

Guatemala Journey - CGGNG

8 days: Antigua to Flores

What's Included

- Arrival transfer
- Visit a chocolate museum and take a hands-on workshop
- Boat ride around Lake Atitlán, with a visit to the San Juan la Laguna community for a local Mayan lunch and a tree-planting ceremony
- Visit small community co-ops for demonstrations of traditional arts and crafts
- Guided cultural walking tour of Antigua
- Cooking class
- Guided tour of the ruins of Tikal
- Interesting articles, helpful tips, and photography advice from National Geographic before you depart
- Internal flights
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing January 1st, 2016 - December 17th, 2017

Itinerary



Itinerary

Day 1 Guatemala City/Antigua

Arrive at the Guatemala City airport and transfer to hotel in Antigua.

Arrive at the Guatemala City airport and transfer to your hotel in Antigua. There are no planned activities during the day, so check into the hotel and enjoy this charming city.

It is a short 45km (28 mi) from Guatemala City on a lovely winding road. The natural scenery is some of the most beautiful anywhere with high mountain peaks surrounding deep valleys, and nearly every inch of land covered with lush growth.

Private Vehicle

Guatemala City – Antigua 45m-1h45km

Stretch out and scan the scenery from the comfort of a private vehicle.

Arrival Day and Welcome Meeting

1h18:00 Evening

The adventure begins tonight. Feel free to explore, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour.

Accommodation

Hotel La Posadita

Hotel

Note: Your accommodation may vary depending on season and availability

Day 2 Antigua

Explore Antigua on a guided cultural walking tour with a historian, including City Hall, the convent, and the museums at Paseo de los Museos. Opt to take a volcano trek or excursion to a macadamia nut plantation or coffee farm.

Walk through quiet cobblestone streets, past restored Spanish colonial stucco homes with heavy, beautifully carved wooden entrances. Explore the museums and churches, then have an ice cream and people-watch in the central park.

Antigua offers three specialties that make shopping here very worthwhile. Textiles sold here and in the nearby towns are of the highest quality, beautifully designed and woven on foot looms or the traditional back strap loom. Jade, in carved statues and jewelry,

is sold in several factories and shops in town and silver jewelry is also sold in the better shops and a nearby silver factory in San Felipe de Jesus. The city offers good buys in ceramics and antiques as well.

Antigua Historical Walk

Antigua

Meet our historian guide at the fountain in the Central Plaza and take a leisurely walk along the cobblestone streets of this city, a UNESCO World Heritage site. Our historian explains Antigua's history, culture and restoration efforts (a bylaw, for example, stipulates buildings must only be painted certain colours in order to maintain the Spanish colonial character of the exteriors). Visit the City Hall Palace, Palace of the Captain's General, the cathedral, and Sor Juana de Maldonado's Convent/Museum, and then complete the tour at the best museum in town at Paseo de los Museos.

Free Time

Antigua Afternoon

Free time to explore the museums, the colonial buildings and other sites in this delightful town.

Optional Activities

Finca Filidelfia Coffee Tour

Antigua 2h-3h

25-60USD per person

Travel a short 10-minute ride outside of Antigua to the Finca Filadelfia coffee plantation. Walk through the plant nursery, explore the rows of coffee plants, pick a coffee "cherry" (each one has two beans inside), then discover the various stages that go into making the perfect cup of quality coffee. The farm also has a restaurant and zipline for those who opt to fly above the canopy to spot the very best beans.

Finca Valhalla Visit

Antigua 1h30m-3h

5-10USD per person

Take a tour of the macadamia nut plantation at Finca Valhalla led by the workers. Learn about this sustainable crop for the experts and discover the health benefits of the nut. Pamper yourself with a free facial and purchase some of the treats made from the macadamia nut like oils, nuts, and chocolate. This tour is offered for free in the hopes that you'll show your gratitude by stopping by and picking up some tasty treats from the gift shop or café.

Salsa Lesson

Antigua

5-10USD per person

Kick up your heels and learn this typical Latin dance. Dancers of all skill levels are welcome. Get lost in the rhythm of the music and let your body take you to a new place -- one-two-three, one-two three, hip roll, arm up, partner under, shimmy, shake, salsa! Vamos a bailar! (Let's dance!)

Accommodation

Hotel La Posadita

Hotel

Note: Your accommodation may vary depending on season and availability

Meals included: Breakfast

Day 3 Antigua/Jaibalito

Travel today by van and boat to the village of Jaibalito on Lake Atitlán. Visit the communities on the lake by boat, including San Juan la Laguna, a G Adventures-supported village. Take an orientation walk, visit various co-ops, enjoy a local Mayan lunch and a Mayan tree-planting ceremony.

Our home at the lake will be in the tranquil town of Jaibalito. This tiny village sits on the north shores of breathtaking Lake Atitlán, surrounded by volcanoes. There are no paved roads leading into Jaibalito, but the paths weaving across the slopes offer rewarding views of the lake.

Test your communication and bargaining skills in the colourful local markets, of which there are many. There are also a number of weaving cooperatives that you may wish to visit. The proceeds from the sales return directly to the community and are a significant

contribution to the local economy.

