

JOURNEYS

with **G Adventures**

Explore Belize - CBENG

10 days: Belize City to Caye Caulker

What's Included

- Your Journeys Highlight Moment: Tortilla-Making Lesson, San Ignacio
- Your Journeys Highlight Moment: Howler Monkey Experience, San Ignacio
- Your Journeys Highlight Moment: Garifuna Drumming Lesson and Performance, Hopkins
- Your G for Good Moment: San Antonio Women's Cooperative visit with Pottery Class and Local Lunch, San Ignacio
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Discover Moment: San Ignacio
- Your Discover Moment: Caye Caulker
- Arrival transfer
- Lamanai ruins guided tour
- Tour a hot sauce factory
- Visit Belize Tropical Education Center
- Farewell dinner at a local Caye Caulker restaurant
- All transport between destinations and to/from included activities

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

VALIDITY: Valid for all trips departing January 1st, 2017 and onwards

Itinerary

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

Day 1 Belize City/Burrell Boom

Arrive at any time in Belize city and transfer to our hotel just outside the city in the village of Burrell Boom.

Today is arrival day so there are no activities planned. You are free to arrive at any time to the Belize City airport where you will be met and transferred to our hotel near Burrell Boom village, which is about 30 minutes from the airport.

Hotels vary greatly throughout Central America and even within Belize depending on the location. We do our best to pick comfortable accommodations, but in remote places, options can be limited. It also is important to remember that hot water shortages and power outages can be fairly common in Belize (even in upgraded hotels). We appreciate your patience and understanding that these occurrences are outside of our control.

The heat and humidity of Belize may affect you upon arrival. You may have a general sense of lethargy and/or loss of appetite. This is no cause for alarm; it is simply your body's reaction to the heat. Be sure to drink plenty of water (cold bottled water is available everywhere) and do not attempt too much in any given day.

Arrival Transfer

Belize International Airport – Burrell Boom 30m-45m

You will be met at the airport and transferred to the hotel to start your adventure.

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 Burrell Boom

Enjoy a full day excursion to the Lamanai ruins, a renowned Mayan ceremonial site consisting of over 800 structures surrounded by lush jungle. Return to our lodge to relax at the patio bar and pool, visit the spa, or walk the grounds to spot local wildlife.

Lamanai Ruins Guided Tour

Lamanai – Belize City

Lamanai is located on the shore of the New River Lagoon and is one of the largest Mayan ceremonial site within the region. Lamanai translates as “submerged crocodile” in ancient Mayan, and the site was occupied as early as 1500 BC. The onsite museum has interesting artifacts on display.

Meals included: Breakfast | Lunch

Day 3 Burrell Boom/San Ignacio

Drive to San Ignacio and visit the Community Baboon Sanctuary, co-founded by five-time National Geographic grantee Dr Robert Horwich. Learn about the black howler monkey before going on a rainforest walk to observe monkeys in the wild. After, visit a G Adventures-supported Cayo women's cooperative where we learn about the centuries-old tradition of throwing pots and tortilla making. Enjoy a local lunch before continuing on to our rainforest hotel.

The town of San Ignacio is situated on the banks of the Macal River. It is a perfect location to visit the surrounding countryside. All activities here are optional, so the choice is yours: explore the Mayan cave of Actun Tunichil Muknal, containing relics dating back 1400 years, visit the butterfly gardens, or go tubing or canoeing through the natural limestone caves of the region.

Private Vehicle

Burrell Boom – San Ignacio 3h-4h

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

Your G for Good Moment: San Antonio Women's Cooperative visit with Pottery Class and Local Lunch

Like in many places around the world, education for women in the village of San Antonio isn't prioritized. Girls don't typically attend school beyond primary levels. So a women's cooperative was founded here, as a way for underprivileged women to earn income, learn new skills, and share centuries-old Mayan techniques and knowledge. Visit the pottery workshop, which is newly expanded with an investment from G Adventures. Meet some of the women who've found community within its walls and gain insight into the tradition of throwing pots. Try your own hand at these ancient techniques during a pottery class. Afterward, enjoy lunch together with these inspiring and unforgettable women, sampling traditional foods of the Cayo region.

