



Ubud to Lombok: Temples, Jungles & Island Vibes

9 days, Ubud to Gili Trawangan

Trip code AEUU

What's included

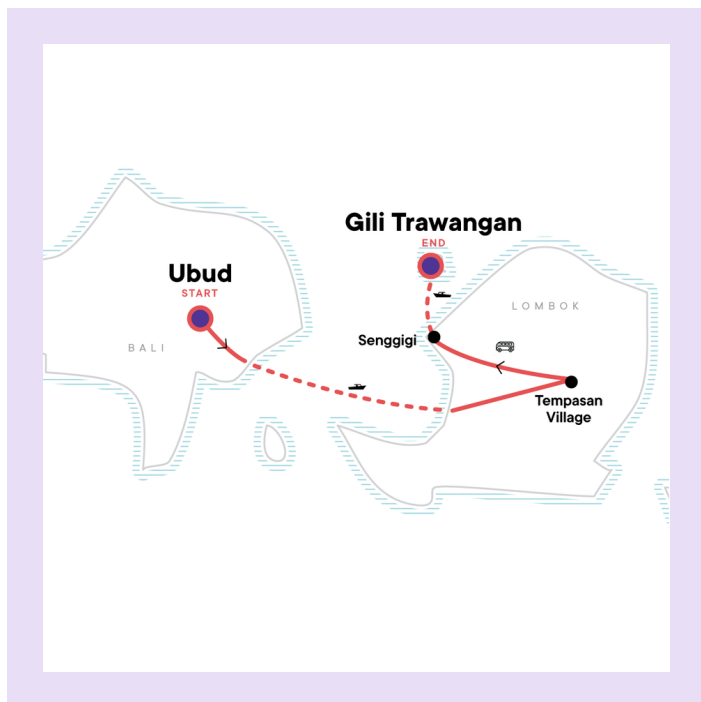
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Discover Moment: Ubud
- Your Local Living Moment: Rice Terrace Village Walk and Weaving Demonstration, Tempasan
- Your Big Night Out Moment: in Gili Trawangan, Gili Trawangan
- Free time to explore Ubud
- Rice terrace & village walk
- Pringgasela weaving village visit
- Traditional loom demonstration
- Afternoon tea at Aranka homestay
- Bonjeruk Village immersion experience
- Gili Trawangan 3-Island Snorkeling Tour
- 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 July 15th, 2025 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Ubud

Welcome to Ubud, arguably the most famous city in Bali! Settle in and explore this funky town then meet your group for a welcome meeting this evening. But stick around because we're heading out on our First Night Out! Get to know each other and Ubud a bit better.



Accommodation

Pande Permai Bungalow (or similar)

Hotel



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

ACTIVITY

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

Day 2

Ubud

With seemingly never-ending things to do in Ubud, choose to spend it how you want! Choose between incredible local experiences like a Balinese Spiritual tour at Widya Guna Foundation, a cooking class at G for Good PKP Community, a bike tour through the rice terraces or an experience with a local family! The choice is yours!



Meals included

Breakfast



Accommodation

Pande Permai Bungalow (or similar)

Hotel



Optional Activities - Day 2

Ubud Spiritual Tour

Ubud

Visit Widya Guna Foundation, a G for Good support project to learn how to make traditional Indonesian prayer offerings. Then visit some of Bali's holiest sites like Gunung Kawi Temple, the tomb of the king. Then visit Tirta Empul spring water temple for a holy bath before returning to Widya Guna Foundation for lunch.

Cooking Class with PKP Community Project

Ubud

Visit the G Adventures-supported project PKP Community. We'll be greeted with a homemade cup of herbal tea while meeting the community members. Visit the garden to collect some of the fresh produce used to make the meal then cook alongside the women of PKP. Together we'll make and enjoy 3 delicious dishes.

Day 3

Ubud/Tempasan

Drive to the harbour and take a speed boat to the island of Lombok. Drive to Tempasan village and meet the villagers for a group dinner.



Meals included

Breakfast | Dinner



Accommodation

Aranka Tempasan Lodge (or similar)

Lodge



Today's Activities

Private Vehicle

Ubud - Padangbai

1h30m

36km

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

Speedboat

Padangbai - Bangsal

1h30m

Climb aboard and get your float on.

