

# MEXICO, CENTRAL AMERICA & COLOMBIA, (CMQ)

Mexico City to Quito 74 Days, departing 19th September 2022



## TRIP OVERVIEW

**Trip Style:** Overlanding

**Route:** Mexico City to Quito

**Duration:** 74 Days

**Transport:** US Style School Bus, Boat, Flight, Taxi, Overland Expedition Vehicle, Jeep

**Accommodation:** Comfortable Hotel 31 nights  
Camping 13 nights  
Basic Hotel 13 nights  
Multishare Hostel 14 nights  
Hammocks 2 nights

**Meals:** Breakfasts x 26, Lunches x 16, Dinners x 15

**Physical Challenge:** ● ● ○ ○ ○

Your itinerary may include easy-paced day walks, bike rides, and other activities that are not too strenuous.

**Lifestyle Challenge:** ● ● ● ○ ○

This trip has a bit of everything. Some areas that you travel through may be physically challenging; for example you may be at altitude some of the time and you may be camping for several nights. The pace of the trip can be tiring at times and some facilities will be basic. However there will also be plenty of time to relax and some comfortable accommodation.



# DAILY ITINERARY

## Day 1 - Mexico City (19th September 2022)

**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.

Accommodation: Marlowe Hotel A""

### Daily Activities

#### Optional Activities

Visit the beautiful Palacio de Bellas Artes and see it's immense murals by world-famous Mexican artists such as Diego Riviera

Entrance: 70 MXN

Freely explore the colossal Chapultepec Park one of the world's largest urban green spaces and a cultural hotspot where you can often see the pole-swinging 'Volador' dancers

Entrance: Free

See Mexico City's famous traditional mariachi bands in the evening around Garibaldi Square

Entrance: 150 MXN

Visit some of Mexico City's most important museums and galleries such as the old house of the iconic artist Frida Kahlo the former home of revolutionary Leon Trotsky and the Museo Dolores Olmedo art gallery

Entrance: 75 MXN

Get an unrivalled view over the centre of Mexico City from the observation deck of the stunning Revolution Monument

Entrance: Free

Explore the magnificent ancient Mesoamerican ruins of Teotihuacan near Mexico City

Entrance: 75 MXN

## Day 2 - Oaxaca (20th September 2022)

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

## Day 3 - Oaxaca (21st September 2022)

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.

### Daily Activities

#### Included Activities

Take a guided tour around the ruined Zapotec capital of Monte Alban near Oaxaca

Included

### Optional Activities

Visit the remarkably well-preserved Zapotec ruins of Mitla near to Oaxaca

Entrance: 64 MXN

Learn all about the history and cultures of Oaxaca at the incredible Museum of Cultures one of the best regional museums in Mexico

Entrance: 64 MXN

Visit the splendid Baroque Dominican church of Santo Domingo in Oaxaca's colonial centre

Entrance: 50 MXN

## Day 4 - San Cristobal de las Casas (22nd September 2022)

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 5 - San Cristobal de las Casas (23rd September 2022)

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.

## Daily Activities

### Optional Activities

Learn all about the traditional medicines of the Mayan people at the award-winning Mayan Medicine Museum

Entrance: 20 MXN

See the incredible showcase of handwoven fabrics from throughout Central America at the Mayan World Textiles Centre

Entrance: 52 MXN

Head out on a mountain biking tour through the cloud forests and highlands surrounding San Cristóbal de las Casas

Entrance: 380 MXN

Explore the wonderful botanical gardens of Orchideas Moxviquil and discover its collection of over 400 species of native plants and orchids

Entrance: 30 MXN

Visit the atmospheric Tzotzil Mayan villages of San Juan Chamula and Zinacantan

Entrance: 200 MXN

## Day 6 - San Cristobal de las Casas (24th September 2022)

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.

