



NORTH & CENTRAL AMERICAN OVERLAND, (CAP)

Anchorage to Panama City 109 Days, departing 22nd July 2020



TRIP OVERVIEW

Trip Style: Overlanding
Route: Anchorage to Panama City
Duration: 109 Days
Transport: US Style School Bus, Boat, Flight
Accommodation: Basic Hotel 14 nights
 Camping 46 nights
 Wild Camp 2 nights
 Multishare Hostel 16 nights
 Comfortable Hotel 29 nights
Meals: Breakfasts x 55, Lunches x 50, Dinners x 50

Physical Challenge: ● ● ● ○ ○

Depending on the trip, activities may include treks of 3-4 hours at altitude or across hilly terrain, multi-day treks at sea level, horseback riding, canoeing and other adventurous activities. A moderate level of fitness is required.

Lifestyle Challenge: ● ● ● ● ○

This is a fairly challenging trip; you may well be travelling at high altitudes, across deserts or through cold and windy or hot and steamy areas. The terrain and roads may be rough and the facilities can be very basic or non-existent. There may be some long drive days followed by wild camps, and physically and mentally it can be tough, but there will be some rest days and time to relax as well.



DAILY ITINERARY

Day 1 - Anchorage (22nd July 2020)

Border information: If you are joining in Anchorage, you will most likely enter the USA at Anchorage Ted Stevens International Airport (IATA code: ANC).

There will be an important group meeting at 18:00 at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

The rest of the day is free to explore Anchorage and its stunning surroundings. Please note that many of the options listed below will only be possible for those with extra time in Anchorage before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Anchorage.

Accommodation: Bent Prop Inn

Day 2 - Seward (23rd July 2020)

Meals: Lunch, Dinner

Today our journey begins with a short drive to the town of Seward.

On the following day you will have free time to explore Seward and take part in optional activities such as a boat trip to the nearby Kenai Fjords National Park.

Day 3 - Seward (24th July 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have free time to explore Seward and take part in optional activities such as a boat trip to the nearby Kenai Fjords National Park.

Day 4 - Denali NP (25th July 2020)

Meals: Breakfast, Lunch, Dinner

Today we will drive to Denali National Park, the home of Denali, the highest mountain in North America.

On the following day we will have an included trip into Denali National Park. We will take a shuttle bus through the park to the Eielson Visitor Centre, where we will be able to explore and enjoy some excellent hiking and wildlife viewing opportunities.

On the following day we will have a free day to further explore the National Park or take part in some of the many optional activities available here.

Day 5 - Denali NP (26th July 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have an included trip into Denali National Park. We will take a shuttle bus through the park to the Eielson Visitor Centre, where we will be able to explore and enjoy some excellent hiking and wildlife viewing opportunities.

Day 6 - Denali NP (27th July 2020)

Meals: Breakfast, Lunch, Dinner

We will have a free day today to further explore the National Park or take part in some of the many optional activities available here.

Day 7 - Denali Highway (28th July 2020)

Meals: Breakfast, Lunch, Dinner

Today we have a short and scenic drive to our lodge along the Denali Highway, located in an area popular with wildlife spotters and fishermen.

On the following day we will head out along the river to an area deep in the Alaskan wilderness, where we will be able to head out on a trek to a nearby glacier, explore the surrounding wilderness, and then wild camp for the night.

Day 8 - Denali Highway (29th July 2020)

Meals: Breakfast, Lunch, Dinner

Today we will head out along the river to an area deep in the Alaskan wilderness, where we will be able to head out on a trek to a nearby glacier, explore the surrounding wilderness, and then wild camp for the night.

Day 9 - McCarthy (30th July 2020)

Meals: Breakfast, Lunch, Dinner

Today we will head back downstream from our wilderness camp to rejoin our bus. We will then drive to the historic remote outpost of McCarthy, once a thriving copper mining town and the gateway town to the stunning Wrangell-St Elias National Park.

On the following day we will have free time to explore Wrangell-St Elias National Park and the historic towns of McCarthy and Kennicott. We will have the chance to take part in an abundance of optional activities such as hiking, historic mine tours, scenic flights, glacier walks and ice climbing.

Day 10 - McCarthy (31st July 2020)

Meals: Breakfast, Lunch, Dinner

We will have some free time today to explore Wrangell-St Elias National Park and the historic towns of McCarthy and Kennicott. We will have the chance to take part in an abundance of optional activities such as hiking, historic mine tours, scenic flights, glacier walks and ice climbing.

Day 11 - Tok (1st August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have a scenic drive day towards the Canadian border, arriving at the small town of Tok.