Your Journeys Highlight Moment: Tortilla-Making Lesson

Corn tortillas are a staple of Belizean cuisine, and the fresher they are the better. Drop by the San Antonio Women's Cooperative for a tortilla-making lesson and demonstration. Help grind wet corn kernels on an ancient stone that's been passed down through generations to the special ladies who work here. Then try your own hand at making perfectly round tortillas, which is harder than you may think. Afterward, enjoy the results of the group with a cup of atole, a local corn drink.

Your Journeys Highlight Moment: Howler Monkey Experience

Founded by five-time National Geographic-grantee Dr. Robert Horwich, the Community Baboon Sanctuary is a conservation project that works to protect the natural habitat of the black howler monkey through community education and sustainable ecotourism practices. Go for a nature walk in the rainforest with a community guide to observe monkeys in the wild. The sanctuary also promotes the economic development of the surrounding communities through the ecotourism it brings in. Over 200 private, local landowners in seven villages, stretching over 20 square miles, have voluntarily pledged to conserve their land for the protection of the black howler monkey, resulting in an increase in the monkey population. So as part of the experience, also enjoy a cultural demonstration of rice beating and cashew roasting.

Free Time

San Ignacio Afternoon

Settle in and get your bearings and decide what activities you would like to do over the next few days.

Meals included: Breakfast | Lunch

Day 4 San Ignacio

Enjoy two free days to visit the sites of the surrounding countryside. There are several activity options including an exploration of the Mayan cave of Actun Tunichil Muknal or ruins of Xunantunich, visiting the butterfly gardens, and tubing or canoeing through the natural limestone caves of the region.

Your Discover Moment

San Ignacio Full Day

There's plenty to see and do in San Ignacio, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like cave exploring, visiting Mayan ruins, and horseback riding. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 4

Cave Tubing

Caves Branch 7h-8h 45km

90USD per person

Strap on a headlamp, sit on an inner tube and get set to enter the underworld. Float on an underground river past stalactites hanging above and through shafts of filtered light. Discover firsthand why the Maya selected these sites to make offerings to their gods.

Barton Creek Cave Canoeing

Barton Creek 6h-8h 30km

110USD per person

Strap on a headlamp, step in the canoe and paddle along an ancient Mayan waterway inside the Barton Creek Cave. Bring your camera to take memorable photos of cathedral rock chambers, stalactites and stalagmites. Upon return, opt to swim at Big Rock Falls.

Xunantunich Visit

Xunantunich 2h-4h 11km

50USD per person

Hike to the top of this impressive 9th-century Maya centre, set high on a natural limestone ridge, and admire the view of the Mopan River, Cayo District and neighbouring Guatemalan countryside. The tallest temple, El Castillo, is partially excavated and explored and there's a unique stucco frieze on the east side of the structure. Discover why Xunantunich is Belize's most visited site with intricately carved stela, 25 temples, and well-preserved palaces.

Actun Tunichil Muknal Cave Visit

Actun Tunichil Muknal 6h-8h 29km

110USD per person

The Actun Tunichil Muknal cave has only been open to the public since 1998. Take advantage of this rare opportunity to see up to 1400 artifacts, including pottery, tools and vessels used by the Maya for a thousand years. Hike 45 minutes to the cave entrance, wade/swim through deep pools, past calcite formations, to explore this damp, dark place of ritual and sacrifice. With a helmet and headlamp, see the skeleton of the "Crystal Maiden," a young girl whose bones have calcified over the past 1,100 years, making them appear to sparkle.

Butterfly Gardens

San Ignacio

20USD per person

Enjoy a visit to the serene butterfly house and gardens. Learn about the fascinating life cycle of these beautiful insects and enjoy the scores of brightly coloured and varied species flitting about the gardens. This place is a treat for visitors of all ages.