Private Vehicle

Bangsal - Tempasan

2h30m

72km

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

Get close to local life in Lombok today on a village tour and rice terrace trek. Meet with local farmers to learn about village life firsthand, wander through the instagramable rice terraces and maybe sample some local fruit on the various plantations. Then join the local women to learn about their gorgeous traditional weaving styles and a yummy lunch. The rest of the day is yours to explore Lombok how you'd like. Opt to join a local cooking class, take a bike tour or join a yoga class. Then join the group for an after-dinner campfire.

If you choose to join the optional 2-day 1-night Rinjani summit trek, will have the chance to join the Rice Terrace Village Walk and Weaving Demonstration after your return on day 3.



Meals included

Breakfast | Lunch



Accommodation

Aranka Tempasan Lodge (or similar)

Lodge



Today's Activities

Free Time

Tempasan

The afternoon is yours to explore Lombok!

ACTIVITY

Explore the beautiful Tempasan Village with your CEO. Walk along the path through the rice field like the local people do. During the walk we will meet the farmer for their daily activities. Wander through pineapple, cassava and coffee plantations, the chicken and cow farm and take a short stop at the top of the hill for the amazing panoramic view of rice fields and Rinjani Mountain. Then hop in some local transport and drive to Pringgasea Village where you will learn about this unique and sole weaving village in east Lombok. Learn about their local textile, traditional looms and natural dyes.



Optional Activities - Day 4

Lombok Cooking Class

Aranka Tempasan

Enjoy a cooking class alongside your local hosts. Dig into local favorites like semur ayam, a braised chicken dish that uses many ingredients you may know, and some that will be completely new to you!

Lombok Yoga Class

Tempasan

Find your zen and enjoy a local yoga class.

Countryside Bike Tour

Tempasan

Experience local life from two wheels. Tour through the villages and enjoy rural life in Lombok.

Mt Rinjani's Second Summit 2-Day, 1-night

Mount Rinjani

Conquer the second summit of the great Mount Rinjani, Lombok's active volcano. Mt Sangkareang is the second highest point on Mt Rinjani. Trek through tropical rainforest, admire incredible views and witness Lombok on "fire" at sunrise/sunset.

Day 5

Tempasan

From land to sea, Lombok has a never-ending list of sick adventures for us! Today is yours so do what you want. Yoga? A snorkel trip? Monkeys and waterfalls? A cooking class? Options on options! So get out there how you want!



Meals included

Breakfast



Accommodation

Aranka Tempasan Lodge (or similar)

Lodge



Today's Activities

Free Time

Tempasan

A free day in Tempasan means you get to explore how you want!



Optional Activities - Day 5

Lombok Cooking Class

Aranka Tempasan

Enjoy a cooking class alongside your local hosts. Dig into local favorites like semur ayam, a braised chicken dish that uses many ingredients you may know, and some that will be completely new to you!

Lombok snorkel trip

Tempasan

Hop on a boat tour through the crystal blue waters around Lombok. Snorkel around beautiful coral reefs and next to colorful fish with hopes of seeing some incredible creatures like sea turtles, eels and rays!

Lombok Yoga Class

Tempasan

Find your zen and enjoy a local yoga class.

Black Monkey Forest & Waterfall hike

Tempasan

Join a tour to explore the incredible raitforest that covers most of Lombok. Get out into the jungle in search of black monkeys and hike to see some of those awe-inspiring Indonesian waterfalls you see on social media.

Day 6

Tempasan/Senggigi

Drive to Bonjeruk Village this morning for an opportunity to connect with the local villagers. Here we will work up our appetite for a yummy Lombok lunch from a cycle tour around the village. Afterwards, continue on to Senggigi for a free afternoon at the beach.



Meals included

Breakfast | Lunch



Accommodation

Puri Saron Hotel Senggigi Beach (or similar)

Hotel



Today's Activities

Private Vehicle

Tempasan - Bonjeruk

1h30m

40km

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

Bonjeruk Village Experience

Senggigi

Receive a warm welcome by the the villagers of Bonjeruk Village and learn about the youth development organization they support. Your guide, a student from the English learning program, will lead you on a short cycling around the village (approx 45 mins - 1 hr). You will have lunch at a lovely spot in the village and enjoy a home-cooked meal giving you a taste of Lombok traditional food. After lunch, join some of the women of the village to try the local cakes and snacks made from flour sourced from locally grown potatoes or sticky rice.

