

Colombia through the Andes–Cartagena to La Paz - SMCL



<p>Turkode 23380</p>	<p>Destinasjoner Bolivia - Colombia - Ecuador - Peru</p>	<p>Turen starter 1662168https://rest.gadventures.com/places/1662168</p>
<p>Turen destinasjon 644672https://rest.gadventures.com/places/644672La Paz</p>	<p>Reisen er levert av </p>	<p>o dager Fra : NOK</p>

Oversikt

An epic South America trip ought to be on everyone's bucket list – so why not tick this one off well ahead of time? Across 55 days and four countries, you'll see jungles, cities, and all things between, all with a like-minded group of young adventurers eager to see and do everything. And "everything" is definitely an understatement – you'll hike the Lost City in Colombia, take on the Inca Trail in Peru, partake in a homestay in the Amazon Rainforest, see the highlights of Ecuador, and much more. Plus, at this price point, you'll be able to do it all and still have cash to spend at the famous market in Otavalo.



Reiserute

Cartagena

Arrive at any time.

Cartagena/Santa Marta

Travel by public bus to this coastal port town. Free time to visit the Gold Museum with its collection of Lost City artifacts, chill out on the beach and pick up any last minute necessities for the upcoming trek.

Santa Marta/Ricardito Camp

Transfer to Machete Pelao, where the trek to the Lost City of Teyuna begins. Trek through farmland, steamy jungle, and rural Kogi communities. Get a glimpse into the local way of life in the remote river valleys of the Sierra Nevada Mountains.

Wiwa Camp /Teyuna Paraiso Camp

Venture further into the lush jungle en route to Ciudad Perdida. Be prepared – today is a tough portion of the trek with a lot of steep views. Arrive at the campsite in the afternoon for some much needed relaxation by the river.

Teyuna Paraiso Camp/ Wiwa Camp

Get started early to climb the 1,200 steps up to the Lost City. The view of the surrounding Sierra Nevada Mountains makes it well worth the hike. Explore the Lost City and learn what is known of its origins from the indigenous guide, before making the descent back to Wiwa Camp for the night.

Wiwa Camp /Ricardito Camp

Follow the path back through the deep jungle, wind through banana trees, cacao plants and small Kogi communities on the way to Ricardito Camp. The nickname for this camp is vista hermosa or beautiful views, sit back and soak them in.

Gotsezhi Village/Taganga

Head across grassy hills and gentle streams to reach the Gotsezhi Wiwa indigenous community. Enjoy a G Adventures-supported community lunch cooked by women from the community with local ingredients. Learn about Wiwa customs on a village visit and then lounge in a hammock by the river. In the afternoon, return to Taganga for a well deserved night in a hotel.

Taganga/Parque Nacional Natural Tayrona

Head into Tayrona National Park for a moderate hike with a local guide. This is a perfect opportunity to experience nature and learn a little more about the rich, natural diversity of northern Colombia.

Taganga/Medellín

Fly inland to infamous Medellín, now one of Latin America's safest cities. Enjoy an orientation walk upon arrival and an optional night out with the group.

Medellín

Opt to go paragliding over the city or catch a ride on the cable car.

Medellín/Salento

Drive through beautiful landscapes to Salento.

Salento

Opt to take a morning hike through the towering palms of the Cocora Valley, or choose from a variety of other optional activities in the coffee region of Quindío.

Salento/Tatacoa Desert

Enjoy the ride to the Tatacoa Desert to spend the night under the stars.

Tatacoa Desert/San Agustín

Head out into the impressive Tatacoa desert and explore the rocky canyons. The morning is free to choose how you wish to explore, opt to go for a hike or go horseback riding. After, travel to San Agustín.

San Agustín

Visit the San Agustín Archaeological Park, designated a UNESCO World Heritage Site with more than 500 sculptures scattered through the hillside.

San Agustín/Popayán

In the morning travel to Popayán and explore this beautiful colonial town.

Popayán/Pasto

Head further south to Pasto, wander around and keep an eye out for local ice cream makers out in the streets.

Pasto/Otavalo

Visit the striking Lajas Sanctuary, built on a bridge in a lush gorge, this neo-Gothic church is sure to impress. After, cross the border into Ecuador and continue on to Otavalo for the night.

Otavalo/Quito

Visit the famous Otavalo artisan market for a morning perusing colourful textiles, art, carvings, and jewelry made by people from nearby communities. In the afternoon, drive back

to Quito.

