



Mayan Highlights

10 days, Cancún to Playa del Carmen

Trip code MYP

What's included

- Your G for Good Moment: El Hongo Mexican Community Restaurant & Youth Art Program, Playa del Carmen
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Mérida
- Chichén Itzá guided tour
- Mérida orientation walk
- Palenque guided tour
- Beach time in Bacalar and Playa del Carmen
- Dinner at a G Adventure-supported community restaurant
- 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 August 1st, 2016 - 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

Cancún

Arrive at any time.

There are no planned activities until the evening welcome meeting.



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.

Day 2

Cancún/Mérida

Enjoy a guided tour of the Mayan ruins of Chichén Itzá and an orientation walk in Mérida.

After a guided tour of the fantastic ruins at Chichén Itzá, continue on to Mérida for an orientation walk to get acquainted with the city.

With museums, plazas, beautiful architecture, open markets and outdoor cafés, there is plenty to keep you busy here.



Today's Activities

Private Vehicle

Cancún - Chichén-Itzá

3h30m

196km

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

Chichen Itzá Guided Tour

Chichén-Itzá - Chichen Itza

2h

Join up with a local expert and learn about the history of Chichén Itzá and the beliefs and rituals that defined this ancient Mayan civilization. This dramatic site includes a 30m (98 ft) high temple, known as the Pyramid of Kukulcan, famous for its balustrade of 91 stairs up each of the four sides, a ball court with a grandstand, and towering walls. Visit the highlights of the site including the famous Castillo, the ball court, the cenote, and the Nunnery.

Private Vehicle

Chichén-Itzá - Mérida

1h15m-2h

130km

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

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

Day 3

Mérida

Opt to visit the ruins of Uxmal or swim in cenotes (underground pools) in the Yucatán.

Opt to visit ruins of Uxmal, ride the PUUC Route, go bird-watching in Celestún, hit the beach in Progreso, visit cenotes in the nearby town of Cuzamá, or walk around town and soak in all of the history this city has to offer.



Optional Activities - Day 3

Celestún Bird Watching

Celestún

70-80USD

8h-9h

222km

Drive approx 2 hrs to Celestún and take a boat ride in search of pink flamingos and other birds in the Parque Natural del Flamenco Mexicano (or Celestun Biosphere Reserve). This wetland is the winter home to flocks of thousands of flamingos, as well as herons, ducks, and pelicans; more than 200 species migrate or live here year-round. Celestun is also a hatching ground for endangered sea turtles.

Day Trip to Progreso Beach

Progreso

4USD

8h-9h

105km

Roughly an hour drive from Meridá, Progreso is a perfect spot for relaxing on the beach or strolling along the boardwalk. Stop along the way at the Dzibichaltun archaeological site.

Uxmal Ruins Visit

Uxmal Ruins

70-110USD

8h-9h

200km

Founded in 700 AD, magical Uxmal was once home to as many as 25,000 Mayans. Located 62km (38 mi) south of Merida, in Yucatán's Puuc ("hill" or "chain of low mountains") region, this UNESCO World Heritage Centre represents the pinnacle of late Maya art and architecture. Wander the site, see the Pyramid of the Magician, and visit nearby Kabah, one of three neighbouring sites.

Cenote Visit

Mérida

60-70USD

5h-7h

48km

Swim in crystal-blue mineral underground swimming holes that are formed as sinkholes when porous limestone bedrock collapses. Come prepared with your swimsuit so you can dive in and enjoy. The clarity of the water and depth of cenotes makes swimming a unique experience.

Day 4

Mérida/Palenque

Travel day to Palenque in the lush dense jungle of Chiapas.



Today's Activities

First-class Bus

Mérida - Palenque

9h-10h

620km

Ride on in style. This sure isn't your grandmother's public bus.

We recommend to bring a sweater for the bus as they can be overly air-conditioned. There are toilets on the bus and the occasional stop to stretch your legs or pick up snacks.

Enjoy a guided tour of the Mayan ruins of Palenque.

Take a guided tour of the ruins of Palenque. Later, choose from one of the many optional activities in the area.



Today's Activities

Palenque Ruins Guided Tour

Palenque

2h-3h

Experience the elegant jungle site of Palenque on a guided tour. See the highlights -- the Temple of the Cross Group, Temple of Inscriptions and the Grand Palace. Howler monkeys sound in the distance as the fog rolls in and out of this mystical site, one of the most important centres for trade and culture during the end of the Classic Maya period.

Free Time

Palenque

Don't waste a minute, get out and explore.