Meals included: Breakfast

Day 5 San Ignacio

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Meals included: Breakfast

Day 6 San Ignacio/Hopkins

Travel to Hopkins on the coast and enjoy a visit to Marie Sharp's Hot Sauce Factory en route. Explore the fascinating Garifuna culture, take a drumming lesson, and enjoy a demonstration by these amazing artists.

This is your chance to visit a part of Belize that has not yet hit the well-trodden tourist trail. Opt to rent a bike to explore the area or enjoy talking to the locals in what some call the friendliest village in Belize.

Private Vehicle

San Ignacio - Hopkins 6h

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

Marie Sharp's Hot Sauce Factory Visit

Dangriga - Belize City 2h

Marie Sharp's Hot Sauce is an institution in Belize and one of the most loved spicy condiments in Central America. Visit the factory where this spicy delight is made and indulge in a tasting. Watch out, it's hot!

Your Journeys Highlight Moment: Garifuna Drumming Lesson and Performance

Learn more about the Garifuna - descendants of Island Carib, African, and Arawak peoples - and their unique history with a cultural presentation at the Lebeha Drumming Center. Create some beats while participating in a traditional drum lesson and enjoy a stellar musical performance put on by the teachers.

Optional Activities - Day 6

Biking

Hopkins

5-10USD per person

Hop on a bike and explore the area.

Meals included: Breakfast

Day 7 Hopkins

Enjoy the day in the laid-back village of Hopkins. Opt to visit the palmed Tobacco Caye nearby and do some snorkelling, venture to a wildlife sanctuary, or explore the area by bicycle.

Free Time

Hopkins Full Day

Chill out in this laid back village or check out some optional activities.

Optional Activities - Day 7

Bike Rental

Rent a bike from a local shop and head out to explore.

Cockscomb Basin Wildlife Sanctuary Visit

Hopkins 4h-8h 25km

70-180USD per person

Drive 25km (15.5 mi) from Hopkins to the Cockscomb Basin Wildlife Sanctuary, the world's first jaguar reserve and one of the biggest protected areas (over 128,000 acres). Choose from optional activities including guided day or night hikes, river tubing, bird watching, and waterfall visits.

Mayflower Bocawina Forest Reserve Visit

Hopkins 6h-9h 20-30km

20-165USD per person

Drive 20km (12.4 mi) from Hopkins to lush Mayflower Bocawina National Park and choose from optional activities including a guided hike, ziplining/hike tour, or rappelling Bocawina Falls or Antelope Falls.

Tobacco Caye Visit and Snorkel

Tobacco Caye 6h-7h 25km

70USD per person

Set off from Hopkins in a boat and head towards Tobacco Caye and Southwater Caye. On arrival, visit the island and get to know the local marine life during three snorkel stops before heading back to Hopkins.

Opt to add fishing to this excursion.

Meals included: Breakfast

Day 8 Hopkins/Caye Caulker

Drive up the coast and visit an animal conservation centre before catching the ferry to Caye Caulker, a true tropical paradise.

Caye Caulker is a long thin limestone caye off the coast of Belize. Fewer than 2,000 people live here full-time – an eclectic mix of Mestizo, Maya, Garifuna, Creole, and Mennonites, along with a few hippies and retirees. The main street is a sandy pathway and people get around on foot, by bike or golf cart. Apart from eating some sensational seafood (lobster is a local specialty), the main activity is snorkelling and boating along the nearby Belize Barrier Reef.

Caye Caulker is very small and has a limited number of accommodations available. For this reason, we often use different hotels, depending on the departure and time of year. Accommodations are a bit rustic, and rooms will have ensuite, electricity and hot water, but due to the remote location, there may be occasional interruptions to these services. The stunning location and natural beauty of this off-the-beaten-track island more than make up for a few minor inconveniences.