## Daily Activities

### Included Activities

Head on a boat trip along the breathtaking Sumidero Canyon

Included

#### Optional Activities

Take a day trip to explore the idyllic national park of Lagunas de Montebello home to pine forests Mayan ruins and many beautiful lakes

Entrance: 250 MXN

Visit the fantastic cultural centre of Na Bolom, a non-profit organisation dedicated to the protection of the Lacandon Maya culture and the preservation of the Chiapas rain forest

Entrance: 40 MXN

## Day 7 - Frontera Corozal (25th September 2022)

**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.

### Daily Activities

#### Optional Activities

Visit the spectacular stepped waterfalls of Agua Azul between San Cristobal de las Casas and Palenque (if time allows)

Waterfalls & Entrance: 25 MXN

## Day 8 - Palenque (26th September 2022)

**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.

### Daily Activities

#### Included Activities

Take a boat trip out for a guided tour of the stunning and remote Mayan ruins at Yaxchilán

Included

## Day 9 - Palenque (27th September 2022)

**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.

### Daily Activities

#### Included Activities

Take a fascinating guided tour around the magnificent ruined city of Palenque deep in the Mexican jungle including time to freely explore the excellent on-site museum

Included

#### Optional Activities

Take a trip out to the beautiful waterfall of Misol Ha near Palenque (if time allows)

Entrance: 35 MXN

## Day 10 - Merida (28th September 2022)

**Meals:** Breakfast, Lunch

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

## Day 11 - Tulum (29th September 2022)

**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.

### Daily Activities

#### Included Activities

Visit the spectacular Chichen Itza Mayan ruins on a guided tour one of the New Seven Wonders of the World centred around the world-famous pyramid of El Castillo

Included

#### Optional Activities

Take a swim in the stunning natural cenote of Ik Kil near the ruins of Chichen Itza

Entrance: 6 USD

## Day 12 - Tulum (30th September 2022)

**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.

### Daily Activities

#### Included Activities

Explore the phenomenal cliff-top Maya-Toltec ruins at Tulum wonderfully located right on the Caribbean coast

Included

#### Optional Activities

Head out to explore some of the incredible cenotes (natural water-filled sinkholes) near Tulum

Entrance: 150 MXN

Take an introductory course in the exhilarating sport of kite surfing from the stunning beaches of Tulum

Course: 180 USD

Go on a scuba diving trip through the ocean reefs near Tulum or to some of the area's natural cenotes

Diving: 100 USD

Hire snorkel gear on the beautiful beaches of Tulum

Snorkel Hire: 10 USD

## Day 13 - Caye Caulker (1st October 2022)

**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 14 - Caye Caulker (2nd October 2022)

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.

### Daily Activities

#### Optional Activities

Take a scenic flight over the phenomenal natural Great Blue Hole off Caye Caulker

Flight: 260 USD

Head out on a fantastic scuba diving trip through the colossal coral reefs off the Caribbean island of Caye Caulker (there are many different options and sites available)

Marine reserve dive: 110 USD

Head out to the stunning coral reefs off Caye Caulker on a snorkelling trip

Price: 75 USD

## Day 15 - Caye Caulker (3rd October 2022)

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

### Daily Activities

#### Optional Activities

Go on a half-day fishing trip in the idyllic blue ocean near Caye Caulker

Half day: 250 USD

Hire sea kayaks to explore the deserted mangroves of Caye Caulker's North Island

Hire: 20 USD

## Day 16 - San Ignacio (4th October 2022)

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 17 - San Ignacio (5th October 2022)

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.

### Daily Activities

#### Optional Activities

Take a full day tour to the remote ruins of the ancient Mayan capital of Caracol once twice the size of the modern Belize City

Entrance: 110 USD

Visit the Actun Tunichil Mukwal Cave a Mayan archaeological site that includes ceramics stoneware and skeletal remains such as the famous 'Crystal Maiden'

Entrance: 95 USD

Learn about local herbs and plants on a medicinal jungle trail en route to a release program for Green Iguanas near San Ignacio

Entrance: 12 BZD

Explore the ancient ruins of Xunantunich Belize's most-visited Mayan site and home to the mighty El Castillo pyramid

Entrance: 10 BZD

## Day 18 - San Ignacio (6th October 2022)

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

### Daily Activities

#### Optional Activities

Rent mountain bikes and explore the area around San Ignacio

6hr bike ride: 20 USD

Visit the stunning ruins of Cahal Pech atop a hill overlooking the southern outskirts of San Ignacio

Entrance: 30 BZD

## Day 19 - Tikal (7th October 2022)

**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.

### Daily Activities

### Included Activities

Enjoy a guided tour of the phenomenal Mayan ruins of Tikal one of the greatest ancient sites in the world