Day 12 - Dawson City (2nd August 2020)

Meals: Breakfast, Lunch, Dinner

Border information: Exit the USA at Pokar Creek, enter Canada at Little Gold Creek.

Today we will travel along the spectacular 'Top of the World Highway' to cross into Canada at North America's northernmost border. We will drive into the famous Klondike area of Canada's Yukon province and the city of Dawson, once a hive of activity for gold prospectors.

On the following day we will have free time to explore the area and take part in optional activities such as taking a tour of the old gold mines, trekking up the nearby Midnight Dome, or taking in a can-can show at the Diamond Tooth Gertie's Gambling Hall!

Day 13 - Dawson City (3rd August 2020)

Meals: Breakfast, Lunch, Dinner

We will have some free time today to explore the area and take part in optional activities such as taking a tour of the old gold mines, trekking up the nearby Midnight Dome, or taking in a can-can show at the Diamond Tooth Gertie's Gambling Hall!

Day 14 - Whitehorse (4th August 2020)

Meals: Breakfast

Today we will drive to Whitehorse, the capital of the Yukon territory. En route we will stop for a tour of one of the incredible original mobile mining rigs near Dawson, Dredge No. 4.

Day 15 - Whitehorse (5th August 2020)

Today we will drive into the province of British Columbia. We will have an included visit to the fascinating Sign Post Forest, and in the evening we have the chance to go on an optional visit to see the show at the fantastic Northern Lights Centre.

Day 16 - Watson Lake (6th August 2020)

Meals: Lunch, Dinner

Today we will drive south through the beautiful countryside of British Columbia.

Day 17 - Stewart (7th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have an included day trip over the border to Alaska and the 'ghost town' of Hyder. Here we will visit the Fish Creek Observation Site where we will hopefully spot Alaskan brown grizzlies or black bears fishing for salmon. We will also visit the huge Salmon Glacier before returning to Stewart for the night.

Day 18 - (8th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will drive south through the beautiful countryside of British Columbia to the town of Stewart.

On the following day we will have an included day trip over the border to Alaska and the 'ghost town' of Hyder. Here we will visit the Fish Creek Observation Site where we will hopefully spot Alaskan brown grizzlies or black bears fishing for salmon. We will also visit the huge Salmon Glacier before returning to Stewart for the night.

Day 19 - Francois Lake (9th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will drive to the town of Hazelton and have an included tour of the historical Ksan Indian Village to learn all about the life and history of the Gitksan people. After our visit we will continue our drive towards the Rocky Mountains and stay at the area of Burns Lake.

Day 20 - Jasper (10th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will continue our drive into the Canadian Rockies and to the town of Jasper.

On the following day we will have a free day to explore the stunning Jasper National Park or take part in optional activities such as hiking, rafting, biking, or taking the Skytram up the near Whistlers' Mountain.

Day 21 - Jasper (11th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have a free day to explore the stunning Jasper National Park or take part in optional activities such as hiking, rafting, biking, or taking the Skytram up the near Whistlers' Mountain.

Day 22 - Banff (12th August 2020)

Meals: Breakfast

Today we have a scenic drive along the Icefields Parkway to the town of Banff, travelling through both Jasper and Banff National Parks. En route we will have an included visit to the Athabasca Falls and Lake Louise.

Day 23 - Banff (13th August 2020)

Enjoy a range of activities in Banff

Day 24 - Banff (14th August 2020)

Border information: If joining in Banff, you will most likely enter Canada at Calgary International Airport (IATA code: YYC).

There will be an important group meeting at 18:00 at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

The rest of the day is free to explore Banff and its stunning surroundings. Please note that many of the options listed below will only be possible for those with extra time in Banff before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Banff.

Day 25 - Glacier NP (15th August 2020)

Meals: Lunch, Dinner

Border information: Exit Canada at Chief Mountain, enter USA at Chief Mountain.

Today we will have a full day drive over the US border into the state of Montana and arrive at the eastern side of Glacier National Park, stopping en route at the fascinating Head-Smashed-In Buffalo Jump, a cliff that aboriginal people used for hunting for almost 6000 years.

On Day 3 we will free time to fully explore the pristine ecosystem of Glacier National Park and take some optional treks or scenic drives up the Going-to-the-Sun Road to Logan Pass and other scenic points.

In Glacier National Park we will camp in a campsite near the spectacular St. Mary's Lake.

Day 26 - Glacier NP (16th August 2020)

Meals: Breakfast, Lunch, Dinner

We will free time to fully explore the pristine ecosystem of Glacier National Park and take some optional treks or scenic drives up the Going-to-the-Sun Road to Logan Pass and other scenic points.

