



GUATEMALA HIKING ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK
IN PARTNERSHIP WITH **INTREPID**

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Zanna van Dijk - Guatemala 10 days/ 9 nights

About Your Trip

Start Location

Antigua

Finish Location

Antigua

Accommodation

8 nights hotel

1 night campsite

Rooming Requirements

Twin Share

Included Meals

Breakfast (9)

Lunch (3)

Dinner (3)

Transport

Per Daily Itinerary

Leader/Guide

English Speaking Leader
throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and departure transfers are
included on a group basis

Support

24-hour support from our local
office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

We offset these emissions on your behalf. But we know that is not enough, so we also have a [carbon reduction target](#).

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

Your leader 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 places visited on the trip, including historical, cultural, religious and social aspects. We aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Zanna van Dijk - Guatemala Itinerary

This is a medium to advanced hiking trip, requiring a good level of fitness due to steep ascents, high altitudes, and multi-day treks.

Day 1: January 2026

Destination: Antigua

Meals Included: Dinner

Bienvenidos! Welcome to Guatemala. There are no planned activities today until your welcome meeting at 6 pm. If you arrive early, why not explore all Antigua has to offer – from its vibrant buildings and curved archways to Agua and Jumaytepeque. The number one stop for any chocoholic should be the ChocoMuseo, where you'll get a history lesson and, more excitingly, participate in a chocolate-making workshop. In 1773, the city of Antigua was destroyed by an earthquake, but many buildings have been restored and are fun to explore on foot.

Tonight, we will have a welcome dinner to meet everyone, maybe sample a tamale (a local dish served in a corn husk) or some pepian (a rich, meaty stew), then it's surely time for a mojito!

Arrival Transfer

Included on a group basis

Included Activities

Welcome dinner

Special Information

It's very important that you attend the welcome meeting as we will be collecting insurance details and next of kin information at this time. If you are going to be late, please let your travel agent or hotel reception know. Ask reception or look for a note in the lobby for more information on where the meeting will take place.

Accommodation

Las Farolas Hotel or similar

<https://www.hotelasfarolas.com/>

Day 2: January 2026

Destination: Antigua

Meals Included: Breakfast

Explore Antigua Guatemala on foot on a walking tour through its charming neighborhoods and surrounding little towns. Your walking tour will take you through cobblestone streets, past grand churches, lively plazas, and lush gardens, providing a glimpse of the rich heritage that this UNESCO World Heritage Site preserves. Shop for handicrafts and sample chocolate beverages along the way.

The rest of your day is free at leisure.

Included Activities

Walking Tour of Antigua

Accommodation

Las Farolas Hotel or similar

<https://www.hotelasfarolas.com/>

Day 3: January 2026**Destination: San Pedro de Atitlan****Meals Included: Breakfast, Dinner**

After breakfast, go on a scenic journey from Antigua to Lake Atitlán. Upon arrival in Panajachel, you'll board a boat to explore the picturesque lakeside town of San Juan La Laguna. After some free time for lunch (not included), you'll enjoy a guided orientation tour of San Juan, where you can discover local art, weaving cooperatives, and Mayan culture. Known for its authentic Mayan culture, vibrant community, and stunning natural beauty, San Juan offers a peaceful escape from the more touristy areas around the lake.

In the afternoon, you'll depart for San Pedro, where you'll have the evening free to relax and explore at your own pace.

Included Activities

San Juan La Laguna Cruise

Orientation walk of San Juan

Special Information

Your total drive time today is approximately 3.5 hours.

Accommodation

Eco Hotel Uxlabil Atitlán or similar

<https://uxlabil.com/>**Day 4: January 2026****Destination: San Pedro de Atitlan****Meals Included: Breakfast, Lunch**

You'll have an early start today for your adventurous hike up San Pedro Volcano. You'll be escorted by the local Tourism Police for safety. The ascent begins at 5:15 AM, with continuous guidance from DISETUR officers.

After a challenging but rewarding climb, you'll reach the summit, where you'll be greeted with breathtaking panoramic views of Lake Atitlán and its surrounding towns.

After taking in the stunning views, you'll begin your descent back to San Pedro.. A well-deserved lunch follows and the rest of the afternoon is free to relax or explore at your own pace.