Included

## Day 20 - Poptun (8th October 2022)

**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 21 - Poptun (9th October 2022)

**Meals:** Breakfast, Lunch, Dinner

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

## Daily Activities

### Optional Activities

Trek out to the incredible River Cave near Poptún walking through the stunning Guatemalan rural landscape and exploring the underground rivers by candlelight

River Cave: 115 GTQ

Take a day tour out to the nearby Mayan ruins of Ixcun the comprehensive museum of Dolores and the beautiful waterfall of Mopan

Tour: 150 GTQ

Explore the incredible caves of Naj Tunich boasting the largest and most exceptional amount of Mayan cave inscriptions paintings and hieroglyphs in the world

Walks: 150 GTQ

Head out on a self-guided walk around our eco-lodge taking in fantastic views of the surrounding rural landscape

Walks: Free

## Day 22 - Rio Dulce (10th October 2022)

**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.

## Daily Activities

### Optional Activities

Take a kayak out to explore the beautiful waters around Rio Dulce at sunrise

Kayak rental: 125 GTQ

Explore deep into the Guatemalan rainforest on foot and trek on the canopy bridges near Rio Dulce

Rainforest trail: 125 GTQ

### Day 23 - Rio Dulce (11th October 2022)

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

#### Daily Activities

##### Included Activities

Enjoy a beautiful boat ride down the Rio Dulce to the Caribbean town of Livingston

Included

### Day 24 - San Andres Itzapa (12th October 2022)

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).

#### Daily Activities

##### Included Activities

Spend a night at the Manos Amigas community project a centre which has been set up to support local women and their children

Included

### Day 25 - Panajachel (13th October 2022)

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 26 - Panajachel (14th October 2022)

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.*

#### Daily Activities

##### Optional Activities

Visit the bewildering Mayan markets at Chichicastenango taking in the incredible sights smells and atmosphere (provided it is running while we are in the area)

Visit: Free

Take a tour through the spectacular highlands surrounding Lake Atitlan and Panajachel visiting picturesque villages and hot springs

Tour: 45 USD

Head out on a boat trip to visit the traditional Mayan villages dotted along the coast of Lake Atitlan

Private boat trip: 30 USD

## Day 27 - Antigua (15th October 2022)

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 28 - Antigua (16th October 2022)

**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.

## Daily Activities

### Optional Activities

Take a trek up to the famous active volcano of Pacaya near Antigua

Day trek: 59 USD

Visit the old Jesuit church of Santo Domingo an iconic building in Antigua and home to six fascinating museums

Visit: 48 GTQ

Visit the Choco Museum of Antigua learning all about the history of the culinary use of cocoa ever since the Mayan period

Entrance: 120 USD

Learn all about the culture and history of Antigua at some of its museums such as the Museum of Ancient Books and the Museum of Colonial Art

Visit: 30 GTQ

Take a tour of the nearby small village community of San Lorenzo and visit its schools and traditional handicrafts (only available on Tuesdays and Thursdays)

San Lorenzo Tour: 250 GTQ

Visit a traditional coffee plantation in the cool hills surrounding Antigua

Tour: 200 GTQ

## Day 29 - Cerro Verde NP (17th October 2022)

**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.

## Daily Activities

### Included Activities

Visit the spectacular volcanic landscape of Cerro Verde National Park one of El Salvador's gems

Included

## Day 30 - Suchitoto (18th October 2022)

**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.

## Daily Activities

### Included Activities

Trek up to the summit of Santa Ana El Salvador's highest volcano in the heart of Cerro Verde National Park

Included

Spend the night at the wonderful community centre of Centro Arte Para La Paz in Suchitoto which runs many workshops and projects for the locals in the area

Included

## Day 31 - Suchitoto (19th October 2022)

**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.

## Daily Activities

### Optional Activities

Take a sunset boat trip in Suchitoto

Boat: 10 USD

Enjoy a walking tour of Suchitoto town

Tour: 10 USD

## Day 32 - Copan (20th October 2022)

**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 33 - Copan (21st October 2022)

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.