Quito

Enjoy a free day to explore Ecuador's capital. Visit the city's old town, take a day trip to the equator, or Cotopaxi volcano.

Quito/Tena

Travel overland to the jungle city of Tena, located on the edge of the Amazon. From there, transfer by truck to the local community of Pimpilala. Stay in rustic wooden huts in the community of a Quichua family, enjoy the hospitality of these wonderful people, and experience life in the jungle first-hand.

Tena

Head out on nature walks and learn about uses of traditional plants, their cultural beliefs, and local traditions in the Amazon jungle.

Tena/Baños

Travel to Baños, the perfect setting to get your adrenaline pumping, try out horseback riding, canyoning, hiking, mountain biking, or rafting in the surrounding mountains.

Baños

Enjoy a free day in Baños, opt to check out the swing at the end of the world or soak in nearby hot springs.

Baños/Cuenca

Enjoy the scenery on the way to the charming town of Cuenca.

Ecuador's third largest town, Cuenca, retains a pleasant provincial air with its colonial architecture, art galleries, and museums. The surrounding countryside is an outdoor playground. Visit national parks, take walks in the beautiful countryside, and see Ecuador's only Inca ruin site.

Cuenca

Enjoy a free day in beautiful Cuenca. Explore the city's sights including cobble streets, red-tiled roofs, art galleries, flower markets, shady plazas, and museums or opt to visit nearby Cajas National Park or the Inca ruins of Ingapirca. Later, catch an overnight bus to Mancora.

Máncora

Arrive early into the seaside town of Mancora, a village populated by fishermen and surfers from around Peru and the world. Chill out and breathe in the salty air.

Máncora/Huanchaco

Free time in Mancora. Overnight bus to Huanchaco.

Huanchaco

Enjoy more beach time or opt to visit pre-Inca sites or the city of Trujillo.

We continue heading south along the coast to Trujillo, the largest city in northern Peru. It is known for its beautiful colonial structures and nearby attractions of Chan-Chan ruins and the resort town of Huanchaco, where we spend the night.

Huanchaco/Lima

Full day in Huanchaco before boarding a night bus to Lima.

Lima

Explore Peru's capital on an optional city tour or simply relax. Be sure to try the tasty ceviche and pisco sours.

To get a feel for colonial Lima, take a cab to the Plaza de Armas and watch the changing of the Palace Guard in the afternoon. Walk around the streets surrounding the Jirón de la Unión for great examples of Spanish-colonial architecture and to experience life in a large South American city. There are many fine museums in and around the city, including the Museo Rafael Larco Herrera. An optional city tour visits many of the cities highlights.

Lima/Paracas

Free morning in Lima before travelling by bus to Paracas.

Savour a pisco sour while staying in Pisco's neighbouring town of Paracas.

Paracas/Nazca

Optional visit to Ballestas Islands before travelling to Nazca. En route, stop at a winery and at the oasis of Huacachina.

There is time in the morning for an optional excursion to the popular Ballestas Islands, which provide an excellent chance to view a lively sea lion colony, pelicans, penguins, and other varieties of birdlife. Pre-book by adding the Ballestas Islands Wildlife Tour on the checkout page or ask your GCO or travel agent for assistance. Back on land, catch a bus south to Nazca. On the way, pass by the pleasant colonial town of Ica. Ica enjoys a dry, sunny climate year-round and is known for its huge sand dunes. Located around the nearby oasis of Huacachina, the dunes are perfect as subjects for photographs and for a favourite local past time: sandboarding. Apart from the dunes, Ica is famous for its wines and there are several wineries and distilleries in the area.

Nazca/Arequipa

Opt for a flight over the Nazca Lines before an overnight bus to Arequipa.

Arequipa

Opt to explore the Arequipa on a city tour or soak in a local hot spring.

Explore Arequipa, the 'white city'. Interested in history and architecture? Opt to visit to the Santa Catalina Monastery, offering a brief respite from the outside world and a unique view into a bygone way of life. Pre-book by adding the Arequipa City Tour & Santa Catalina Monastery on the checkout page or ask your GCO or travel agent for assistance. For spicy food lovers, checking out one of the "Picanterías" is a must. Arequipa has a variety of regional food: alpaca, shrimp, pork, lots of soups, and spicy sauces.

Arequipa/Colca Canyon

Take a full-day tour of the spectacular Colca Valley, and opt for a soak in hot springs.