Private Vehicle

Bonjeruk - Senggigi

1h

37km

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

Free Time

Senggigi

Spend the rest of the day free in Senggigi, on the coast in Lombok.

Day 7

Senggigi/Gili Trawangan

Get ready for the ultimate island paradise as we travel to Gili Trawangan, an island with no motorized vehicles and the freshest air! After dropping our things off at the hotel, we head back out to sea for a snorkel trip. On board the boat, we'll jet around to various islands and picturesque snorkel spots in search of sea turtles, rays and if we're lucky, a cute lil reef shark. Grab your sunscreen and a snorkel and get ready for an epic day. Tonight, as if today could get any better, we head out on our big night out! Want a drank? Wanna dance? Well let's do it!

As there are no motorized vehicles on Gili Trawangan, you will need to carry your luggage from the speed boat to the hotel, approximately 300m.



Meals included

Breakfast



Accommodation

FRii Resort Gili Trawangan (or similar)

Resort



Today's Activities

Private Vehicle

Senggigi - Bangsal

30m-45m

22km

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

Speedboat

Senggigi - Gili Trawangan

30m

Climb aboard and get your float on.

The Gili Islands Snorkel Trip

Gili Trawangan

Visit all 3 islands that make up the famous Gili Islands. Starting from Gili Trawangan, snorkel around the best spots like Turtle Point. Then head to Gili Meno by boat to snorkel through the perfect water on the most tranquil of the 3 islands. Next is Gili Air, with our final chance to swim through the vibrant coral reefs before returning to Gili T.

ACTIVITY

The Gili Islands are known for having the best parties in the world! Tonight, let's see what its all about together on our Big Night Out! Grab yourself your drink of choice and let's kick it!

Day 8

Gili Trawangan

There are 2 types of beach people. The rotters-who want to lay in the sun all day, and the adventurers! Today, you get to pick your own player and spend today exactly how you want! Feel free to pick your fav beach and just chill, get your tan on and take a dip in the perfect blue water. Looking for something more to do? How does stand up paddle board yoga sound? Maybe a leisurely bike ride around the island? However you choose to spend it, Gili T is yours to see.



Meals included

Breakfast



Accommodation

FRii Resort Gili Trawangan (or similar)

Resort



Today's Activities

Free Time

Gili Trawangan

Enjoy a free day to explore Gili Trawangan on your terms!



Optional Activities - Day 8

Sunrise Stand Up Paddle Yoga

Gili Trawangan

Get your om on with this unique and peaceful experience that combines the calmness of yoga with the excitement of stand-up paddle boarding (SUP). Practice yoga on the water while balancing on a SUP board. Start your day, surrounded by the beautiful sunrise, crystal-clear waters of Gili Trawangan all while connecting with nature, improving your balance, and enjoying the island's stunning tropical beauty.

Gili T Bike Tour

Gili Trawangan

Cycle around Gili Trawangan with your CEO at the helm, a leisurely and scenic way to explore the island's stunning landscapes. With no motorized vehicles allowed, the island's peaceful atmosphere is perfect for biking. The flat terrain makes it an easy and enjoyable ride for all fitness levels.

Day 9

Gili Trawangan

Depart at any time.



Meals included

Breakfast



Optional Activities - Day 9

Bali Express: Gili Trawangan to Kuta

Gili Trawangan - Kuta

Want to take the hassle out of getting back to Bali? Book the "Bali Express: Gili Trawangan to Kuta" post-tour Extra and make your way back to Kuta with the guidance of a CEO. On the final day of the tour, board a fast boat back to Bali and transfer to Kuta and say goodbye to your group and CEO at the port in Bali.

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What are the main highlights of this trip?

Trek jungle trails and rice terraces in Tempasan Village, Learn traditional weaving in Pringgasela, Snorkel Gili Trawangan's reefs and soak up Senggigi's laid-back beaches

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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 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?