### Daily Activities

#### Included Activities

Enjoy a guided tour of the magnificent ancient Mayan ruins of Copán

Included

#### Optional Activities

Visit the Copán Butterfly Gardens a serene garden bursting with tropical plants and dozens of moths and butterflies flitting about!

Entrance: 115 HNL

Visit the Macaw Mountain Bird Sanctuary in Copán home to many rescued birds such as macaws toucans and kingfishers

Entrance: 200 HNL

Visit the beautiful old Mayan stone carvings of Los Sapos with fantastic views over the town of Copán

Entrance: 30 HNL

## Day 34 - Roatan (22nd October 2022)

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 35 - Roatan (23rd October 2022)

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!

### Daily Activities

#### Optional Activities

Head out scuba diving to the beautiful coral reefs off the coast of Roatán

Fun Dive: 50 USD

Go on a spectacular snorkelling trip around the highlights of Roatán such as the Blue Channel and St. Anthony's Key

Blue Channel: 30 USD

Rent sea kayaks to explore the magnificent Caribbean waters surrounding Roatán island

Kayak Hire: Free

Take an exciting zip lining course on Roatán island

Tour: 45 USD

Sail out on a deep sea fishing trip in the Caribbean waters near Roatán (price for the entire boat with a maximum occupancy of 4 passengers)

Fishing per boat: 90 USD

## Day 36 - Roatan (24th October 2022)

Relax on the beach or head out on some activities

### Daily Activities

#### Optional Activities

Head on an epic underwater expedition in a unique private submarine exploring the dark depths hundreds of metres under the surface of the ocean

300m dive: 500 USD

Head out on a guided tour of Roatán seeing some of the most beautiful spots on the island and learning all about its history

Tour: 65 USD

Go out horse riding across the stunning island of Roatán through its wonderful eco-system of cacti palms and orchids

Horse ride: 40 USD

## Day 37 - Lake Yojoa (25th October 2022)

**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 38 - Somoto (26th October 2022)

**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 39 - Leon (27th October 2022)

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

### Daily Activities

#### Included Activities

Take a half day tour of the Somoto Canyon, which includes walking, sightseeing, rock scrambling, wading, floating, swimming, boating, and jumping!

Included

## Day 40 - Leon (28th October 2022)

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.

## Daily Activities

### Optional Activities

Head out on a horse riding trip in the stunning countryside near León including views of the impossibly-circular crater of El Hoyo volcano and the beautiful Asososca lagoon

Ride: 40 USD

Explore the stunning mangroves and wild sandy beaches of the Juan Venado Natural Reserve on a kayaking trip out of León

Trip: 35 USD

See the bizarre volcanic mud pools of San Jacinto near León

Trip: 18 USD

Visit León's many museums and galleries such as the world-class Ortiz-Gurdián art museum the Gallery of Heros and Martyrs and the Museum of Legends and Traditions

Entrance: 20 NIO

Head to the fantastic modern visitor centre at the world-famous Flor de Caña rum factory

Visit: 35 USD

Trek up the impressive active Telica volcano near León (please note that this is a fairly strenuous trek and you will need to be in good physical shape to participate - the trek usually takes about 6-7 hours)

Tour: 50 USD

Enjoy a fun and unique trip out to sand board down the ash slopes of the Cerro Negro volcano

Boarding: 30 USD

## Day 41 - Granada (29th October 2022)

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).

## Daily Activities

### Included Activities

Explore the traditional markets in Masaya village, famous for its local handicrafts

Included

Visit the dramatic crater rim of the active Masaya volcano between León and Granada

Included

See a fascinating workshop in the village of San Juan de Oriente demonstrating various local pottery-making techniques

Included

## Day 42 - Granada (30th October 2022)

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.

## Daily Activities

### Optional Activities

Visit the incredible San Francisco Convent and Museum in Granada, the oldest building in Central America dating from 1585

Entrance: 2 USD

Take a city tour around the spectacular buildings and atmospheric streets of the old colonial city of Granada

City Tour: 20 USD

Trek up the beautiful dormant volcano of Mombacho near to Granada exploring its rugged terrain and dwarf forests

Trek and Zip line: 55 USD

Learn about the cultivation of cocoa and its manufacture into chocolate at the Choco Museo in Granada

Chocolate workshop: 19 USD

Take a boat or kayak trip around the beautiful Isletas de Granada in search of the local birdlife and the magnificent views of the surrounding volcanoes

Short kayak trip: 25 USD

## Day 43 - Isla de Ometepe (31st October 2022)

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 44 - Isla de Ometepe (1st November 2022)

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.