Enjoy an overnight excursion to the impressive Colca Canyon - one of the deepest canyons in the world. Stop in fascinating villages and at "miradors" (scenic lookouts), where, with a little luck, visitors can see Andean condors soaring over the majestic Andes. Other unusual animals that can be spotted in the Andean landscape include three different species of camelids: alpaca, llama and vicuña.

Colca Canyon/Arequipa

Set out looking for the majestic soaring condors over Colca Canyon. Head back to Arequipa to enjoy the city in the evening.

Arequipa/Cusco

Explore Arequipa and opt to take a city tour. Take an overnight bus to Cusco.

Cusco

Free time to explore Cusco. Choose to pre-book the optional Cusco Cooking Class. Opt for a city tour or go whitewater rafting, horseback riding or mountain biking.

Cusco/Ollantaytambo

Learn about the Sacred Valley en route to Ollantaytambo. Opt to take a Sacred Valley tour with a visit to a G Adventures-supported women's weaving co-op.

Ollantaytambo is a major Inca ruin site and a first taste of what lies ahead. For those craving more before they head out on the Trail, opt to take a Sacred Valley tour which includes a visit to a G Adventures-supported women's weaving co-op.

Inca Trail

Depart Ollantaytambo by van to km 82 where your trek begins. Hike through beautiful scenery, with a variety of flora that changes with the seasons. You'll see several smaller ruin sites like Llactapata.

Machu Picchu/Cusco

The final day of the hike starts pre-dawn to reach the Sun Gate before sunrise. Wake up around 03:30 and walk to the checkpoint. Catch the first views of the breathtaking ruins of Machu Picchu on a clear day. Hike down to Machu Picchu for a guided tour of the site. Catch the bus to Aguas Calientes before your train back to Cusco in the afternoon. Tonight, dance the night away at a popular night club.

Cusco/Puno

Sit back, relax, and soak in the impressive views as you travel by bus through the Altiplano on your way to Puno on Lake Titicaca.

Puno/Lake Titicaca

This morning, you will board a boat on Lake Titicaca and head to Taquile Island. Opt to have lunch in a local restaurant and shop in the afternoon at the local weaving cooperatives. Later, cruise to another village for an overnight homestay to live like a local on the shores of the lake. Learn more about rural life in the Peruvian highlands and create unforgettable memories with the family and fellow travellers.

Lake Titicaca/Puno

Say goodbye to your homestay family and stop at the Uros Islands on your way back to Puno. If you want, you can check out the spectacular chullpas (funerary towers) of Sillustani, a pre-Inca archaeological site. Or kayak on Lake Titicaca.

Puno/La Paz

Today, enjoy a full-day drive around the picturesque lake and through the Altiplano to La Paz. Cross over into Bolivia and catch your breath before a night out in the highest city of the trip. Check out the area of Sopocachi for cool bohemian vibes.

La Paz

Depart at any time.

Viktig Informasjon

Product Line Code

SMCL

What's Included

Your G for Good Moment: Wiwa Community Visit & Lunch, Gotshezhy Village Your G for Good Moment: Handmade Biodegradable Soap Products Your Welcome Moment: Meet Your CEO and Group Your Discover Moment: Cartagena Your Local Living Moment: Amazon Jungle Experience, Tena Your Discover Moment: Baños Your Discover Moment: Lima Your Foodie Moment: Huacachina Winery Visit, Huacachina Your Discover Moment: Cusco Your Big Night Out Moment: Cusco Your Local Living Moment: Lake Titicaca Homestay, Lake Titicaca. Lost City of Teyuna trek (5 days). Tayrona National Park excursion (excluding February departures). Overnight desert camping (Tatacoa). San Agustin ruins visit. Visit to Otavalo Market. Orientation walks in Medellin and Quito. Beach time in Taganga, Mancora, and Huanchaco. Pachamanca ceremony (Nazca). Guided tour of Machu Picchu. Inca Trail hike with a local guide, cook, and porters (4 days). Amazon Jungle and Colca Canyon excursions. Lake Titicaca excursion. Internal flights. All transport between destinations and to/from included activities.