Day 27 - Yellowstone NP (17th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we have a full day drive south into the state of Wyoming and to the famous Yellowstone National Park, home to magnificent landscapes, fantastic treks, and the incredible Old Faithful geyser.

On our first night we will stay at a Campsite on the northern edge of the park with good facilities.

On Day 5 we will pack up our camp and explore Yellowstone National Park as we make our way to our camp on the southern edge of the park, where we will base ourselves for the next 2 nights.

From here we have a free day on Day 6 to fully explore Yellowstone and Grand Teton National park and take part in optional treks and other activities.

Day 28 - Yellowstone NP (18th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we can explore Yellowstone and Grand Teton National park and take part in optional treks and other activities.

Day 29 - Yellowstone NP (19th August 2020)

Meals: Breakfast, Lunch, Dinner

We have an additional day to spend in Yellowstone NP.

Day 30 - Jackson Hole (20th August 2020)

Meals: Breakfast

Today we will drive south through the stunning Grand Teton National Park and take a stop at the spectacular Jenny Lake, where we'll have some free time to explore the lake and possibly take a short boat trip. We will then continue to the beautiful town of Jackson Hole.

In Jackson Hole we will camp at a campsite surrounded by mountains and on the banks of a small river, the following day we have a free day for activities and to explore the area.

Day 31 - Jackson Hole (21st August 2020)

Today we have a free day to enjoy activities around Jackson

Day 32 - Salt Lake City (22nd August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will drive to Utah's state capital of Salt Lake City, where we will have time for quick free exploration of the city centre and its famous Temple Square. We will then head to the nearby Antelope Island State Park, known for its abundant population of American bison and pronghorns.

Day 33 - Moab (23rd August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have a full day drive to the town of Moab, perfectly located next to the rugged wildernesses of Arches and Canyonlands National Parks.

We will spend the next day exploring and trekking in Canyonlands National Park, and taking part in some optional activities in and around Moab.

Day 34 - Moab (24th August 2020)

Meals: Breakfast, Lunch, Dinner

We will spend today exploring and trekking in Canyonlands National Park, and taking part in some optional activities in and around Moab.

Day 35 - Monument Valley (25th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will drive to the incredible Monument Valley, the iconic landscape symbolic of the American West. On arrival we will head out on an included jeep tour of the Monument Valley Tribal Park, seeing the stunning rock formations up close and learning about the local Navajo culture.

In Monument Valley we will spend the night in a traditional Navajo 'Hogan' (an igloo-shaped dwelling of wood and earth where 6-8 people sleep together on the ground in a circle).

Day 36 - Page (26th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will continue our drive to the beautiful town of Page near the stunning Lake Powell.

Day 37 - Kodachrome Basin State Park (27th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will drive to the wonderful Kodachrome Basin State Park, where we will have free time on arrival to explore the beautiful landscape.

Day 38 - Zion NP (28th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we will drive to the incredible Bryce Canyon National Park, where we will have a few hours here to take some optional treks to its hoodoos (odd-shaped pillars of rock left standing from the forces of erosion). Following this, we will take a very scenic drive to the stunning Zion National Park.

On Day 16, we have a free day for exploring and activities in the Zion National Park.

Day 39 - Zion NP (29th August 2020)

Meals: Breakfast, Lunch, Dinner

Today we have a day to explore Zion National Park.

Day 40 - Las Vegas (30th August 2020)

Meals: Breakfast

This morning we will have free time to explore, trek or take scenic drives through the spectacular deserts and rock formations on Zion National Park. In the afternoon we will drive to the bustling and energetic city of Las Vegas.

On the following day we will have free time to fully explore the fascinating city of Las Vegas and enjoy its world-famous all-night entertainment options, including its casinos and shows!

Day 41 - Las Vegas (31st August 2020)

Meals: Breakfast

Today we will have free time to fully explore the fascinating city of Las Vegas and enjoy its world-famous all-night entertainment options, including its casinos and shows!

Day 42 - Grand Canyon (1st September 2020)

Meals: Breakfast, Lunch, Dinner

Today we will continue south into the state of Arizona and to one of the most spectacular highlights of the USA - the world-famous Grand Canyon. On arrival we will head up to one of the stunning viewpoints over the Grand Canyon for sunset.

On the following day we will have free time to explore the Grand Canyon area and take optional treks and scenic helicopter flights over the canyon. The entrance to the Grand Canyon is included on the trip, but as there are many options once inside the National Park the day will be free to explore in your own way.