## Daily Activities

### Optional Activities

Visit the mystical and serene emerald-green lagoon of Charco Verde

Price: 20 USD

Trek to the summit of the iconic Concepción volcano that dominates over the island of Ometepe (please note that this is a very strenuous trek that will only be possible for those with a high level of fitness and in good shape - the trek is over 1000m of ascent and descent on rugged terrain and will take between 9-12 hours).

Trek: 40 USD

Climb to the summit of the Madera volcano on Ometepe Island (please note that although this is an easier trek than up Concepción volcano it is still a very strenuous hike and you need to have a high level of fitness to complete it - the trek usually takes between 7-9 hours)

Trek: 42 USD

Learn about the fascinating history and geology of the island at the Ometepe Museum in Altagracia village

Entrance: 3 USD

Head on a guided walk around Ometepe and see some of the natural springs beaches and small villages on the island

Walks: 30 USD

Trek up to the stunning San Ramón waterfall in the forests near Madera volcano

Guided walk: 40 USD

## Day 45 - La Fortuna (2nd November 2022)

**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 46 - La Fortuna (3rd November 2022)

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.

## Daily Activities

### Optional Activities

Explore the breathtaking forests and volcanic landscapes of La Fortuna on several mountain biking trails in the area

Biking: 75 USD

Visit the hanging bridge courses through the rainforest canopies near La Fortuna

Bridges: 67 USD

Take an intense canyoning trip into the rugged gorges of the jungles near Arenal including several waterfall abseils

Lost Canyon: 100 USD

Learn all about the intricacies of Costa Rican cuisine on a cooking class in La Fortuna

Class: 45 USD

Learn all about the plants animals traditions and agriculture of Costa Rica on a visit to the El Bosque Eco-Farm near La Fortuna

Farm: 45 USD

Explore the magnificent countryside and waterfalls around the Arenal volcano by horseback

Ride: 65 USD

Take a kayaking trip on Lake Arenal giving you the best views of the behemoth volcano of Arenal and an opportunity to spot many species of birds

Kayak: 65 USD

Take a fantastic white-water rafting trip on the Balsa or Sarapiquí rivers near La Fortuna some of the best rafting areas in Costa Rica

Raft: 89 USD

Head out for an evening at the spectacular volcanic hot springs complex of Baldi near La Fortuna

Springs: 34 USD

## Day 47 - Monteverde (4th November 2022)

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 48 - Monteverde (5th November 2022)

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.

### Daily Activities

#### Included Activities

Take a guided trek to explore the stunning forest trails of the Monteverde Cloud Forest Reserve learning all about the fascinating and beautiful ecosystem there

Included

#### Optional Activities

Visit the Bat Jungle exhibition in Monteverde learning all about the various bat species of the area from an expert guide

Entrance: 10 USD

Explore the incredible cloud forests of Monteverde at the tree-top level on a 3km canopy bridge circuit

Bridge course: 30 USD

Visit the fantastic Butterfly Gardens of Monteverde and learn all about the abundant bug-life of Costa Rica's cloud forests

Entrance: 10 USD

Learn all about the cultivation and processing of the world-renowned coffee of Costa Rica at one of the many incredible coffee plantations near Monteverde

Coffe tour: 35 USD

Take a spectacular canyoning tour near Monteverde including abseiling down 6 different waterfalls!

Entrance: 50 USD

Fly above the cloud forests and valleys of Monteverde on an exhilarating zip-lining course

Zip line: 50 USD

Take an exhilarating off-road quad biking trip around the stunning countryside of Monteverde (driving licence required)

Quad bike tour: 70 USD

Explore the magnificent Monteverde Orchid Gardens home to over 400 species of orchids found in the region

Entrance: 10 USD

Head out to the cloud forests of the Santamarias Reserve to explore the area by night when much of the elusive local wildlife comes out

Walk: 23 USD

Learn about Costa Rica's spectacular amphibians at the Monteverde Frog Pond

Entrance: 13 USD

Explore the stunning forests and banana plantations of Monteverde on a horse riding trip

Riding: 35 USD

## Day 49 - Manuel Antonio NP (6th November 2022)

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 50 - Manuel Antonio NP (7th November 2022)

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.