Included Activities

San Pedro Volcano Hike

- Distance: 4km
- Duration: Approx 3-3.5 hours to ascend and 2.5 hours to descend
- Elevation gain: 1120m
- Altitude: 3020m

Accommodation

Eco Hotel Uxlabil Atitlán or similar

<https://uxlabil.com/>**Day 5: January 2026****Destination: Xela****Meals Included: Breakfast, Lunch**

Today is a mix of adventure, culture, and scenic exploration. The day begins after breakfast with your departure to San Juan La Laguna, where you'll embark on the Mayan Face (Rostro Maya) hike. This scenic trek takes you through lush landscapes, culminating in breathtaking panoramic views at the summit.

After enjoying the stunning vista, you'll begin the descent back to the visitor centre. From there, you'll depart for Xela, with a quick stop at San Andrés Xecul, known for its vibrant yellow church adorned with intricate indigenous designs.

With pre-purchased snacks for lunch, the journey continues with your departure to Xela, arriving at your hotel for a well-earned rest.

Included Activities

Hike to Rostro Maya

- Distance: 7km each way
- Duration: Approx 3.5 hours to ascend and 1-2 hours to descend
- Elevation gain: 669m
- Altitude: 2237m

Special Information

Your total drive time today is approximately 2-3 hours.

Accommodation

Hotel Bonifaz or similar

<https://hotelpensionbonifaz.com/en/>

Day 6: January 2026

Destination: Xela

Meals Included: Breakfast

Today is a blend of nature, adventure, and relaxation, starting with an early departure from Xela at 6:00 AM to explore some of the region's most stunning landscapes.

You'll begin the Chicabal experience, utilizing a 4x4 vehicle to navigate the steep terrain. You'll reach the Chicabal viewpoint (2720m), offering breathtaking panoramic views of the sacred volcanic Chicabal Lagoon, an important site for the local Maya Mam community. After enjoying breakfast and a 1.5km guided tour of the lagoon, you'll begin the descent, departing for Aguas Georginas.

Upon arrival, you'll head straight to lunch, followed by a relaxing soak in the natural hot spring waters of Aguas Georginas, surrounded by lush cloud forest. Aguas Georginas is renowned for its rejuvenating mineral-rich waters and tranquil setting - perfect after today's adventure! After unwinding, the journey continues to your hotel for a restful evening.

Included Activities

Chicabal & Fuentes Georginas

Special Information

Your total drive time today is approximately 5 hours.

Accommodation

Hotel Bonifaz or similar

<https://hotelpensionbonifaz.com/en/>

Day 7: January 2026

Destination: Pacaya Volcano**Meals Included: Breakfast**

Get ready for an exciting volcanic adventure combined with breathtaking landscapes. The day begins with your departure from Xela after breakfast, traveling towards Pacaya Volcano.

You'll stop for lunch in San Vicente Pacaya, a small town near the volcano. Afterward, a safety briefing will prepare you for the guided hike. You'll reach the Central Volcanic Range viewpoint, which offers panoramic views of the surrounding volcanoes. The ascent continues to Cerro Chino, a non-active crater, reaching the summit.

After taking in the summit, your descent takes you through petrified lava fields, leading to a unique bucket list experience—roasting marshmallows over an old volcanic hotspot!

You'll continue on your descent and conclude your hike in the late afternoon. Once you arrive at your hotel in Antigua, enjoy some much deserved rest after an unforgettable adventure.

Included Activities**Pacaya National Park Hike**

- Distance: 7km
- Duration: Approx 1.5 hours to ascend, 1 hour to explore lava fields and 1 hour to descend
- Elevation gain: 500m
- Altitude: 2300m

Special Information

Your total drive time today is approximately 4-5 hours.

Accommodation

Las Farolas Hotel or similar

<https://www.hotelasfarolas.com/>

Day 8: January 2026**Destination: Acatenango Volcano/Antigua Guatemala****Meals Included: Breakfast**

An unforgettable adventure to the third-highest volcano in Guatemala, Acatenango Volcano, is waiting for you today, offering stunning views and a once-in-a-lifetime experience.

The journey begins with your departure from Antigua, arriving at Soledad (the starting point) where you'll collect your equipment. The hike begins via the La Soledad Head Trail, a challenging yet rewarding trek that takes 4 to 5 hours to reach base camp. There will be a lunch break at Las Piedras during your hike. After lunch, you'll complete the final stretch of the hike, reaching camp in the afternoon. Once settled in, you'll have time to rest and take in the breathtaking panoramic views.