Day 43 - Grand Canyon (2nd September 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have free time to explore the Grand Canyon area and take optional treks and scenic helicopter flights over the canyon. The entrance to the Grand Canyon is included on the trip, but as there are many options once inside the National Park the day will be free to explore in your own way.

Day 44 - Phoenix (3rd September 2020)

Meals: Breakfast

Today we start to drive south through Arizona to the area near Phoenix.

In the Phoenix area we will most likely stay in a rustic campsite to the north of the city, where we may have the opportunity to go horse riding or visit Antelope Canyon.

Day 45 - Nogales (4th September 2020)

Meals: Breakfast, Lunch, Dinner

Today we will drive south to the border town of Nogales.

Day 46 - Guaymas (5th September 2020)

Meals: Breakfast, Lunch, Dinner

Border information: Exit USA at Nogales, enter Mexico at Nogales.

Today we will cross the border into Mexico, and over the next two days we will drive south along the Pacific coast, staying close to the towns of Guaymas and Mazatlán en route.

Day 47 - Mazatlan (6th September 2020)

Meals: Breakfast

We will continue our drive south, staying near the town of Mazatlan

Day 48 - Sayulita (7th September 2020)

Meals: Breakfast

Today we will drive to the surfing town of Sayulita on Pacific coast and enjoy some free time on arrival.

On the following day we will have free time to explore the Playa Los Muertos beach and possibly try your hand at surfing!

Day 49 - Sayulita (8th September 2020)

Today we will have free time to explore the Playa Los Muertos beach and possibly try your hand at surfing!

Day 50 - Tequila (9th September 2020)

Today we will drive to the town of Tequila, where we will have time for an optional visit to the town's famous distilleries (either today or on the following morning).

Day 51 - Angahuan (10th September 2020)

Meals: Lunch, Dinner

Today we drive to the town of Angahuan. This village is inhabited by the Purépecha people, who have been indigenous to the area since one thousand years before the Spanish invasion. Angahuan is the gateway to the Parícutin volcano, the only volcano in the world to have been born in modern times.

On the following day we will have free time to explore the village of Angahuan or to go for optional walks around the area of the Parícutin volcano. The creation of the volcano in 1943 buried two nearby villages, and it's still possible to see the spire of the cathedral of San Juan Parangaricutiro sticking up from the lava field.

Day 52 - Angahuan (11th September 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have free time to explore the village of Angahuan or to go for optional walks around the area of the Parícutin volcano. The creation of the volcano in 1943 buried two nearby villages, and it's still possible to see the spire of the cathedral of San Juan Parangaricutiro sticking up from the lava field.

Day 53 - Mexico City (12th September 2020)

Meals: Breakfast

Today we will have a full day drive to the massive and chaotic Mexican capital of Mexico City.

The following day we have a free day to enjoy Mexico.

Day 54 - Mexico City (13th September 2020)

Today we have a free day to enjoy Mexico.

Day 55 - Mexico City (14th September 2020)

Border information: if joining in Mexico City, you will most likely enter Mexico at Mexico City Benito Juárez International Airport (IATA code MEX).

There will be an important group meeting at 18:00 at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

The rest of the day is free to explore Mexico's incredible capital and to take part in some optional activities. Please note that many of the options listed below will only be possible for those with extra time in Mexico City before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Mexico City.

Day 56 - Oaxaca (15th September 2020)

Today we head to the wonderful laid-back colonial town of Oaxaca, famous for its cuisine and indigenous cultures.

Day 57 - Oaxaca (16th September 2020)

Today we will have an included guided visit of the ruined Zapotec city of Monte Alban, a UNESCO World Heritage Site. In the afternoon we will have free time to further explore the area's highlights.

Day 58 - San Cristobal de las Casas (17th September 2020)

Today we have a full day drive to the stunning old colonial town of San Cristóbal de las Casas, one of Mexico's most beautiful towns. and well known as the heart of the indigenous Tzotzil Maya culture.

Day 59 - San Cristobal de las Casas (18th September 2020)

Today we will have a free day for exploration and to take part in some optional activities such as taking a tour to the fascinating Maya village of San Juan Chamula, or exploring the nearby Lagunas de Montebello National Park.

Day 60 - San Cristobal de las Casas (19th September 2020)

Today we will have an included boat trip down the phenomenal Sumidero Canyon, viewing its colossal cliffs from the base and searching for the resident wildlife.

Day 61 - Frontera Corozal (20th September 2020)

Meals: Dinner

Today we will have a full day drive to the remote town of Frontera Corozal, on the Guatemalan border. En route, we may have time for an optional stop at the stunning waterfalls of Agua Azul.