Private Vehicle

Hopkins – Belize City 4h-5h

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

Belize Zoo and Tropical Education Center

Ladyville – Belize City

Stop at this small zoo and wildlife education center outside of the city of Belize to admire some of the animals that call the 29 acres here home. Visit the jaguars, tapirs, margays, and some of the many colourful birds that have been saved by this zoo since it opened its doors in 1983. The center offers a home to displaced animals and serves in educating local people and visitors about wildlife protection and conservation.

Ferry

Belize City – Caye Caulker 1h

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Optional Activities - Day 8

*****Bike with Purpose Rental*****

Caye Caulker 1h-72h

1-30USD per person

Rent a bike from the G Adventures-supported Bike with Purpose project on Caye Caulker and cycle around the island out to the split and back. It's a great way to get some exercise and see the sights on this laid-back island. Don't forget to bring water and wear lots of sunscreen.

Meals included: Breakfast

Day 9 Caye Caulker

Enjoy the day with the option to join a full-day sailing and snorkelling trip to Hol Chan Marine Reserve and the Belize Barrier Reef, or just indulge in some serious R&R. In the evening, take part in a fun farewell dinner at a popular local restaurant.

The barrier reef off Caye Caulker is a true wonder of nature. Optional snorkel trips get you up close and personal with nurse sharks and rays, to name a few of the wondrous resident creatures.

Your Discover Moment

Caye Caulker Full Day

There's plenty to see and do in Caye Caulker, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like snorkelling, sea kayaking, and sailing. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 9

Hol Chan Snorkel Tour

Caye Caulker 5h-6h

70-80USD per person

Slather on the sunscreen and set out on a snorkel adventure of a lifetime. Stop at the Coral Gardens, shark and ray alley, and the Hol Chan Marine Reserve. Snorkel three different spots along the Belize reef in this protected channel. See hundreds of varieties of tropical fish in this natural aquarium including angelfish, nurse sharks, stingrays and green moray eels. Be sure to check out the Coral Gardens to see a rainbow of colours – red, purple, pink and green – and depending on the season, float past manatees while you marvel at nature's underwater artistry. End the day with a cruise back to Caye Caulker just before sunset with a complimentary glass of rum punch in your hand.

Hol Chan Marine Reserve Visit

Caye Caulker 6h-6h30m

100USD per person

Enjoy a full-day snorkelling trip that visits three different spots to snorkel, the Coral Gardens, shark and ray alley, and the Hol Chan Marine Reserve. Depart late morning, enjoy lunch in between snorkels, and see hundreds of varieties of tropical fish in this natural aquarium including angelfish, nurse sharks, stingrays and green moray eels. Be sure to check out the Coral Gardens to see a rainbow of colours – red, purple, pink and green – and depending on the season, float past manatees while you marvel at nature's underwater artistry. End the day with a cruise back to Caye Caulker just before sunset with a complimentary glass of rum punch in your hand.

Tour Includes: snorkeling mask, fins/flippers, lunch, assortment of tropical fruit, water, and other snacks.

Sunset Sailing Boat Tour

Caye Caulker

60USD per person

Set sail just before sunset. Relax with reggae music and rum punch, snack on shrimp ceviche and snap a few photos as you sail around the island as the sun sets to the west of Caye Caulker.

*****Bike with Purpose Rental*****

Caye Caulker 1h-72h

1-30USD per person

Rent a bike from the G Adventures-supported Bike with Purpose project on Caye Caulker and cycle around the island out to the split and back. It's a great way to get some exercise and see the sights on this laid-back island. Don't forget to bring water and wear lots of sunscreen.

Meals included: Breakfast | Dinner

Day 10 Caye Caulker

Depart at any time.

Should you wish to have additional post nights in Caye Caulker or Belize City, please ask your sales CEO.

This trip finishes on Caye Caulker, which is located one hour by water taxi from Belize City (an additional 30 minutes by taxi to the airport). There are frequent ferry departures between 7:30am and 5:00pm. You can purchase your return ferry ticket easily once you get to Caye Caulker.