### Daily Activities

#### Included Activities

Take a guided walk through the stunning trails of Manuel Antonio National Park finishing at the world-class tropical beaches where you can swim and relax

Included

#### Optional Activities

Explore the rainforest canopy and its incredible wildlife and landscapes on a wonderful canopy bridge course near Manuel Antonio

Canopy: 30 USD

Explore the ocean on a catamaran sailing trip heading out in search of dolphins tropical fish and turtles and witnessing an unforgettable offshore sunset

Catamaran: 40 USD

Join a scuba diving trip to explore the reefs and underwater volcanic rock formations in the oceans near Manuel Antonio

Diving: 50 USD

Explore the stunning cattle ranches fruit plantations and palm trees of the countryside near Manuel Antonio on a horse riding trip

Horse riding: 30 USD

Head on an exhilarating guided jet ski trip on the Pacific Ocean near Manuel Antonio

Jet ski: 40 USD

Explore the mangroves of Manuel Antonio by boat or by kayak in search of rainbow boas crocodiles and various water birds

Boat trip: 20 USD

Take an exhilarating trip to the rainforests near Quepos to enjoy an incredible zip lining course

Zip line: 40 USD

Head out on a wonderful quad biking trip through the tropical countryside of Manuel Antonio and Quepos

Quad bike tour: 40 USD

Go on an incredible white-water rafting trip on the Naranjo and Savegre rivers near Manuel Antonio National Park

Rafting: 40 USD

Take a paddle-boarding lesson to explore the secluded beaches of Manuel Antonio National Park

Paddle boarding: 20 USD

Try your hand at surfing on a short lesson in Manuel Antonio National Park

Surfing: 10 USD

## Day 51 - Boquete (8th November 2022)

**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 52 - Boquete (9th November 2022)

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.

## Daily Activities

### Optional Activities

Trek up to the summit of Volcán Barú at 3478m the highest point in Panama - please note this is a strenuous trek and usually takes approximately 8-12 hours so you will need to be in decent physical condition to participate

Guided trek: 80 USD

Take a fascinating bird-watching trip into the Chiriqui Highlands one of the most abundant areas of birdlife in the Americas

Bird watching: 50 USD

Take a day trip out to Boca Brava on the Pacific coast where you can swim kayak snorkel and relax on some of the stunning beaches there

Day tour: 75 USD

Enjoy a fantastic short canyoning trip through the gorges of Gualaca near Boquete

Canyoning: 25 USD

Go on a half-day rock climbing trip to the basalt cliffs near Boquete one of Panama's best climbing destinations

Climbing: 45 USD

Head out on a tour of some of the fascinating coffee plantations around the Chiriqui Highlands near Boquete

Coffee Tour: 30 USD

Explore the spectacular Caldera Highlands around Boquete on horseback riding through rainforests and local farms and coffee plantations

Riding: 35 USD

Head out on a quad bike tour of the mountains, forests and coffee plantations near Boquete (driver's licence required)

Quad bike tour: 55 USD

Head out on an exhilarating white-water rafting expedition on the Chiriqui Viejo river near Boquete, one of the world's best rafting areas with 35 world-class runs to choose from

Rafting: 65 USD

Trek the famous Quetzal Trail through the cloud forests of the Chiriqui Highlands, or trek to various waterfalls in the rainforest

Quetzal Trek: 90 USD

Head on an excellent 12-line zip-lining course through the cloud forests near Boquete

Zip line: 65 USD

## Day 53 - Camino Real (10th November 2022)

**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.

### Daily Activities

#### Included Activities

Explore El Camino Real, the original route connecting the Pacific with the Caribbean

Included

## Day 54 - Panama City (11th November 2022)

**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.

### Daily Activities

#### Included Activities

Visit the world-famous Panama Canal at the Miraflores Visitors' Centre, and learn all about the fascinating history of this controversial structure

Included

## Day 55 - Cartagena (12th November 2022)

Today there will be a flight from Panama City to Cartagena which will have been booked for you.

