

## Northern Philippines and Palawan Adventure - APNP

17 days: Manila to Manila

### What's Included

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- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Bayombong museum visit
- Ancient rice terraces visit (Banaue)
- Museum of Mountain Culture (Sagada)
- World heritage-listed Paoay Church visit
- Puerto Princesa city tour
- Puerto Princesa Subterranean River National Park visit
- Island-hopping snorkelling tour (El Nido)
- 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 April 4th, 2017 and onwards

### Itinerary

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

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#### Day 1 Manila

Arrive at any time.

There are no planned activities until an evening welcome meeting.

#### Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

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 Manila/Banaue

Travel through the stunning mountainous landscape to Banaue. Stop en route for lunch and photo ops. Visit the Provincial Museum in Bayombong to learn more about Luzon. After the long drive, stretch your legs on a short hike to the local market in downtown Banaue.

#### Private Vehicle

Manila – Banaue 7h

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

#### Entrance Fee Provincial Museum in Bayombong

Bayombong

Enjoy a visit to the museum and learn more about the heritage of this region.

#### Tam-an Village Visit

Banaue

Head to the nearby village of Tam-an on foot. Explore the town centre and hike to check out the viewpoint.

**Meals included: Breakfast**

**Day 3 Banaue/Sagada**

Hop into a local Jeepney and visit the rice terraces of Batad. In the afternoon, continue on to Sagada with a visit to the Museum of Mountain Culture in Bontoc.

**Rice Terraces Tour**

Banaue

Hop on a jeepney and explore the stunning ancient rice terraces of Hapao. Learn more about the unique irrigation system on your visit.

**Private Vehicle**

Banaue – Sagada 3h

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

**Museum of Mountain Culture Visit**

Bontoc

Explore the museum and gain a deeper understand of the tribes that inhabited the area in the past.

**Meals included: Breakfast**

**Day 4 Sagada**

Explore the outdoor paradise of Sagada. Opt to hike or visit caves, the hanging coffins, or waterfalls set into the lush green landscape.

**Free Time**

Sagada Full Day

With so much to see and do, don't waste a minute.

**Optional Activities - Day 4**

**Underground River and Waterfalls**

Sagada

Explore the unique natural formations in the area and cool off in the refreshing pools at the base of a waterfall.

**Hanging Coffins Visit**

Sagada

Discover Sagada's famous hanging coffins. The local Igorot people are known for their weaving and the unusual burial system of their ancestors – hanging and stacking coffins in the limestone karst cliffs and caves near town.

**Massage**

Sagada

400PHP per person

Lay back and soothe aching muscles with a famous local massage. Affordable and amazing, don't miss out.

**Bomod-Ok Falls Hike**

Sagada 3h-4h

510PHP per person

Journey to the 200-metre Bomod-Ok falls by descending through rice paddies and over rocks. This scenic hike will pass local farmers as they work on their land. The trail can be uneven and slippery in parts but step with care and you will be rewarded with a majestic sight of the falls at the bottom.

**Meals included: Breakfast**

**Day 5 Sagada/Vigan**

Travel via Cervantes to Vigan, a beautifully preserved Spanish colonial town. In the evening, opt to visit the World Heritage-listed Santa Maria Church or to view the dancing fountain.

**Private Vehicle**

Sagada – Vigan 5h

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.

### **Optional Activities - Day 5**

#### **Santa Maria Church Visit**

Vigan

Free-FreeNone per person

Visit the Church of Our Lady of the Assumption, also known as Santa Maria, and admire the baroque architecture of this UNESCO-listed religious centre.

#### **Dancing Fountain Visit**

Vigan

Free

Enjoy the lights and sounds of this fountain located near Vigan Plaza.

### **Meals included: Breakfast**

### **Day 6 Vigan**

Spend a free day exploring this lovely city. Opt to visit the pottery shop and local handloom weavers or take a horse drawn carriage tour.

#### **Free Time**

Vigan Full Day

Take in the colonial charm of this city with some free time.

### **Optional Activities - Day 6**

#### **Calesa (Horse Drawn Carriage) Tour**

Vigan

Step back in time with a memorable ride through the historic streets on a wooden carriage.

### **Meals included: Breakfast**

### **Day 7 Vigan/Manila**

Continue north to Laoag, visiting the World Heritage-listed Paoay Church and a scenic lake on the way. Continue to the airport for a flight back to Manila.

#### **Private Vehicle**

Vigan - Laoag3h

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

#### **Paoay Church Visit**

Paoay

Take in the unique architecture of this historic church - a UNESCO World Heritage Site.

#### **Plane**

Laoag - Manila1h

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

### **Meals included: Breakfast**

### **Day 8 Manila**

Visit Intramuros and learn about the Spanish history of the country.

Opt to join the group for a final dinner together in the evening.