Departure Day

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

Meals included: Breakfast

What's Included

Your Journeys Highlight Moment: Tortilla-Making Lesson, San Ignacio
Your Journeys Highlight Moment: Howler Monkey Experience, San Ignacio
Your Journeys Highlight Moment: Garifuna Drumming Lesson and Performance, Hopkins
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Highlights

Explore the jungle-set Mayan ruins of Lamanai, enjoy a traditional Cayo lunch at a women's cooperative in San Antonio, learn how to drum with a lesson at the Lebeha Drumming Center, taste the difference at Marie Sharp's hot sauce factory, chill out and enjoy the tropical island vibe on Caye Caulker

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. POST-ACCOMMODATION

For any post tour accommodation you have the option of booking at either Caye Caulker or Belize City.

2. DEPARTURE DETAILS

Please note that this trip finishes in Caye Caulker, which is located one hour by water taxi from Belize city. There are frequent departures between 7:30am and 5pm.

3. 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 16, avg 12

Meals Included

9 breakfasts, 2 lunches, 1 dinner

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. Please refer to the meals included and budget information for included meals and meal budgets.

Transport

Private vehicle, water taxi, walking.

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 (9 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 except Day 6-7 (Hopkins)

About Accommodation

Please note that hotels vary greatly throughout Central America and even within Belize depending on the location. We do our best to pick comfortable accommodations, but in remote places, options can be limited. It also is important to remember that hot water shortages and power outages can be fairly common in Belize (even in upgraded hotels). We appreciate your patience and understanding that these occurrences are outside of our control.

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.

Joining Instructions

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a National Geographic Journeys sign with your name on it, and they will be waiting for you outside the luggage hall. There most likely will be many signs, so please check carefully for your name.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day in which no activities are planned.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, they will leave you a message detailing what time and where you should meet the next morning. Your CEO 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.

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 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.

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 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

Finishing Point Instructions

This trip finishes on Caye Caulker, which is located one hour by water taxi from Belize city (an additional 30 min by taxi to the airport). There are frequent ferry departures between 7:30am and 5pm - if you are flying home on day 10 of the trip, please ensure your flight departure is no earlier than 11:30AM. You can purchase your return ferry ticket easily once you get to Caye Caulker.

Should you wish to have additional post nights in Caye Caulker or Belize City, please ask your sales agent.

What to Take

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 your own luggage.

Packing List

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)

- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/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

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

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

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 and Entry Requirements

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](#)

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).

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!

Departure Tax

Airport tax - USD39

Departure fee when leaving Belize by land - BZ 40 or USD 20

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 Chief Experience Officer 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

Caves Branch

- Cave Tubing (90USD per person)

Barton Creek

- Barton Creek Cave Canoeing (110USD per person)

Xunantunich

- Xunantunich Visit (50USD per person)

Actun Tunichil Muknal

- Actun Tunichil Muknal Cave Visit (110USD per person)

San Ignacio

- Butterfly Gardens (20USD per person)

Hopkins

- Biking (5-10USD per person)

- Bike Rental

- Cockscomb Basin Wildlife Sanctuary Visit (70-180USD per person)

- Mayflower Bocawina Forest Reserve Visit (20-165USD per person)

Tobacco Caye

- Tobacco Caye Visit and Snorkel (70USD per person)

Caye Caulker

- ***Bike with Purpose Rental*** (1-30USD per person)

- Hol Chan Snorkel Tour (70-80USD per person)

- Hol Chan Marine Reserve Visit (100USD per person)
- Sunset Sailing Boat Tour (60USD per person)

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/

Trip Specific Safety

Belize City can be dangerous during the night - please ensure you use taxis. Also on Caye Caulker exercise caution and do not walk around alone at night. There have also been cases of drinks being spiked here.

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.

Trip Specific Responsible Travel

Please make sure to ask for permission while photographing local people!

Planeterra Foundation - the non-profit partner of G Adventures

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.

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 customersolutions@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.

Minimum Age

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

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.