As the evening unfolds, enjoy a spectacular sunset, followed by dinner. Afterward, gather with fellow travelers to witness the awe-inspiring eruptions of nearby Volcán de Fuego, creating a magical display of nature's fireworks before settling in for the night.

Included Activities**Acatenango climb**

- Distance: 5km
- Duration: Approx 4-5 hours to ascend
- Elevation gain: 1300m
- Altitude: 3500m

Special Information

Your total drive time today is approximately 45 minutes.

Accommodation

Campsite

Day 9: January 2026

Destination: Antigua

Meals Included: Breakfast, Lunch, Dinner

Today you will have an epic conclusion to your Acatenango adventure, with the chance to witness one of the most breathtaking sunrises in Guatemala.

For those up for the challenge, the day starts with a 4:00 AM ascent to Acatenango's summit (weather permitting), reaching an altitude of 3,976 meters above sea level. Once you reach the summit, you'll be rewarded with a stunning sunrise, offering panoramic views of the surrounding highlands and number of volcanoes, including Volcán de Fuego, one of Guatemala's most active volcanoes.

After soaking in the sunrise, you'll return to base camp for a well-deserved breakfast before beginning your descent. By the late morning, you'll arrive back at the starting point in La Soledad, where transportation will take you back to Antigua.

The afternoon is free to relax, explore, or recover from the adventure. In the evening, the journey concludes with a final dinner at 7:00 PM, the perfect way to celebrate an unforgettable experience.

Included Activities

Acatenango climb

- Distance: 2km to ascend at sunrise, 7km descent from the top to La Soledad
- Duration: Approx 1.5 hours to ascend, 1 hour to descend to base camp and 3.5 hours to descend from base camp
- Elevation gain: 496m
- Altitude: 3976m

Farewell dinner

Special Information

Your total drive time today is approximately 1.5 hours.

Accommodation

Las Farolas Hotel or similar

<https://www.hotelasfarolas.com/>

Day 10: January 2026

Destination: Departure

Meals Included: Breakfast

It's time to conclude your journey. After enjoying breakfast, head to the airport for your departure.

Included Activities

Included on a group basis

Essential Trip Information

This is a medium to advanced hiking trip, requiring a good level of fitness due to steep ascents, high altitudes, and multi-day treks.

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader or local representative may not be able to resolve a situation to your satisfaction - if this is the case, please ask the group leader or local representative to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <https://www.intrepidtravel.com/contact-us>

In case of a genuine crisis or emergency, you can reach our local office on the numbers below:

Intrepid local operator: Available for phone call on +506 4600 6000

Passports, visas and entry requirements

PASSPORT

You'll need a valid passport to travel internationally and most countries require your passport to have a minimum of 6 months validity, so remember to check the expiry date.

We need your passport information to get everything ready for your trip so it's important that the information on your booking matches your passport exactly. Please take care to provide the correct details. We recommend carrying a copy of the photo page of your passport while travelling and leaving a copy at home with family or friends.

VISAS & ENTRY REQUIREMENTS

Many countries require a visa and obtaining the correct visa for your trip and any countries you may transit through is your responsibility. We recommend you check your visa requirements as soon as you have booked your trip. This will ensure you have time to prepare your documents and for your visa application to be processed. You can check the entry requirements for your nationality on your government's foreign travel advisories, consular websites or on our page here: <http://www.intrepidtravel.com/visa-entry-requirements>

Medical and health information

GENERAL HEALTH

All travellers need to be in good physical health in order to participate fully on this trip. For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our style of travel. Please note that if in the assessment of our group leader or local

representative a traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, we reserve the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements in their original packaging as they may not easily be obtained while travelling. If you are carrying medication, ensure you check your government's foreign travel advice for any local restrictions or requirements.

ZIKA VIRUS:

There have been reports of transmission of the mosquito-borne Zika virus in this region and we advise all travellers to protect themselves from mosquito bites. Given possible transmission of the disease to unborn babies, and taking a very cautious approach, we recommend all women who are pregnant or trying to get pregnant to consult with their doctors before booking their trip.