Day 62 - Palenque (21st September 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have an included guided visit to the remote ancient Mayan city of Yaxchilán, which is only accessible via a boat trip down the river. After our visit we will drive to the village of Palenque.

Day 63 - Palenque (22nd September 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have an included guided visit to the incredible Mayan ruins of Palenque, which rise out of the thick jungle surrounding them. In the afternoon we will have free time to go on a jungle tour, visit the on site museum, or travel to the nearby waterfall of Misol Ha.

Day 64 - Merida (23rd September 2020)

Meals: Breakfast, Lunch

Today we will drive to the beautiful and artistic colonial town of Mérida, the capital of the Yucatan state.

Day 65 - Tulum (24th September 2020)

Meals: Lunch, Dinner

Today we will have an early start to drive to the world-famous Mayan ruins of Chichen Itza, one of the New Seven Wonders of the World - we have an included guided tour around this spectacular site before continuing our drive to the stunning coastal village of Tulum.

Day 66 - Tulum (25th September 2020)

Meals: Breakfast, Lunch, Dinner

This morning we visit the Tulum ruins, one of the last cities built by the Maya and one of the best preserved coastal Maya sites. We will have a free afternoon to explore the beaches or take part in some optional activities.

Day 67 - Caye Caulker (26th September 2020)

Meals: Breakfast

Border information: Exit Mexico at Subteniente López, enter Belize at Santa Elena.

Today we will travel south across the border to Belize City, where we board a speed boat to the island paradise of Caye Caulker.

Please note that in Belize we will travel on local transport, as it is not permitted to use a foreign vehicle in Belize.

Day 68 - Caye Caulker (27th September 2020)

We will have two full days to explore and enjoy the many optional activities available here, such as snorkelling, diving or taking a scenic flight over the phenomenal Great Blue Hole.

Day 69 - Caye Caulker (28th September 2020)

Relax and enjoy the beach or head out on an activity on our second day on Caye Caulker.

Day 70 - San Ignacio (29th September 2020)

Today we will head back to the mainland and rejoin our overland bus in Belize City. We then have a short drive to the village of San Ignacio, home to Belize's best archaeological sites and adventure activities!

Day 71 - San Ignacio (30th September 2020)

We will have two full days to take part in the many optional activities available in San Ignacio, including trekking, caving, biking, and exploring the excellent Mayan ruins in the area.

Day 72 - San Ignacio (1st October 2020)

Today we enjoy a second free day for activities in and around San Ignacio.

Day 73 - Tikal (2nd October 2020)

Meals: Dinner

Border information: Exit Belize at Benque Viejo del Carmen, enter Guatemala at Melchor de Mencos.

Today we will have a short drive across the Guatemalan border to the phenomenal Mayan ruins of Tikal, where we have an included guided tour.

Day 74 - Poptun (3rd October 2020)

Meals: Breakfast, Lunch, Dinner

Today we have a short drive to the small town of Poptún, stopping in the colonial town of Flores en route. We will arrive at our fantastic eco-lodge near Poptún and have a free afternoon.

Day 75 - Poptun (4th October 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have free time to take part in the many optional activities offered at our eco lodge.

Day 76 - Rio Dulce (5th October 2020)

Meals: Breakfast, Lunch

Today we will have a short drive to Rio Dulce in Guatemala's beautiful central region. On arrival we will have a free afternoon to take part in some optional activities.

Day 77 - Rio Dulce (6th October 2020)

Today we will have an included boat trip to the village of Livingston on the Caribbean coast, before returning to Rio Dulce.

Day 78 - San Andres Itzapa (7th October 2020)

Today we will drive day to San Andres Itzapa, a small village located in the mountains around Antigua. We will spend one night at the community centre of Manos Amigas, run by the Italian NGO 'Mani Amiche' in support of local women who have been abandoned and abused, and who are staying in the centre with their children.

In San Andres Itzapa we will stay in dormitories at the community centre (please note that there is no option to upgrade to private accommodation here).

Day 79 - Panajachel (8th October 2020)

Today we will spend the morning at the Manos Amigas project before heading off on a short drive to Panajachel, situated on the shores of the beautiful Lake Atitlan.

Day 80 - Panajachel (9th October 2020)

Today we will have free time to enjoy some optional activities such as a boat on the lake out to some of the small local villages along the shoreline. If possible, we will include a visit to the famous Chichicastenango Market during these days, depending on the weekday. *Please note that the market is only open on Thursdays and Sundays so you may not be able to visit during your trip.*

Day 81 - Antigua (10th October 2020)

Today we will have a short drive to the magnificent city of Antigua, a UNESCO World Heritage Site situated 60 kms from Guatemala City.