#### **Intramuros Visit**

Manila

Explore the historic centre of Manila known as Intramuros ("Within the Walls"). Founded by the Spanish in the late 16th century, the city was enclosed by thick stone walls which still stand today. At the height of its power, Intramuros was feared by Spain's enemies as the only true European powerhouse in the whole of Asia, but after holding strong against Chinese pirates, Dutch forces, British, American and Japanese occupations, the large majority of the city was destroyed during the month-long brutal Battle of Manila fought between the Japanese and the Allies in the closing days of WWII, a battle which also claimed the lives of 100,000 Filipino civilians. A walk through this area, despite the devastation (or maybe because of it) truly gives you a sense of the history of this area.

### **Optional Activities - Day 8**

#### **National Museum**

Manila

Free

Visit the National Museum Complex, home to the National Museum of Fine Arts, National Museum of Natural History, National Planetarium and the Museum of the Filipino people. Browse the museums to gain an in-depth understanding of Filipino culture and heritage and see many historical artefacts and works of art.

### **Ayala Museum**

Manila

425PHP per person

Escape the hustle and bustle of the city and delve into the history and art of Filipino culture. Visit the permanent exhibition, the Diorama Experience, to learn about the key events in the country's history.

**Meals included: Breakfast**

### **Day 9 Manila**

Explore this bustling city with free time.

### **Free Time**

Manila Full Day

Explore the city with a free day.

### **Optional Activities - Day 9**

#### **National Museum**

Manila

Free

Visit the National Museum Complex, home to the National Museum of Fine Arts, National Museum of Natural History, National Planetarium and the Museum of the Filipino people. Browse the museums to gain an in-depth understanding of Filipino culture and heritage and see many historical artefacts and works of art.

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Manila

425PHP per person

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**Meals included: Breakfast**

### **Day 10 Manila/Puerto Princesa**

Fly to Puerto Princesa, the capital of the island paradise of Palawan. Tour the town visiting Bakers Hill and the Iwahig Penal Colony.

### **Plane**

Manila – Puerto Princesa 1h

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

### **Puerto Princesa City Tour**

Puerto Princesa

Enjoy a tour of the area and learn about the history of the largest city in the Palawan province. Visit the Iwahig Penal Colony, where prisoners self-govern and maintain the prison and become farmers or fishermen with some of their families living nearby. Stop at Baker's Hill a park with a bakery, pizza stand, snack bar and gift shop.

**Meals included: Breakfast**

### **Day 11 Puerto Princesa/El Nido**

Explore the underwater cave of the Puerto Princesa Subterranean River National Park on an included tour. Later, travel north on Palawan to stunning El Nido, known for its large limestone karsts emerging from the turquoise ocean.

### **Private Vehicle**

Puerto Princesa – Sabang 1h30m

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

### **Puerto Princesa Subterranean River National Park Visit**

Sabang

Take a boat ride through the famous subterranean river. The underground ecosystem is over 8km (5 mi) long with amazing rock formations, cave systems, wildlife and old growth forest. The Puerto Princesa Subterranean River National Park was voted one of the New7Wonders of Nature in 2011.

### **Private Vehicle**

Sabang – El Nido 5h-6h

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

**Meals included: Breakfast | Lunch**

**Day 12 El Nido**

Enjoy an included snorkelling tour and beach barbecue.

**Snorkelling Tour**

El Nido

Jump into the clear, turquoise waters and explore the depths on a snorkeling tour. El Nido is famous for its amazing ecosystems, both above and below the water. With over 100 species of coral and hundreds of species of fish there's lots to see below the waves.

**Meals included: Breakfast | Lunch**

**Day 13 El Nido**

Spend the day relaxing on the beach or opt to visit Bacuit Bay, Simezu Island, or Intalula Island.

**Free Time**

El Nido Full Day

Spend the day in the waves, by the beach or exploring the area by bike.

**Optional Activities - Day 13**

**Bacuit Bay Visit**

Bacuit Bay

Take a tour around the many small islands of Bacuit Bay and watch for turtles, manta rays or whale sharks.

**Snorkelling**

El Nido

Snorkel around the reefs in the area that are teeming with hundreds of species of colourful fish.

**Scuba Diving**

El Nido

Enjoy a diving lesson with local experts. El Nido has approximately 20 dive sites and some of the best variety of marine life and types of coral to see while scuba diving.

**Fishing**

El Nido

Reel it in! There are several fishing tours available in the area for catching tuna, barracuda or even squid.

**Kayaking**

El Nido

Spend an afternoon paddling around the beautiful limestone karsts and enjoying the view.

**Bike Rental**

El Nido

Take a bike out for a few hours to explore El Nido and the amazing landscape.

**Island Hopping Tour**

El Nido

Visit some of the nearby islands like Simezu or Entalula Island. Spend the afternoon exploring the different beaches, gazing at the limestone karsts and view of the sparkling water.

**Stand Up Paddle Boarding**

El Nido

Grab a board and a paddle and start exploring the bay of El Nido.

**Meals included: Breakfast**

**Day 14 El Nido/Port Barton**

Travel south to untouched Port Barton. After a short boat ride, arrive at a secluded beach resort and enjoy free time to soak up the beautiful surroundings.