Highlights

Trek to the Lost City of Teyuna, hike with a local guide through Tayrona National Park, camp under the stars in the Colombian desert, experience local life in a Amazon Jungle homestay, conquer the Inca Trail to Machu Picchu, Discover how infamous Medellín has become one of Latin America's safest cities, Get your adrenaline pumping in the adventure capital of Baños, chill out on the beaches of Mancora, spend the night at a Lake Titicaca local village homestay

Dossier Disclaimer

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

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip

Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission. Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Please note that this tour combines with other G Adventures tours. Some staff and travel companions may be continuing together on another G Adventures tour after your trip concludes. 2. In our continued effort to support the rights of the porters on the Inca Trail, we would like ensure that they never exceed the weight limit for their packs as set out by the Peruvian authorities. Porters are allowed to carry no more than 6kg of personal belongings per hiker (for all other Peru treks the limit is 8kg). That means that including your sleeping bag, toiletries, clothing, etc, you are allowed a total weight of 6kg for the hike which will be carried in a duffle bag provided by our local office. Any additional weight must then be carried by you in your day pack. To help achieve this goal we recommend that you carry travel sized toiletries, that you bring sport sandals that can be worn with socks (which are lighter than running/walking shoes) and that you limit electronics to those that you are willing to carry. Any additional baggage can be left in Cusco, but is advised that you bring anything of value (eg. money, passport, credit cards, camera, etc) with you on the trek. If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, please see the Tipping section for guidelines. 3. Lost City Trek Please Note: The Lost City Trek is closed for the month of September each year in order to preserve the trail and complete general maintenance and upkeep. Hiking days are between 4-6 hours a day, and the highest altitude reached is 1,200m (3,937 ft) at the Lost City itself. The humidity and the heat makes the trek challenging. Throughout the year the temperature is generally between 35-45 degrees, and there can be heavy rain and muddy conditions. Along the trek, you will be required to carry your own gear. We recommend not carrying more than is necessary for the route. One or two changes of clothes is enough to give you a change for each day on the trek. Please bring a bag that is sufficient in size to carry what you might need. It is possible to hire a mule to carry equipment for the trek, at a cost of 40-50 USD per day. Dry season (December - March), the trail can be dry and dusty. When the rains arrive (April - November), the trail can be muddy and slippery underfoot. This also affects the numerous river crossings, as the rainy season brings higher rivers. This can mean that river crossings can be as high as waist height, so we recommend that you bring a dry bag or a plastic bag to cover your daypack as you might need to carry this above your head to keep it out of the river. As the majority of this trek is through the jungle, please be aware of the presence of mosquitos and other bugs. We highly recommend bringing some form of insect repellent. While the campsites have mosquito nets over the beds and hammocks, mosquitos can be unavoidable at times. A sleep sheet can help to prevent bug bites at night as well. 3. YELLOW FEVER It may be required to show a Yellow Fever certificate upon entering the country visited. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.

Group Leader Description

II G Adventures group trips are accompanied by one of our Chief Experience Officers (CEOs), 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 18, avg 14.

Meals Included

35 breakfasts, 13 lunches, 12 dinners

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. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Local bus, 4x4, boat, truck, motorized canoe, train, hiking, plane, minibus.

About our Transportation

This trip combines a variety of transportation types. At G Adventures, we believe that getting there is half the fun. When it comes to getting around, public transport is often the best and most colourful way to go. You'll be using a combination of public buses, private vans, ferries, boats and taxis to get from here to there.

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.

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.

Accommodation

Simple hotels (39 nts, some multi-share), hammock or rustic cots (4 nts), overnight buses (4 nts), homestays (3 nts), camping (4 nts).

My Own Room Exceptions

Nights 4-7: Lost City trek, Night 9: Tayrona Park (hammocks), Nights 20-22: Amazon homestay, Nights 29, 31 and 36: overnight buses, Nights 38-39: Colca Canyon, Night 40: overnight bus, Nights 45-47: Inca Trail, Night 50: Lake Titicaca homestay.

About Accommodation

Please note that hot water shortages and power outages can be fairly common in Latin America (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control. Multi-share Accommodation: Multi-share same-sex accommodation is used on this tour, as such, if you are travelling with someone of a different gender you will not be in the same room for multi-share nights. For private accommodation please see tours in our Classic Travel Style.

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

To take a taxi to your destination, pick up a taxi voucher from the official stand in the baggage area before getting into a cab which will have the price printed on it depending on where you're headed. The price to get to the old city or anywhere in the "Centro" area Zone 1 including hotels in Getsemani should not cost more than COP \$18,000. ----- The supply of yellow taxis in Cartagena is abundant and cheap so if needed they are the preferred choice. This said, one does not need them within the boundaries of the old town so what is left are the so called Boca Grande development and Convento de la Popa /Castillo San Felipe direction. The first makes sense but the Convento is a bit awkward and the taxi drivers know it so tough negotiations are a prerequisite for not being gauged on the way. Airport rides are regulated and cost no more than 5USD. Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

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, 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.