RAMADAN

According to the lunar cycle, Ramadan will fall between Feb 28th - Mar 29th 2025, and Feb 17th - Mar 19th 2026. Please note that Ramadan is a month of fasting observed by Muslims throughout the world, during which time the followers of Islam should not eat or drink between sunrise and sunset. There may be some limitations to services and disruptions to schedules during Ramadan, but generally our tours still operate effectively during this period and food is available to non-Muslims throughout the day. It is very important to display increased cultural sensitivity during Ramadan. Please wear loose fitting clothes, that cover knees and shoulders, and try to avoid eating, drinking or smoking in public out of respect for those who can't at that time.

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.

How large will the group be?

Max 18

What meals are included in this trip?

8 breakfasts, 2 lunches, 1 dinner

What are the modes of transportation on my trip?

Private Vehicle, Walking, Speed Boat

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Homestay (3 nts), Hotels (5 nts)

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

3, 4 & 5

What kind of accommodation can I expect on this trip?

A variety of styles of hotels/guest houses are used on this trip. In many instances they might not be like what you are accustomed to as service and efficiency can vary. In some areas we stay in simple local guest houses in stunning locations. That said, rooms are generally small and simple yet clean. There may only be shared toilet facilities and showers.

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

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.

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

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 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.

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 Office Bangkok, Thailand

24/7 emergency number:

From outside Thailand: +66 92 338 9222

From within Thailand: 092 338 9222

G Adventures Local Representative (Indonesia)

Mr. Azhar : +62 813 376 18480

Mr. Edy: +62 811 380 3820

Ms. Periana: +62 811 380 3821

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?

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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

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

Health & Safety:

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

Warm Weather:

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

What are the visas and entry requirements for my trip?

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

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

Indonesia:

If you are eligible to apply a tourist e-visa for Indonesia, please follow the below links for further information and application:

[C1 Visa Description and Requirements](#)

[eVisa Application Website](#)

The All-Indonesia Arrival Card is mandatory for all international travelers on arrival at Soekarno–Hatta International Airport (CGK), I Gusti Ngurah Rai International Airport (DPS) and Juanda International Airport (SUB) must be completed online within 72 hours before arrival. Submitting the form in advance generates a QR code required at immigration and customs.

Note: The Arrival Card will be mandatory for all international travelers on arrival at all international airports, all international ports by land and by sea from 1 October 2025. For more information and to complete the application, visit the [Indonesia Immigration website](#).

Bali:

Effective February 14, 2024, Bali will implement the “Bali Tourist Levy” for all foreign tourists traveling to the island. This fee is 150,000 IDR (or \$10 USD). Travellers can opt to pay this fee online or in person upon arrival to Bali. We strongly suggest every traveler pay before arrival to ease your entry and avoid queueing to pay upon arrival. The Balinese Government also highly recommends travellers to pay this fee before arrival to Bali.

Payments made before your arrival into Bali will take place through the “Love Bali System.” After successful payment, the system will provide you with a digital paid notification as proof. Make sure to hold on to that proof as it will be scanned by Bali Officials upon arrival to the island. Pay Tourist Levy [here](#)

If you do not pay the fee before arrival, a cashless payment must be made at your entry point. You will receive a printout proving your payment. This document must be kept safe as entry officials will scan the printout upon entering Bali.

For more information, please click [here](#)

Information is accurate as of April 1st, 2024.

How much spending money do I need for my trip?

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

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

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

Do I need to pay a departure tax?

Departure Tax is included in all International and Domestic tickets.

Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

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

What activities are optional on this trip?

Ubud

- Ubud Spiritual Tour
- Cooking Class with PKP
Community Project

Aranka Tempasan

- Lombok Cooking Class

Tempasan

- Lombok Yoga Class
- Lombok snorkel trip
- Black Monkey Forest &
Waterfall hike
- Countryside Bike Tour

Mount Rinjani

- Mt Rinjani's Second Summit 2-
Day, 1-night

Gili Trawangan

- Sunrise Stand Up Paddle Yoga
- Gili T Bike Tour
- Bali Express: Gili Trawangan to
Kuta

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 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 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.