Upon arrival in Cartagena you will be taken to the joining hotel for the next leg of the trip.

## Daily Activities

### Included Activities

Panama City Flight

Included

## Day 56 - Cartagena (13th November 2022)

**Border Information:** if joining in Cartagena, you will most likely enter Colombia at Cartagena Rafael Núñez International Airport (IATA code: CTG).

There will be an important group meeting at 6:00pm at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

Please note that many of the options listed below will only be possible for those with extra time in Cartagena 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 Cartagena.

If you are continuing on from Panama, then your leader will have assisted you with airport transfers for your included flight to arrive in time for the joining meeting.

## Day 57 - Cartagena (14th November 2022)

**Meals:** Breakfast

Today we will have a full day in the beautiful coastal colonial city of Cartagena.

In the morning we will have an included walking tour of the city, and then the afternoon will be free to explore the city further, enjoy the many optional activities on offer, or simply relax on the beach.

## Daily Activities

### Included Activities

Explore Cartagena on a guided walking tour

Included

### Optional Activities

Discover the brutal history of the Spanish Inquisition at their former headquarters in Cartagena the Palace of the Inquisition

Entrance: 15,000 COP

Guide: 10,000 COP

Days diving or snorkelling trip out to Islas del Rosario, Cartagena

Boat trip (speed boat): 70,000 COP

Learn all about Cartagena's naval tradition and history at the Naval Museum of the Caribbean

Entrance: 15,000 COP

## Day 58 - Tayrona NP (15th November 2022)

Today we have a short drive to the stunning Tayrona National Park.

In Tayrona we will sleep in Hammocks, no food is provided, but there are restaurants and cafes nearby by. There is an hour walk from where we park our truck to our campsite.

## Day 59 - Tayrona NP (16th November 2022)

Today we have an included walk in the National Park.

## Daily Activities

### Included Activities

Explore some of Tayrona National Park's scenic walking trails including a hike to the mysterious ancient ruins of Pueblito hidden in the jungles high above the coastline

Included

### Day 60 - Lorica (17th November 2022)

This morning we will walk back to our truck and leave Tayrona National park. We will head south for the pretty colonial town of Santa Cruz de Lorica on the Sinu River.

We will have a free day to relax and discover the historic centre, learn about the traditional Vueltiao hat or head to the coast and soak up the sun in San Bernardo del Viento.

### Day 61 - Lorica (18th November 2022)

We will have a free day to relax and discover the historic centre, learn about the traditional Vueltiao hat or head to the coast and soak up the sun in San Bernardo del Viento.

### Day 62 - Medellin (19th November 2022)

Today we have a full days drive to vibrant city of Medellin. the following morning we will have a guided walking tour of the city. We then have plenty of time to relax or take part in some of activities available here.

### Day 63 - Medellin (20th November 2022)

**Meals:** Breakfast

This morning we have an included half-day city tour of Medellin using our overlanding truck.

## Daily Activities

### Included Activities

Head out on a fascinating guided tour of Medellin and learn all about it's tumultuous past

Included

### Optional Activities

Take the pioneering Metroline cable car up to Santo Domingo to see a very different area of the city and the revitalising effect the Metroline has had on the communities there

Cable car ride: 1,750 COP

Visit the colossal Catedral Metropolitana in the city centre built using over a million bricks between 1875 and 1931

Entrance: Free

Head out and discover some of Medellín's vibrant and unusual nightlife at the Dulce Jesus Mio club

Entrance: 10,000 COP

### Day 64 - Medellin (21st November 2022)

**Meals:** Breakfast

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Free day to explore Medellin.

### Day 65 - Manizales (22nd November 2022)

**Meals:** Breakfast, Lunch, Dinner

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Today we will head into the heart of the coffee region to stay at a Hacienda near the town of Manizales.

### Day 66 - Salento (23rd November 2022)

**Meals:** Breakfast, Lunch

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Today we will continue our journey south to the small town of Salento, the gateway to the spectacular Valle de Cocora.

Salento will be our base to take a guided trek through the Cocora Valley to see the Quindio wax palm trees, the largest palms in the world and the national tree of Colombia and also to do a coffee plantation tour.