Private Vehicle

Antigua – Panajachel 3h-3h15km

Stretch out and scan the scenery from the comfort of a private vehicle.

Boat

Panajachel – Jaibalito 30m10km

Climb aboard and get your float on.

Lake Atitlán Boat Ride and Community Visit

Lago de Atitlán

Get ready for spectacular views of the surrounding volcanoes and everyday life in a highland village. The people of this area are friendly and excited to greet travellers. Stop off in San Juan la Laguna, a G Adventures-supported village, for an included local Mayan lunch. Participate in a Mayan tree planting ceremony, providing insight into Mayan culture and beliefs.

Test your communication and bargaining skills in the colourful local markets, of which there are many. There are also a number of community Mayan weaving cooperatives that you may wish to visit. The proceeds from the sales return directly to the community and are a significant contribution to the local economy.

Meals included: Breakfast | Lunch

Day 4 Jaibalito

Free time for outdoor pursuits such as ziplining, fishing, windsurfing, hiking, bird watching, and kayaking.

Free Time

Jaibalito Full Day

Enjoy a full day to relax or explore the lake.

Optional Activities

Paragliding in Lake Atitlán

Lago de Atitlán

Strap into your harness and sit comfortably during the flight. From take-off until landing, the pilot and passenger are both connected by two spreader bars. The pilot, sitting behind the passenger, takes care of take-off, flight, and landing. So sit back and enjoy the absolutely incredible views.

Kayaking

40NZD per person

Grab your life jacket and tour local waters by kayak. Get up close to marine life and see many sights you may miss on shore.

Windsurfing

Lago de Atitlán

Apart from the volcanoes that ring its shores, Lake Atitlán is known for its wind. Called the "Xocomil," this daily breeze starts in the morning in the bay near Santiago, and gradually picks up speed as it blows toward Panajachel, San Marcos, and Santa Catarina. Ask your CEO for recommendations on rentals and try not to swallow any water.

Fishing

Lago de Atitlán

Channel your inner Mayan, hop aboard a rustic wooden cayuco, paddle out into Lake Atitlán, and pray for fish. With only a small hook, net, and no motor, your local guide will demonstrate his traditional fishing techniques. You may even catch a black bass!

Meals included: Breakfast

Day 5 Jaibalito/Antigua

Return to Antigua and visit a chocolate museum to take a hands-on workshop to learn about the ancient Mayan process from bean to bar.

Boat

Jaibalito – Panajachel 30m

Climb aboard and get your float on.

Private Vehicle

Panajachel – Antigua 3h-3h30m Morning 115km

Stretch out and scan the scenery from the comfort of a private vehicle.

ChocoMuseo Tour and Workshop

Antigua 1h30m-2h

Enjoy a chocolate workshop and museum tour to learn about the process "from bean to bar" and the history of this tasty crop. In this 1.5-hour workshop, make your own bar to take home and enjoy tastings of the varieties of chocolate drinks made on site. Who knew history could be so sweet?

Accommodation

Hotel La Posadita

Hotel

Note: Your accommodation may vary depending on season and availability

Meals included: Breakfast

Day 6 Antigua/Flores

Catch our flight to Flores in the Petén region of Guatemala. Enjoy a cooking lesson and lunch with a local chef on the shores of Lake Petén Itzá.

This charming town, with its pastel-coloured buildings, enjoys a scenic setting on Lake Petén Itzá. There will be time to stroll through the streets, buy local handicrafts, or take a swim in the lake. Despite the recent growth in Petén, Flores remains the same small island town, with narrow, cobblestoned streets, small, brightly painted houses, and friendly people.

Private Vehicle

Antigua – Guatemala City 45m-1h45km

Stretch out and scan the scenery from the comfort of a private vehicle.

Flight

Guatemala City – Flores 1h-1h30m 550km

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Lakeside Cooking Class

Flores

Get creative in the kitchen during a cooking lesson at a charming hotel located on the shores of Lake Petén Itzá. Listen as an experienced local chef explains the history of Guatemalan cuisine before learning to prepare traditional dishes like "pepián" (a spicy meat stew) or "tamales" (a cornmeal-based dish wrapped in husks or leaves). Enjoy the results of the lesson for lunch and, afterwards, opt to kick back in a hammock, go for a swim or take to the water in a kayak.

Accommodation

Hotel Casona del Lago

Hotel

Note: Your accommodation may vary depending on season and availability

Meals included: Breakfast | Lunch

Day 7 Flores

Take a guided tour of the famous Mayan ruins of Tikal, a UNESCO World Heritage site set in the heart of the jungle.

Private Vehicle

Flores – Tikal 1h

Stretch out and scan the scenery from the comfort of a private vehicle.

