

Oaxaca

All walks will be slightly different, allowing your CEO to show off their favourite spots. You can expect to see the Santo Domingo Cultural Centre, walk through the zocalo and the famous 20th of November market. Opt to sample some delicious Oaxacan foods along the way such as mole, tlayudas or chapulines.

Set off for a day trip to the stunning Hierve el Agua petrified waterfall, then stop for a mezcal tasting on the way back to Oaxaca.

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## Meals included

Breakfast

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## Today's Activities

Hierve el Agua Petrified Waterfall Visit

Oaxaca

Travel to Hierve del Agua. This stunning natural formation consists of a series of mineral pools near the edge of a cliff. Over thousands of years, the heavily calcified water has flowed over the cliff, leaving mineral deposits as it does. The result is known as a "petrified waterfall" – nearly white rock formations that resembles a cascading fall. Enjoy time to explore the area and go for a swim in one of the mineral pools.

### ACTIVITY

The Valley of Oaxaca is renowned as the birthplace of mezcal. Not to be confused with tequila, this distilled liquor is made in small batches from a variety of species of agave (spiky green plants that look like the tops of pineapples). Stop en route back to Oaxaca for a tasting – options range from white unaged mezcal (often sold with an agave larva inside), along with “reposado” and “añejo” (aged) batches. Grab a slice of orange that's coated in salt and mixed with chili and ground worms. Now, it's time to sip and enjoy.

Opt to travel to nearby artisan communities, take a mole cooking class, or check out the Zapotec ruins of Monte Albán.



## Meals included

Breakfast



## Optional Activities - Day 8

Monte Albán Tour

Monte Albán - Oaxaca

950MXN

1h-3h

1-2km

The Zapotec site of Monte Albán dates back to 500 BC and features platforms, pyramids, plazas, and a ball court sitting on a leveled mountaintop some 10km (5 mi) from Oaxaca. Enjoy the 360-degree views, see Olmec carvings, and be sure to visit the museum to see artifacts and stele excavated in the early 20th century.

Valley of Mitla Ruins Visit

San Pablo Villa de Mitla

210MXN

The UNESCO World Heritage site of Mitla is 38km (24 mi) from Oaxaca. Its name derives from the Nahuatl language, meaning “Place of the Dead”. Occupied from 900 BC by the Zapotecs and then the Mixtecs, the ruin features five groups of structures on either side of the Mitla River. Look for ancient cut-stone mosaics and intricate stone carvings throughout.

The region is also famous for its hand-dyed, foot-loomed woven rugs.

Mole Cooking Class

Oaxaca

1200MXN

Take a cooking class and learn that there's more to mole than meets the eye (and mouth). In fact, in Oaxaca, there are at least seven different versions of this popular made-in-Mexico sauce cooked with ground chili, chocolate, and sesame seeds. Black, red, yellow, green – the list is endless. Take a guided trip to the local market and let your senses get lost in the spices, colours, and smells. Following your cooking class, sample your tasty creation.

Depart at any time.

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## Meals included

Breakfast

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## Today's Activities

Departure Day

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

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## What are the main highlights of this trip?

Trek up the pyramids of Teotihuacán, Sip (don't shoot) mezcal in its birthplace, Dip into the mineral pools of a petrified waterfall, Pick up artisan goods from local makers

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

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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.

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

### 1. COMBO TRIP

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

## **What is the group leader like?**

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## **How large will the group be?**

Max 18, avg 14.

## **What meals are included in this trip?**

8 breakfasts, 1 dinner

## **What are the meals like on this trip?**

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

## **What are the modes of transportation on my trip?**

Public air-conditioned bus, private vehicle.

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

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

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

Simple hotels/hostels (8 nts, most multi-share).

## **What kind of accommodation can I expect on this trip?**

Accommodation will be varied throughout your adventure. Some nights we use multi-share accommodation, on a single-sex basis (typically 4-6 people per room). We have specifically chosen unique accommodations to give local flavour to your trip.

Couples: Please note that due to the variety of accommodation used in Central America, couples will be split into separate rooms when we use multi-share hostels. Pending availability, couples may be able to pay extra while on tour to have their own room in some destinations.

## **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?**

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## **What happens if I experience problems when arriving?**

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

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

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

### AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change 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 should I take on my trip?

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

# What should be on my packing list?

## Documents:

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

## Essentials:

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

## Health & Safety:

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

### **Warm Weather:**

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

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

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

## **What 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](#)

## **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?

The currency in Mexico is the Peso (MXN).

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 Mexico.

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 50USD (20USD notes are ideal).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## How much emergency money should I bring on this trip?

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

## Do I need to pay a departure tax?

Depending on the exchange rate departure tax is approximately \$48 USD per person. This tax is sometimes included in the price of your ticket, contact your airline to confirm.

## Should I be tipping on my trip?

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

Tipping of your G Adventures Chief Experience Officer is very much appreciated. The amount is entirely a personal preference; however as a guideline \$5-7 USD per person, per day is our recommendation in the region. However, if you felt your CEO did an especially outstanding job, any additional amount will always be welcome.

## What activities are optional on this trip?

### Mexico City

- National Museum of Anthropology (210MXN per person)
- Museum of Frida Kahlo (Casa Azul) (320MXN per person)
- Xochimilco Boat Tour (25-50USD per person)
- Lucha Libre Match (350-500MXN per person)

### Puebla

- Puebla Food Tour
- Mole-Making Demonstration (1200MXN per person)

### Monte Albán

- Monte Albán Tour (950MXN per person)

### San Pablo Villa de Mitla

- Valley of Mitla Ruins Visit (210MXN per person)

### Oaxaca

- Mole Cooking Class (1200MXN per person)

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

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

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

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

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

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

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

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

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

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

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

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

## Is travel insurance required for my trip?

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

## What is Planeterra?

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

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

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

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

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

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

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

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

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

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

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

Minimum age of 18 years for this trip.

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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

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

## Itinerary Disclaimer

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

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