The rest of the day is free to explore the beautiful colonial city and its dramatic surroundings.

Day 82 - Antigua (11th October 2020)

Border information: if joining in Antigua, you will most likely enter Guatemala at Guatemala City La Aurora International Airport (IATA code: GUA).

There will be an important group meeting at 18:00 at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

The rest of the day is free to explore the beautiful colonial city and its dramatic surroundings, and to take part in some optional activities. Please note that many of the options listed below will only be possible for those with extra time in Antigua before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Antigua.

Day 83 - Cerro Verde NP (12th October 2020)

Meals: Lunch, Dinner

Today we will cross the border into El Salvador and drive to the stunning Cerro Verde National Park, where we will be surrounded by awe-inspiring volcanoes and countryside. In the morning we will take a guided trek up the nearby Santa Ana volcano (approximately 4 hours).

Border information: Exit Guatemala at Ciudad Pedro de Alvarado, enter El Salvador at La Hachadura.

Day 84 - Suchitoto (13th October 2020)

Meals: Breakfast, Lunch, Dinner

After our trek up the volcano, we will take a short drive to the beautiful town of Suchitoto, where we will have a free afternoon to explore the town, with its cobbled streets and whitewashed houses, and to learn about the incredible work of the community centre in which we stay.

In Suchitoto we will stay in dormitory rooms at the Centro Arte Para La Paz community centre, which runs many programs for the local communities to build cultural identity, unity, teaching skills, self-sufficiency, environmental equality and a culture of peace.

Day 85 - Suchitoto (14th October 2020)

Meals: Breakfast, Lunch, Dinner

Today we will have a day to explore Suchitoto, have a guided walking tour of the town, head out on a sunset boat trip or take a day trip to San Salvador.

Day 86 - Copan (15th October 2020)

Meals: Breakfast

Border information: Exit El Salvador at Anguiatú, enter Guatemala at Anguiatú. Exit Guatemala at El Florido, enter Honduras at El Florido.

Today we will have a full day drive to return to Guatemala and then onwards to Honduras, arriving at the small village of Copán.

Day 87 - Copan (16th October 2020)

Today we will have an included guided visit to the spectacular Mayan ruins of Copán, followed by a free afternoon to explore some of the other highlights in the area.

Day 88 - Roatan (17th October 2020)

Today we will take a short drive to the town of San Pedro Sula and board a short local flight to Roatán, the largest of the famous tropical Bay Islands. On arrival we will transfer to the area of the West End Bay, where we base ourselves for our stay.

Day 89 - Roatan (18th October 2020)

Today we will enjoy some free time to take part in the wealth of optional activities available on Roatán, and of course to relax and swim on the stunning Caribbean beaches here!

Day 90 - Roatan (19th October 2020)

Relax on the beach or head out on some activities

Day 91 - Lake Yojoa (20th October 2020)

Meals: Lunch, Dinner

Today we will start early to transfer back to Roatán's airport and catch our flight back to the mainland, rejoining our overland bus! We will then continue our journey east through Honduras to the beautiful countryside of Lake Yojoa.

Day 92 - Somoto (21st October 2020)

Meals: Breakfast

Today we will cross the border into Nicaragua, we will then head to the Somoto Canyon and stay in cabins near a village community.

Day 93 - Leon (22nd October 2020)

This morning we will enjoy our canyon tour and then drive to the university town of León.

Day 94 - Leon (23rd October 2020)

Today we will have free time to explore the town's wonderful colonial architecture or to take part in the many optional activities available here.

Day 95 - Granada (24th October 2020)

Today we will take a short drive to Nicaragua's oldest city of Granada, a beautiful town which oozes with colonial charm! En route we will have an included visit to the traditional markets in the small town of Masaya, and witness the incredible active caldera of the nearby Masaya volcano (if its volcanic activity isn't too high).

Day 96 - Granada (25th October 2020)

Today we will have free time to explore the historic streets of Granada's old town, or take part in some of the myriad of optional activities that are available here.

Day 97 - Isla de Ometepe (26th October 2020)

This morning we drive to the small town of San Jorge on the shores of Lake Nicaragua, Central America's largest lake. Here we will board a ferry to the stunning volcanic island of Ometepe, where we base ourselves in the port village of Moyogalpa and enjoy free time to explore on arrival.

Day 98 - Isla de Ometepe (27th October 2020)

Today we will have free time to explore and take part in optional activities such as the challenging trek to the summit of the Concepción volcano that dominates the island, or seeing some of the mysterious ancient petroglyphs that are dotted through the landscape.