Due to the remote and idyllic location of the beach, conveniences are limited. The resort is powered by generators and electricity is only available between 6pm and 12am. There are no ATMs or shops.

**Private Vehicle**

El Nido – Port Barton 3h

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

**Boat**

Port Barton 15m

Climb aboard and get your float on.

**Meals included: Breakfast****Day 15 Port Barton**

Spend another laid-back day in paradise. Opt to snorkel, hike through the rainforest to a waterfall, or relax on the beach.

**Free Time**

Port Barton Full Day

Spend the day chilling out on the sand or cooling off in the waves.

**Meals included: Breakfast****Day 16 Port Barton/Manila**

After a quick boat ride, drive back to Puerto Princesa for an afternoon flight to Manila. Enjoy one last evening in Manila.

**Boat**

Port Barton 15m

Climb aboard and get your float on.

**Private Vehicle**

Port Barton – Puerto Princesa 3h-4h

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

**Plane**

Puerto Princesa – Manila 1h

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

**Meals included: Breakfast****Day 17 Manila**

Depart at any time.

**Meals included: Breakfast****What's Included**

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Your Welcome Moment: Welcome Moment - Meet Your CEO and Group. Bayombong museum visit. Ancient rice terraces visit (Banaue). Museum of Mountain Culture (Sagada). World heritage-listed Paoay Church visit. Puerto Princesa city tour. Puerto Princesa Subterranean River National Park visit. Island-hopping snorkelling tour (El Nido). Internal flights. All transport between destinations and to/from included activities.

**Highlights**

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Get your fill of scenic rice terrace views, shop the markets of Laoag, explore the caves or see the hanging coffins of Sagada, Experience Puerto Princesa's Subterranean River, relax or snorkel in El Nido

**Dossier Disclaimer**

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**Itinerary Disclaimer**

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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.

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## Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO 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 traveling through, offer suggestions for things to see and do, 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.

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## Group Size Notes

Max 15, avg 12

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## Meals Included

16 breakfasts, 2 lunches

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## Meals

Eating is a big part of travelling. 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. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

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## Transport

Private vehicle, Jeepney, plane, boat, walking.

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## 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.

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## Solo Travellers

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.

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## Accommodation

Hotels (16 nts).

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## 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

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## Rooming and "My Own Room" Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Nights 6 & 7

## About Accommodation

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Some of the areas visited in Palawan have limited hours of electricity. It is common to only have electricity from 6pm to 12am. There is limited access to hot water especially during the hours without electricity.

## Joining Hotel

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

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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.

## Emergency Contact

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

### AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

For issues related to airport to hotel transfers in the Philippines:

Contact: Vic Lusterio - +63 922 870 0481

### EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time)

From outside Thailand: +66 2 508 8630

From within Thailand: 02 508 8630

After hours emergency number (SE Asia Manager)

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

G Adventures Local Representative (Philippines)

Emergency number: +63 917 305 6426

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 to Take

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What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit with you in buses or on trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in



homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

There may be a luggage weight restriction for the internal flight(s) on this tour. Each passenger is allowed a maximum baggage weight of 20kg (44 lb). Additional charges for excess weight may apply. These charges are the responsibility of the passenger.

## Packing List

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### Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Snow Boots
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

### Documents:

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

### Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- 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:

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

### Marine:

- Drybag (Will help keep cameras and essentials dry)
- External battery pack
- Motion sickness tablets
- Sarong
- Snorkel gear (optional) (Only if own equipment is preferred.)

Warm Weather:

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

## Laundry

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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.

## Spending Money

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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

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During this tour the local currency you will use is the Filipino Peso. As currency exchange rates in Southeast Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: [www.xe.com](http://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 not available in Sabang or El Nido but machines in Manila are available 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. USD Cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix. Your CEO will be able to advise on ATM locations and currency exchanges along the way.

Travellers' cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items. If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

## Emergency Fund

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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!

## Departure Tax

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International Departure tax is 750 Pesos, to be paid in local currency.

## Tipping

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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.

## Optional Activities

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- Sagada
- Underground River and Waterfalls
- Hanging Coffins Visit

- Bomod-Ok Falls Hike (510PHP per person)
- Massage (400PHP per person)

#### Vigan

- Dancing Fountain Visit (Free)
- Santa Maria Church Visit (Free)
- Calesa (Horse Drawn Carriage) Tour

#### Manila

- Ayala Museum (425PHP per person)
- National Museum (Free)

#### Bacuit Bay

- Bacuit Bay Visit

#### El Nido

- Kayaking
- Scuba Diving
- Snorkelling
- Fishing
- Bike Rental
- Island Hopping Tour
- Stand Up Paddle Boarding

## Health

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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.

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 sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEO's are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. 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

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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.

## **Trip Specific Safety**

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## **A Couple of Rules**

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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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

## **Travel Insurance**

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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. G Adventures can provide you with the appropriate coverage. 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.

## **Planeterra Foundation - the non-profit partner of G Adventures**

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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.

## **Local Dress**

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In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

## **Feedback**

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

## Newsletter

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

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

## Minimum Age

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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.

## International Flights

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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.