Optional Activities - Day 5

Jungle Trail Hike

Palenque

25USD

2h-2h30m

4km

Only two percent of the ruins in the Mayan capital of Palenque are out in the open. Follow a local guide into the jungle along a trail, visit ruins that are now overgrown with moss and vines. Learn about the wildlife and different medicinal trees and plants that grow in and around the Usumancinta River of this mountainous forest area of Chiapas.

Roberto Barrios Waterfalls

Palenque

54USD

Visit the Zapatista community of Roberto Barrios and swim in stunning turquoise cascade waterfalls. Then, join an agroecological experience at the Pej'Pem Center you will support local entrepreneurship and the sustainable transformation of communities in Chiapas.

Day 6

Palenque/Bacalar

Transfer to Bacalar and spend time on the beach looking out at the crystal-clear lake.



Today's Activities

Private Vehicle

Palenque - Bacalar

7h-8h

487km

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

The van is air-conditioned and will make stops along the way.



Optional Activities - Day 6

Fortress Exploration

Bacalar

10MXN

Built in 1729, the San Felipe Bacalar fort was built by the Spanish hoping to fend off further pirate attacks. See the original stone walls, with canons facing out to the sea. The fort is built in the form of a four-pointed star and is surrounded by a moat.

Kayaking

Bacalar

10-12USD

Throw on a lifejacket and paddle the pale blue waters of Laguna Bacalar. Bring a camera to capture the surreal beauty of the mineral-infused lake.

Day 7

Bacalar

Opt to kayak around the lagoon or explore the nearby fortress.



Today's Activities

Free Time

Bacalar

Don't waste a minute-get exploring.



Optional Activities - Day 7

Kayaking

Bacalar

10-12USD

Throw on a lifejacket and paddle the pale blue waters of Laguna Bacalar. Bring a camera to capture the surreal beauty of the mineral-infused lake.

Cenote Azul

Bacalar

Cenote Azul is south of Puerto Aventuras in the Mayan Riviera. It's a great place to swim and people watch. Test your cliff diving skills as you leap into the main cenote (natural pool) -- it's 91m (300 ft) deep and 183m (600 ft) wide -- so there's no fear of hitting your head. Enjoy the clear clean water, it's 100% pure rainwater that's been filtered through limestone.

Fortress Exploration

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Day 8

Bacalar/Playa del Carmen

Travel to Playa del Carmen to lounge on Mayan Riviera beaches. Enjoy dinner at a G Adventures-supported community restaurant with a youth-focused art program.

Head to Playa del Carmen, located on the beach just a 45-min drive south of Cancún. Enjoy some nightlife, buy last minute souvenirs and relax and swim in the Caribbean.

There is the opportunity for snorkelling and diving, as well as long stretches of sandy beaches which are perfect for walking and relaxing after a hectic day.

Just off the coast is the island of Cozumel, renowned for its world-class diving. Take the ferry from Playa del Carmen (30-75 minutes depending on the boat) across the turquoise waters and explore the town and the reefs of the island.

For a final dose of ruins, Tulum is just a 45-min drive south of Playa.



Meals included

Dinner



Today's Activities

First-class Bus

Bacalar - Playa del Carmen

4h-5h

275km

Ride on in style. This sure isn't your grandmother's public bus.

The air-conditioning remains on for the duration of the ride so bring something warm to wear. There is a toilet on the bus.

ACTIVITY

El Hongo (which means 'The Mushroom') is a volunteer-run restaurant started as a means to create income to support a youth art program in the 'real' Playa del Carmen, Mexico. Across the highway from the commercial beach strip is where most locals live – cross onto the unpaved roads and enjoy a delicious home-style meal at the restaurant, while learning more about this much-needed program for the community.



Optional Activities - Day 8

Snorkelling

Slather on the sunscreen and head out into the tantalizing waters. Float effortlessly in the clear warm water and look for schools of fish, coral, sponges and more.

Swimming

Grab your bathing suit and go for a refreshing swim.

Day 9

Playa del Carmen

Enjoy a free day to explore the Mayan ruins of Tulum, visit one of the many cenotes or the diving mecca of Cozumel.



Today's Activities

Free Time

Playa del Carmen

Do as much or as little as you want.