Day 99 - La Fortuna (28th October 2020)

Border information: Exit Nicaragua at Penas Blancas, enter Costa Rica at Penas Blancas.

Today we will take an early morning ferry back to San Jorge and drive to La Fortuna in Costa Rica, a stunning town under the shadow of the mighty Arenal volcano.

Day 100 - La Fortuna (29th October 2020)

Today we will have a free day to take optional treks through the incredible surrounding volcanic landscapes or forest canopies, or get involved in many different adventure activities such as zip-lining, white-water rafting, and canyoning. La Fortuna is also famous for its outstanding hot springs, which we will have the opportunity to visit.

Day 101 - Monteverde (30th October 2020)

Today we will leave our overland vehicle behind and transfer by taxi and boat into the dense cloud forests and coffee plantations of Monteverde, a stunning area offering an incredible diversity of flora and fauna.

Day 102 - Monteverde (31st October 2020)

Today we will have an included walk on the trails of the Monteverde Cloud Forest National Reserve, followed by a free afternoon to visit some of the town's highlights or enjoy some adventurous activities such as canyoning or horse riding.

Day 103 - Manuel Antonio NP (1st November 2020)

Today we will continue by taxi to the small town of Tilaran, where we will rejoin our overland vehicle and drive to the spectacular beaches of Manuel Antonio National Park on the Pacific coast.

Day 104 - Manuel Antonio NP (2nd November 2020)

Today we will have an included walk through some of the beautiful trails within park, learning all about its flora and fauna and immersing ourselves in the idyllic landscape. We will have free time in the afternoon to take part in some optional activities or relax on the wonderful beaches.

Day 105 - Boquete (3rd November 2020)

Border information: Exit Costa Rica at Paso Canoas, enter Panama at Paso Canoas.

Today we will drive across the Panama border into the Chiriqui highlands, arriving at the town of Boquete.

Day 106 - Boquete (4th November 2020)

On Today we will have a free day to take part in some of the many optional outdoor activities which the town is famous for, including the opportunity to take the strenuous trek to the 3,478m summit of Volcán Barú, the highest point in Panama.

Day 107 - Camino Real (5th November 2020)

Meals: Lunch, Dinner

Today we will continue to Chagres National Park and explore the Grandfather of the Panama Canal: the Camino Real, a cobble stoned road from the Caribbean to the Pacific through the rain forests of Panama, established as the transport route of gold and silver by Spanish conquistadors in the 16th Century. The Camino Real was rediscovered only recently, and we will visit and stay overnight at a community, which worked together with researcher Christian Strassnig to identify the original route of the Camino Real in the jungle.

At Alajuela Lake we take a dugout boat to observe remains of the Camino Real at the lakeshore, then we arrive at the community and we are warmly welcomed by the people who are inspired with perspective of sustainable development through community tourism. We have a typical Panamanian lunch and see then a presentation of authentic Panamanian folklore. In the morning we will undertake a hike on the Camino Real, see the original cobblestone and be fascinated by stories of the mule trains, gold and pirates.

Day 108 - Panama City (6th November 2020)

Meals: Breakfast

After early morning coffee we can go for an optional bird-watching hike on a trail with plenty of tropical birds (free with local guides). At our return to the community we have a hearty breakfast. We will then take a hike on the trail. Afterwards it is time to say good-bye and we return by boat to our overland bus.

We will then drive to the Miraflores Visitor Centre at the world-famous Panama Canal, learning about its incredible role in shaping trade and world politics in the 20th century. After our included visit we will complete the drive to the capital, Panama City.

Day 109 - Panama City (7th November 2020)

Border information: if you are finishing in Panama City, you will most likely exit Panama at Panama City Tocumen International Airport (IATA code: PTY).

Today is the end day for passengers finishing their trip in Panama City. Please note there is no accommodation included on the trip tonight - please contact your sales agent if you are interested in booking extra nights of accommodation in order to fully explore and take part in some of the optional activities listed below.

If you are continuing on to Cartagena with us, then your leader will assist you with airport transfers for your included flight - you will spend this night in a hotel in either Panama City or Cartagena (depending on the flight times and availability).

Accommodation:

ITINERARY DISCLAIMER

The routes, activities and places visited described in these notes are intentions and are meant as a rough guide only. By their very nature, overland itineraries need to be flexible and the regions that we are travelling through are often unpredictable. We intend to follow the planned route but exact night stops and inclusions cannot be guaranteed and it sometimes happens that we decide to make a change to our planned itinerary. This may be for a variety of reasons; climatic, road or bureaucratic conditions may demand it. Changes to the itinerary may occur with little notice so please be prepared for modifications to your trip.