DENGUE FEVER:

Dengue Fever is common in Latin America and can occur throughout the year. Argentina, Bolivia, Uruguay, Brazil, and parts of Mexico are currently suffering from a serious outbreak. This virus is transmitted by mosquitoes. There is no vaccination against it, but there are preventative measures that you can take such as wearing long clothing, using repellent, and being indoors particularly around dusk and dawn.

MALARIA:

There is no commercially available vaccination against malaria, which is transmitted by mosquito bites and is a risk in many less-developed tropical areas in Africa, Latin America and South East Asia. Protection against mosquito bites is essential and where the risk is considered high, anti-malarial medications are recommended. Anti-malarial medications should be discussed with experts as there are different medications available and not all medications suit all people or all destinations. Where malaria is considered prevalent in mountainous regions we prefer that trekkers to altitude try to avoid the use of mefloquine (Lariam) if possible.

YELLOW FEVER

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home. It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in this region. Your group leader or local representative will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule, our groups tend to eat dinner together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

DIETARY REQUIREMENTS

Please let us know your diet requirements before your trip starts.

Generally speaking, in bigger cities/towns vegetarians can expect a reasonable range of vegetarian venues and/or vegetarian options within tourist restaurant menus. However, vegetarianism is not the norm in this part of the world so options can be limited when eating at homestays, small local restaurants, street stalls, markets, etc.

More restrictive diet requirements (vegans, coeliac, gluten intolerance, fructose intolerance, lactose intolerance, etc.) can also be accommodated along this trip but you should expect a lesser variety than what you can expect at home. We recommend that, if possible, to bring your own supply of snacks with you.

For those on strict Kosher or Halal diets, we understand your dietary requirements are important, however, sometimes due to cultural and language differences these are not always easy to convey when you are travelling. Your guide will do their best to assist you in translating your needs when eating out, but please be aware that these

diets are almost unheard of in much of the continent and the best they may be able to accommodate is no pork and shellfish. If this will be a concern for you you may need to consider opting for vegetarian or vegan meals for the included meals in your itinerary. We recommend researching kosher or halal options in your destination country prior to travel to see if you are able to buy snacks once there, otherwise consider bringing some from home.

Accommodation

The style of accommodation indicated in the day-to-day itinerary is a guideline only and may change. On some occasions, alternative arrangements may need to be made due to the lack of availability of rooms in our preferred accommodation. In these cases, we will use a similar standard of accommodation.

Throughout the trip, we request that our properties prepare rooms in time for our arrival, especially if we're arriving prior to normal check-in time. However, this isn't always possible which means we won't be able to check-in immediately on arrival at some hotels. Instead, we can store our luggage and explore our new destination or on some trips, have use of shared day rooms until all rooms are available.

Money matters

LATIN AMERICA

The recommended amounts are listed in USD for the relatability of universal travellers, however the local currency is needed in the countries you are visiting.

CONTINGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to the equivalent of an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

MEALS NOT INCLUDED:

For this trip we recommend between USD25 to USD50 per day.

Lunch - If you are happy with a quick snack on the go, you may get away with as little as USD5 to USD10 for a set menu at a local eatery or a sandwich and a drink at a café. On the other hand, lunch at a tourist restaurant can cost USD10 to USD15.

Dinner - At dinner time, your group leader or local representative will normally recommend restaurants where you can safely try the local specialties of the region. Expect meals to cost USD12 to USD25 for a main.

These are indicative prices only. If you are on a tight budget and happy to eat local food you can eat cheaper than this. If you want to try the finest food at the finest restaurants, then you can expect meals to cost as much as in Western countries.

CREDIT CARDS & ATMs:

ATMs are widely available in major towns and cities across Latin America. Credit cards can generally be used in tourist shops and restaurants. Visa and Mastercard are generally preferred over American Express, Diners, etc. Smaller venues take cash only.

GUATEMALA

The official currencies of Guatemala are the Quetzal (GTQ) and the US dollar (USD). ATMs are not always reliable although you can pay with major credit and debit cards at many hotels, restaurants and stores. Banks offer currency exchange but currency exchange offices are usually quicker and may offer better rates. USD is the only currency freely exchanged in Guatemala.

TIPPING

Tipping can be an appropriate way to recognise great service when travelling. While it may not be customary in your home country, it is an entrenched feature of the tourism industry across Latin America and is greatly

appreciated by the people who take care of you during your travels. It is always best to avoid tipping with coins, very small denomination notes, or dirty and ripped notes, as this can be regarded as an insult rather than the goodwill gesture it is intended to be. We recommend that any tips are given directly to the intended recipient by a member of your group, rather than collected and passed on by the group leader.