Tikal Ruins Guided Tour

Tikal 3h-4h 7-15km

Put on your walking shoes and prepare for a tiring but memorable day walking through history at the impressive site of Tikal. The Mayan site is set in the heart of the jungle, in Tikal National Park, now a UNESCO World Heritage site. Along with our bilingual guide, see some of the temples, plazas, carved stone monuments and public squares, more than 3,000 buildings in all, dating from as far back as 600 BC. Climb to the top of Temple IV, catch your breath, take photos, and then sit and contemplate the magnificence of the site and the tropical rainforest beyond. Look for monkeys, anteaters, armadillos, and deer, as well as macaws and eagles, snakes, and spiders.

Private Vehicle

Tikal – Flores 1h

Stretch out and scan the scenery from the comfort of a private vehicle.

Free Time

Flores

Enjoy some free time this afternoon to explore the lake.

Optional Activities

Lake Petén Itzá Boat Tour

Lago Petén Itzá 1h30m-2h30m

12USD per person 40USD per group

Enjoy a calm boat ride around Lake Petén Itzá. Stop for a swim and climb to the lookout that sits above the small archaeological site of Tayasal.

Accommodation

Hotel Casona del Lago

Hotel

Note: Your accommodation may vary depending on season and availability

Meals included: Breakfast

Day 8 Flores

Depart at any time.

Depart at any time.

Departure Day

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

Meals included: Breakfast

What's Included

Arrival transfer. Visit a chocolate museum and take a hands-on workshop. Boat ride around Lake Atitlán, with a visit to the San Juan la Laguna community for a local Mayan lunch and a tree-planting ceremony. Visit small community co-ops for demonstrations of traditional arts and crafts. Guided cultural walking tour of Antigua. Cooking class. Guided tour of the ruins of Tikal. Interesting articles, helpful tips, and photography advice from National Geographic before you depart. Internal flights. All transport between destinations and to/from included activities.

Highlights

Guatemala's small but it's got loads to do. Meet its people, zip through its trees, and visit its ruins with National Geographic Journeys. [Book here.](#)

Dossier Disclaimer

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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.

Important Notes

1. AIRPORT

Antigua's nearest airport is approx. 1 hr away in Guatemala City.

2. COMBO TRIP

Please note that this trip is part of a combination of multiple G Adventures tours. As such, the CEO, staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour, between tour segments.

Group Leader Description

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.

Group Size Notes

Max 15, Avg 10.

Meals

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.

Transport

Private van, boat, plane, walking

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight

departure. Please note that there is a 25 pound limit on the Flores to Guatemala City flight. You may be charged by the airline for any weight over this limit.

Solo Travellers

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.

Accommodation

Hotels (7 nts).

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

Joining Instructions

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

Once you arrive at the hotel, 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.

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

Please note that Antigua's nearest airport is Guatemala City, Guatemala. Don't get caught flying into the Caribbean island nation of Antigua; it's nowhere near the start of this tour!

Arrival Complications

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 not made contact with our representative within 30 minutes of clearing customs and immigration for your airport transfer, 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.

Emergency Contact

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 transfer 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 2224 5560

After hours emergency number: +506 8322 9140

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 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

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 to Take

We recommend the use of a duffel bag, soft bag on wheels or backpack (whichever you find easiest to carry). A good size daypack is also essential.

Checklist

- USD cash
- Credit and/or debit card (see spending money)
- G Adventures vouchers, pre-departure information and trip details
- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Any entry visas or vaccination certificates required
- Camera
- Reading/writing material
- Binoculars
- Cover for backpacks
- Moneybelt
- hand sanitizers/ antibacterial wipes
- Fleece top
- Windproof/waterproof jacket
- Small towel and swim wear
- Shirts/t-shirts
- Sun hat
- 1 pair of shorts
- 1 pairs of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/ sturdy walking shoes
- Sport sandals
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- Flashlight
- First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, motion sickness tablets if need, DEET bug repellent, extra prescription drugs you may be taking).
- You may also wish to bring a Spanish – English phrase book or dictionary

Laundry

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.

Visas

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'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Spending Money

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.

Money Exchange

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 with travellers cheques as backup 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 100USD (or equivalent).

GUATEMALA ATMs: Please note that daily withdrawal limits in this country are extremely low, currently set at 1000 quetzales - less than 140 USD. It is advisable to arrive with enough cash, if your daily needs exceed this amount.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

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!

Tipping

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.

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.

Optional Activities

ANTIGUA, GUATEMALA

City tour USD20

Bicycle rental/tour USD10/35

Macadamia nut Plantation tour USD5-10

Salsa lessons USD5-10

Massages USD30-\$60

Chocolate Tour USD20

Volcano Hike USD30-70

PANAJACHEL

Lake Atitlan boat tour USD15 per person

Bicycle rental USD3/hr

Kayak rental USD5/hr

San Pedro Volcano hike USD65 (incl. transport + entrance+ box lunch)

Jet Ski- \$50 per hour

Health

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.

Safety and Security

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/

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

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.

Travel Insurance

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.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our G Adventures for Good projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Local Dress

In the heavily indigenous populated areas it is recommended to wear conservative clothing and avoid wearing shorts.

Feedback

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 customerservice@gadventures.com and we will send it on to you.

Newsletter

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.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.