Drive Times

Drive times are listed in the day-to-day itinerary. These are the approximate number of hours that the vehicle will be in motion, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors.

Accommodation and Meals Included

The type of accommodation and included meals are listed for each day of the itinerary. These listings show our intention and on most departures the listings will be accurate. However due to the flexible nature of overland itineraries, climatic, bureaucratic or road conditions may demand changes to our listed intentions or groups may simply decide to amend the plans from time to time.

Optional Activities

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Certain activities may not be available on your particular visit and it may not be possible to do all the activities listed in the time available at each destination. It is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there. Prices listed are for entrance only and do not include transport costs to and from the sites or local guides unless indicated. The prices are displayed according to our latest information and in the best faith, but prices do fluctuate due to exchange rates, season, numbers of participants, and simple increases from the operator, and therefore any prices listed are a guide only and cannot be guaranteed. If you partake in any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities. For more information around activity safety and insurance, please see the Essential Information document.

EMERGENCY CONTACT INFORMATION

In the event of a real emergency once you have left your home country, please contact us on our out of office hours number. If you cannot get through on the phone, please leave a message with your name, reference number, contact details and a message with the help that you need and we will get back to you. Please bear in mind that real progress or action may not be possible until normal office hours, depending on the issue.

If your flight is delayed, please inform us as soon as you can and then make your way to the joining hotel as instructed in the Joining Point section of these notes.

Out of hours Number: +44 (0) 7985 106564

A FEW RULES

We expect all group members to act respectfully towards our staff and other group members. Bullying will not be tolerated.

Engaging in commercial or exploitative sexual activities, committing acts of violence or threatening violence towards local people, other group members or any member of our staff is not allowed. Any customer engaging in such activities will be required to leave the trip immediately with no refund of the trip price.

You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited and conduct yourself in accordance with our responsible travel policy. Any customer found contravening such laws or regulations will be required to leave the trip immediately with no refund of the trip price.

Although we are aware that in some parts of the world taking, carrying or selling drugs, or carrying weapons may be legal, it is not acceptable for Dragoman customers and our tour leaders have the right to ask you to leave the trip immediately with no refund of the trip price if you are found to be engaging in such activities.

ISSUES ON THE TRIP

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 our local partner 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 may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on customer-relations@dragoman.co.uk.

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

IMPORTANT NOTES

OVERLANDING LIFESTYLE

Dragoman was founded in 1981, and has had many years of experience of leading overland trips across 4 continents. Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of Dragoman's purpose-built iconic expedition vehicles on an off-the-beaten-track adventure along rugged roads, experiencing the sights, sounds and smells of the world up-close. Your journey will be overland, sometimes across vast distances, so some long days spent driving are inevitable - but these will be interspersed with breaks of a day or two at a destination or activity.

On an overland journey, you are more than just a passenger and everyone gets involved setting up camp - we supply the tent but it's up to you to pitch it! As part of your trip, you will be assigned a truck job which could be collecting firewood or water, luggage loading, organising food, stores, etc. Like all great adventures, the more you put in the more you'll get out! For more details of how an overlanding trip works, please see the Essential Information document.

SAFETY STANDARDS

We run adventure journeys in off the beaten track areas, which often have poor infrastructure. You should expect that some of these areas do not adhere to 'Western' safety standards. For more information, please see the Essential Information document

MEDICAL ASSISTANCE IN REMOTE AREAS

We will be travelling to areas in remote locations where medical assistance will not be available, and communications may be sparse. We do not carry satellite phones on our regular trips. Therefore, if you have a medical condition such as a heart condition that would put you at risk, we would suggest that this is not the trip for you. Also, please be aware that should an emergency occur, there is likely to be a considerable delay in accessing medical care, and by joining our trip you accept this risk.

VISAS, HEALTH, INSURANCE & MONEY

Before you travel there are vital things to consider such as:

- Any visas needed for your trip
- Any vaccinations needed (please consult your GP or travel clinic)
- Organising your local payment (the kitty)
- Buying travel insurance (insurance is compulsory to be allowed to join our trips)

For more information on these topics, please see the Essential Information Document.

USA NOTES

CANADA NOTES

MEXICO NOTES

GUATEMALA NOTES

BELIZE NOTES

PANAMA NOTES

EL SALVADOR NOTES

HONDURAS NOTES

NICARAGUA NOTES

COSTA RICA NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 28th October 2020**