The recommended tipping amounts are listed in USD for the relatability of universal travellers, but we recommend that you tip in the local currency. The following amounts are per person suggestions based on local considerations and feedback from our past travellers.

For local markets and basic restaurants, round your bill up to the nearest USD 5. For more up-market restaurants, we suggest 10% of your bill.

If your trip includes any local guides, we recommend USD 3-5 per day.

If your trip includes travel by private vehicle with a local driver, we recommend USD 3-6 per day.

YOUR GROUP LEADER OR LOCAL REPRESENTATIVE

You may consider tipping your group leader or local representative for outstanding service throughout your trip. The amount is entirely a personal preference; however, as a guideline, 4-7 USD or EUR per person per day (in a currency relevant to your destination), can be used. Of course, you are free to tip more or less as you see fit, depending on your perception of service quality and the length and involvement of your group leader or local representative on your trip.

Packing

Most travellers prefer to take a small to medium wheeled suitcase, which is a great size for the packing capacity in our private vehicles. Whatever you take, be mindful that you will need to be able to carry your own luggage, handle it at airports, take in/out of accommodation and perhaps even walk short distances. Generally speaking, we recommend you pack as lightly as possible. You'll also need a day pack/bag for activities and day trips. In terms of weight, airlines generally allow a maximum of 15-20kg for check in luggage and a maximum of 5kg for carry on.

Other than the items and clothing you always need on a trip, below we have listed packing suggestions specific for this trip:

ESSENTIAL:

- Sun protection – sunhat, sunglasses, sunscreen (reef-safe sunscreen for swimming). The UV index can be very high in this region, therefore it is essential you protect yourself adequately from the sun.
- Clothing for hot and humid weather: Lightweight, breathable quick-drying clothing.
- Clothing for cool nights/high altitudes and rainy days: A lightweight waterproof jacket, pants, clothing you can easily layer.
- Closed-in walking/hiking shoes. We highly recommend that you take a pair of comfortable, closed-in/closed-toe walking shoes. Closed-in shoes will help to protect your feet from cuts and scratches and will also act as a barrier protection in rare cases against bites or stings.
- Personal travel documents which may include a passport, visa, driver's license, travel insurance, flight tickets and your Essential Trip Information. Photocopies of these documents stored separately from the originals will be handy. While not valid, a photocopy of your identification makes it much easier to obtain replacements if necessary.

RECOMMENDED:

- Water bottle. We recommend at least a 1.5 litre capacity. Clean, filtered water is available for free in many hotel lobbies. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments
- Electrical adapter plug (Central American countries use plug types A & B which are standard throughout North America)
- Personal medical kit. Your guide will carry a large kit but we recommend you carry items such as mild pain killers, electrolytes and Band-Aids.
- Watch/Alarm clock or phone that can be used for both
- Swimwear

- Travel beach towel
- Water-proof bag for your phone
- Tissues &/or toilet paper &/or wet wipes
- Insect repellent
- Camera with a spare memory card, charger &/or batteries

OPTIONAL:

- Earplugs to guard against a potential snoring room-mate
- Phrasebook

VALUABLES:

Please try to avoid bringing unnecessary valuables, and use your safe if available. It's also a good idea to purchase a money belt or pouch that is easily hidden.

LAUNDRY:

Laundry is available at many hotels and towns during this trip, although you might need to wait for a two-night stop in order to make sure you get it back in time. While laundry at hotels is usually charged by the item, laundromats usually charge by the kilo, which is generally inexpensive (about USD 2 per kilo).

Phone and internet access

WhatsApp is a popular way to communicate in Latin America. We recommended downloading WhatsApp prior to departure to communicate by text with your group leader or local representative and group members during the tour. Once downloaded, please validate your phone number before leaving home as you will not be able to do this once you arrive unless you have international roaming enabled. Connections for making phone calls through WhatsApp are not reliable, so please do not use this app to make calls to our emergency phone line.

Climate and seasonal information

Please note that Hurricane season is June to November, when landslides, mudslides, flooding and disruptions to essential services can occur. Intrepid monitors these situations as they may arise, so that itineraries or activities can be amended as necessary.