What to Take

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. It's best to layer clothes rather than bring a heavy parka so that you can take layers off. 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 and for the Lost City Trek. 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

Amazon: • Knee-length socks • Loose-fitting, light coloured hiking pants • Loose-fitting, light coloured long-sleeved shirts • Pack liners to waterproof bags Available for Rent: • Camping mattress/sleep mat (45 soles) • Sleeping bag (45 soles) • Walking poles (15 soles each (30 per pair)) Cold Weather: • Long-sleeved shirts or sweater • Scarf • Warm gloves • Warm hat • Warm layers Documents: • Flight info (required) (Printouts of e-tickets may be required at the border) • Insurance info (required) (With photocopies) • Passport (required) (With photocopies) • Required visas or vaccination certificates (required) (With photocopies) • Vouchers and pre-departure information (required) Essentials: • 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 • Toiletries (Preferably biodegradable) • Watch and alarm clock • Waterproof backpack cover • Windproof rain jacket Inca Trail: • Hiking pants (Convertible/Zip-off and quick dry recommended) • Pack liners to waterproof bags • Rain gear • Sleeping bag (Also available for rent) • Thermal base layer • Travel pillow • Walking poles, rubber-tipped (Also available for rent) • Waterproof hiking boots Warm Weather: • Sandals/flip-flops • Shorts/skirts (Longer shorts/skirts are recommended) • Sun hat/bandana • Swimwear Note: On the Lost City Trek you must carry the gear you require for the trek. Your main luggage will be stored at the hotel, please bring a day pack (30-40L) to use during the trek. Please note for trekking rentals credit cards are the preferred method of payment. Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Laundry

Laundry availability is dependent on the location you're in or the amount of time spent in that location. We suggest packing enough clothing in case laundry is not available and/or packing laundry soap so you can wash things if needed. Laundry is available on this trip in Cartagena (Day 1-2), Bogotá (Day 13-14), Quito (Day 18-19), Baños (Day 23-24), and Cusco (Day 41-42).

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 dollar cash and cards is best. Please bear in mind that cost of living in the southern cone countries (Argentina, Brazil, Chile) is much higher than the rest of South America, and in the case of Argentina, more comparable with Europe. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds. We do not recommend bringing travellers cheques as they are very difficult to change in country. 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!

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. If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline, we suggest each hiker contributes the following to a collective pool. Inca Trail: Head guide: 10-25 USD Assistant guide: 5-12 USD Your trekking crew: 40 USD Lares Trek: Head guide: 10-25 USD Assistant guide: 4-10 USD Your trekking crew: 35 USD 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

Please see the itinerary for information on optional activities and estimated pricing. Huayna Picchu: Although this hike may be promoted by others, we cannot verify that this hike meets G Adventures minimum safety standards. We do not include the Huayna Picchu hike in any of our itineraries, and our CEOs and support staff are prohibited from providing advice or assistance with booking this activity.

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. Please note your trip travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician. YELLOW FEVER: This trip visits Tayrona National Park. Some national parks in Colombia may deny entry to travellers who do not show proof of yellow fever vaccination. Please consult with your travel doctor for up to date information well before departure.

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 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.

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 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

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

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 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.

Minimum Age

Minimum age of 18 years for this trip.

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.

Group Leader

Chief Experience Officer (CEO), specialist Inca Trail CEO on hike, local guides.

Travel Style

18-to-Thirtysomethings

Priser / Datoer

Ved skriftlig aksept av vårt tilbud bekrefter du/dere at våre betingelser er både lest og forstått og at evt kansellerings gebyrer kan tilkomme ved en evt. avbestilling av reisen

Tilgjengelige datoer	Pris (1 voksen)	Pris (1 barn)	Status reise
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Vi vil komme tilbake til deg med et tilbud på den forespurte reisen/pakken i løpet av 48 timer. Alle tilbud er uforpliktende og er vanligvis gyldige i 7 dager. Vi gjør oppmerksom på at reserverte tjenester kan bli kansellert innenfor disse 7 dagene og at pris kan endres inntil en endelig bestilling er mottatt.



VIRKE



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