### Day 67 - Salento (24th November 2022)

**Meals:** Breakfast

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Today we will take a guided trek through the Cocora Valley to see the Quindio wax palm trees, the largest palms in the world and the national tree of Colombia.

## Daily Activities

### Included Activities

Head out on a half-day guided trek through the spectacular Cocora Valley and see the incredible 50m-tall Quindio wax palms the tallest palm trees in the world!

Included

### Day 68 - Salento (25th November 2022)

**Meals:** Breakfast

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Today we have time to explore the coffee plantation and learn about coffee.

## Daily Activities

### Included Activities

Learn about Colombia Coffee and wander the plantation

Included

### Day 69 - Popayan (26th November 2022)

**Meals:** Breakfast

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Today we will drive to the beautiful town and former colonial capital of Popayán.

On the following day we will have a free day to explore Popayán or take part in some excellent treks or other optional activities in the surrounding area.

### Day 70 - Popayan (27th November 2022)

**Meals:** Breakfast

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Today we will have a free day to explore Popayán or take part in some excellent treks or other optional activities in the surrounding area.

## Daily Activities

### Optional Activities

Relax in the volcanic thermal springs near the village of Coconuco dramatically set in a steep-sided valley

Thermal springs trip: 60,000 COP

Trek to the 4650m summit of the towering Puracé volcano near Popayán

Hike: 130,000 COP

## Day 71 - Ipiales (28th November 2022)

**Meals:** Breakfast

Today we will have a full day drive to the border town of Ipiales.

## Day 72 - Otavalo (29th November 2022)

**Meals:** Breakfast, Lunch, Dinner

We will leave Colombia behind today and cross the border into Ecuador, we will have time for an included visit to the beautiful Santuario de las Lajas, before heading to Otavalo.

**Border information:** Exit Colombia at Ipiales, enter Ecuador at Ipiales.

## Daily Activities

### Included Activities

Visit the jaw dropping Santuario Las Lajas on the outskirts of Ipiales

Included

## Day 73 - Quito (30th November 2022)

**Meals:** Breakfast

We will head south for the final leg of our journey to the bustling capital, Quito. En route into the city we will have an included visit to Mitad del Mundo, the monument that marks the Equator.

## Daily Activities

### Included Activities

Visit the equator at Mitad del Mundo

Included

## Day 74 - Quito (1st December 2022)

**Meals:** Breakfast

**Border information:** if you are finishing in Quito, you will most likely exit Ecuador at Quito Mariscal Sucre International Airport (IATA code: UIO).

Today is the end day for passengers finishing their trip in Quito. 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.

Accommodation:

## Daily Activities

### Optional Activities

Take a walk around Quito's incredible Botanical Gardens, which showcases all of Ecuador's various ecosystems and their flora

Entrance: 4 USD

Visit the Museo Mindalae, the extremely original project showcasing Ecuador's rich cultural diversity

Entrance: 3 USD

Visit the Museo Nacional del Banco Central showcasing the countrys largest collection of Ecuadorian art and housing an impressive gold collection

Entrance: 2 USD

## 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](mailto: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.

# ALTITUDE WARNING

## **Warning - this trip goes above 2800m.**

Please note that this trip spends time above 2800 metres/9200 feet where it is possible for travellers to experience some adverse effects on your health due to the altitude, potentially including Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE). Because of this it is very important that you make yourself aware of the cause and effects of travelling at altitude and monitor your health during this trip.

For further information please [download our AMS information sheet](#) or refer to the following website: [www.high-altitude-medicine.com](http://www.high-altitude-medicine.com). If you are starting your trip in a destination above 2800m/9200ft we strongly advise reading this information prior to arrival. Your leader will also hand you a copy of the AMS information sheet during your trip as well as holding a short meeting prior to travelling to altitudes above 2800m/9200ft for the first time.

**Some travel insurance companies will stipulate a maximum altitude limit. Please ensure that you are covered and if necessary pay the additional premium of extended cover.**

## MEXICO NOTES

## GUATEMALA NOTES

## BELIZE NOTES

## PANAMA NOTES

## EL SALVADOR NOTES

## HONDURAS NOTES

## NICARAGUA NOTES

## COSTA RICA NOTES

## COLOMBIA NOTES

## ECUADOR NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 25th February 2021**