Optional Activities - Day 9

Cenote Visit

Playa del Carmen

40-60USD

1h-4h

30-60km

Pack your swimsuit, hail a shared van (colectivo) and ask for directions to one of Yucatan's many cenotes. These natural swimming holes were formed thousands of years ago, when the peninsula's porous limestone collapsed to reveal fresh water pools fed by underground systems of canals and rivers. Dive into the turquoise waters surrounded by cave walls or tropical foliage, watch fish dart in and out of the shafts of sunlight and realize why the Maya called cenotes "sacred wells".

Cozumel Diving (Certified Divers)

Cozumel

85-140USD

5h-8h

32km

Take the ferry to Cozumel Island and discover one of the world's top scuba diving destinations. See schools of tropical fish (over 250 species) swimming in and amongst colourful coral, look for sponges and other aquatic marine life. Two main coral reefs provide plateaus beginning in less than 9m (30 ft) of water. All this, plus clear, warm water. Every diver's dream!

Tulum Ruins Visit

Tulum

1h-4h

The Maya built the ancient seaport of Tulum in the late 13th century. Located some 130 km (80 mi) south of Cancun, this picturesque site features a number of limestone structures protected on three sides by a 7m (23 ft) thick wall. Visit "El Castillo" (the castle), overlooking the Caribbean coast, and the Temple of Frescoes, then head down to the beach. Dive into the warm aquamarine waters and imagine spotting ancient vessels laden with turquoise and jade.

Coco Bongo Disco and Show

Playa del Carmen

90USD

Coco Bongo lives up to its name. Visitors describe it as "insane", "exciting" and "amazing". This Vegas-style disco and show features a range of high energy acts including Elvis, Lady Gaga, Moulin Rouge and more. The price includes all your drinks and the show is cheaper on weekdays. Go wild!

Sian Ka'an Biosphere Reserve Canal Float

Tulum

135USD

Sian Ka'an Biosphere Reserve is one of Mexico's most important protected areas due to its diversity in bird and animal species. The Reserve uses ecologically responsible technologies, including systems for wetland waste management, rainwater collection, and solar and wind energy generation to protect the environment.

Visit the reserve and take a boat ride across the lagoon before hopping into the crystal clear water of one of the canals. Next, enjoy nature's lazy river as you float past Mayan ruins and mangrove forests, letting the current slowly bring you down stream. It's just you, the sound of chirping birds, and the fish swimming around your feet - pure paradise!

Day 10

Playa del Carmen

Depart at any time.

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What are the main highlights of this trip?

Soak up true Mexican culture, marvel at the beauty of Palenque, relax on world-class beaches

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

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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 is the role of the group leader during this trip?

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.

What is the maximum and typical number of participants on this tour?

Max 16, avg 12

What meals are included in this trip?

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. 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?

Public bus, private van.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotels (9 nts).

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 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, 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 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 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.

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 and handling 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?

While US dollars may be accepted at the more popular locations such as Cancun and Isla Mujeres, Mexican pesos are more widely accepted and best to use throughout the duration of the tour. Withdrawing from an ATM will offer you the best exchange rate. A small emergency fund in US Dollars is a good idea to have in the event that you are having difficulty withdrawing money from a local ATM.

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.

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 (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?

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.

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. 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?

- All prices are per person, in USD amounts and are subject to change as services are provided by third party operators.
Optional Activities

Mérida (Mexico):

- City tour \$10 Celestún Bird Sanctuary \$45 (includes transport, guide, lunch and entrance) 9am to 5pm
Dzibilchaltun Ruins tour \$25 (includes transport, guide and entrance) 9am to 3pm
Cenotes Tour \$18 via public transport, \$30 via private transport (includes transport, entrance, guide and trolleys) 9am to 4pm
Uxmal and Kabah guided tour \$30 (includes transport, guide, lunch, entrance) 9am to 6pm
Uxmal light and sound tour \$30 (includes transport and dinner)
Entrance of \$15 not included.
1pm to 9pm

Palenque:

- Yaxchilan/Bonampak tour (includes entrance, transport guide and lunch) \$70 - 7am to 7pm - Motion sickness pills advised. Palenque 2.5 hours jungle walk (includes guide) \$20
Riverside BBQ (includes transport, entrance to private property, BBQ lunch, BYOD) \$20

Playa del Carmen:

- Snorkel rental \$15 Ferry to Cozumel \$25 roundtrip Tulum transport and ruins entrance \$10-40 Diving course \$350 Scuba diving (for already certified divers) \$50-120 Bicycle rental \$25 day Horseback riding \$50 Dos Ojos Cenote Snorkeling Tour \$50

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

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 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 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.

What are the mandatory travel insurance requirements for this trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

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

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

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

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

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

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?

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

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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