Group Leader

All group trips are accompanied by one of our group leader or local representative. The aim of the group leader or local representative is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced group leader or local representative however, due to the seasonality of travel, rare situations may arise where your group leader or local representative is new to a particular region or training other group leader or local representative.

Your group leader or local representative 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 places visited on the trip, including historical, cultural, religious, and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you are interested in delving deeper into the local culture at a specific site or location then your group leader or local representative can recommend a local guide service in most of the main destinations of your trip.

Safety

Most national governments provide regularly updated foreign travel advice on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight tickets, cash and other valuable items. Leave your jewellery at home - you won't need it while

travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your group leader or local representative will accompany you on all included activities, however, during your trip you'll have some free time to pursue your own interests or relax and take it easy. While your group leader or local representative will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes 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. Please also note that your group leader or local representative has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/safety-guidelines>

PETTY THEFT AND PERSONAL SAFETY

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

MONEY WITHDRAWAL:

In order to avoid fraud and theft, it is advisable that you withdraw money from ATMs located inside banks or guarded shops during business hours only.

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

Community guidelines

Intrepid won't tolerate any kind of violence, harassment (whether physical, verbal or sexual), or disrespect toward fellow travellers, our teams or local communities.

To ensure the wellbeing of everyone on the trip, decisions made by your group leader are final.

Romantic relationships between travellers and group leader or local representative are not permitted while on trip.

Any behaviour that prevents your leader from continuing the itinerary as planned, breaks local laws or opposes any of these guidelines may result in Intrepid denying your booking or removing you from the trip.

If something concerns you during your travels, please speak to your group leader immediately. Alternatively, you can contact us on the emergency contact number detailed in the Problems and Emergency Contact Information section of this Essential Trip Information.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with

your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons, we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SOLO TRAVELLERS

On our trips, rooming is organised on a twin-share basis. We pair up solo travellers with another traveller of the same gender, as per the gender marker on each of their passports.

We also offer an optional single supplement on most trips for travellers who prefer to have their own room. This only applies to accommodation during the tour. Pre-trip and post-trip accommodation booked through us will always be on a single-room basis.

On a small selection of trips some accommodation will be open-gender and multishare, such as a felucca in Egypt or an overnight train in Vietnam. Please review the Accommodation section of the Essential Trip Information for details about your trip.

LGBTQIA+ TRAVELLERS

We strive to create a safe and inclusive environment for everyone. If your gender identity differs from what is indicated on your passport, please contact us so that we can discuss rooming options with you.

Travel insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted by your group leader or local representative.

If you have credit card insurance your group leader or local representative will require details of the participating insurer/underwriter, the level of coverage, policy number, and emergency contact number rather than the bank's name and your credit card details. Please contact your bank for these details prior to arriving in-country.

For travellers who reside within the European Union, Switzerland or USA the requirement to purchase travel insurance cannot be compulsory. However the purchase of travel insurance is still highly recommended, and travellers from these regions who decline travel insurance when travelling outside of their home region must sign a Travel Insurance Waiver Form at the Group Meeting, recognizing personal responsibility for emergency medical and repatriation costs should they arise.

For assistance with travel insurance or other services, please visit the link below:

<https://www.intrepidtravel.com/booking-resources/our-services>

Responsible travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable, and giving back to the places we travel. All our trip group leaders or local representatives, suppliers, and staff are trained on these principles and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

The Intrepid Foundation

Our non-profit, The Intrepid Foundation, gives travellers more opportunities to make a positive impact in the places they visit.

We have over 50 Intrepid Foundation partners across the globe addressing four key focus areas: protecting the environment, taking a stand for wildlife, addressing inequality and empowering communities.

Intrepid matches all post-trip donations dollar for dollar and takes care of the admin fees – this doubles your impact and ensures every cent goes to our partners on the ground.

Visit our website for more info: <http://www.theintrepidfoundation.org/>

This trip directly supports Eden Reforestation Projects, who are tackling climate change by restoring forests across the world; they also hire locally and create job opportunities within local communities. Donations support restoration across planting sites in 10 countries, including Madagascar, Kenya and Nepal. To find out more or make a donation, visit: <http://www.theintrepidfoundation.org/t/eden-reforestation-projects>

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal, subsequent pricing may become applicable to your booking.
- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.