



# GALAPAGOS ISLAND CRUISE - 5 days



## **COUNTRIES VISITED: ECUADOR**

#### **INCLUDES**

- · Accommodation on board boat and/or hotel of Puerto Ayora
- All meals (breakfast, lunch & dinner)
- Snacks after visits
- Naturalist bilingual guide (English-Spanish)
- Fresh water to drink, tea, coffee

# **EXCLUDES**

- Flights to/from Galapagos
- Galapagos National Park fee (US\$120 per person)
- INGALA transit card: \$20 USD
- \$20 USD per person for a "pier use fee" at Puerto Villamil (Isabela Island)
- Snorkelling gear hire mask, tube, fins : USD \$20 for 5 days
- Extra drinks
- Tips
- Personal expenses

#### TRIP ITINERARY

# **DAYS 1 BALTRA - MOSQUERA**

Baltra Island: This island was a strategic point during the Second World War. It is the main airport for the Galapagos Islands where tourists and colonists arrive and depart. At the Arrival at Baltra Airport, our naturalist English speaking guide will assists you. Transfer to the yacht. Welcome and briefing. Mosquera: After lunch, disembarkation at Mosquera Island (wet landing) located between North Seymour and Baltra. The island consists is a long narrow stretch of white sand, rocks, and tide pools. Created by Geological uplift the island has a flat look to it rather than the conical shape of the volcanically formed islands. It is a great place for snorkeling, strolling on the beach, and enjoying the animal life without the tourist crowds common at many of the more popular islands. This islet is actually home to a huge population of Sea Lions and is also home to many Shorebirds. Briefing and dinner on board.

# **DAYS 2 ISABELA ISLAND - FERNANDINA ISLAND**

Vicente Roca Point (Isabela Island): After breakfast, panga ride visit to Vicente Roca Point. Comprised of two separate coves, this site is a large bay with spectacular sea life, observing Seahorses, Sea Turtles, Rays, Puffer Fish, the strange yet fascinating Mola-mola (or sunfish), we see also Penguins, Blue-Footed Boobies and Nazca Boobies. Lunch on board. Espinoza Point (Fernandina Island): In the afternoon disembarkation (dry landing). Walk (600m. round trip, 1.5h, flat, sandy and rocky path) to see Lava Flows, a colony of Marine Iguanas (Resting time: January to June), Penguins, Pelicans and colonies of Cormorants, Lava Cactus. Time for snorkeling. Briefing and dinner on board.

#### DAYS 3 URBINA BAY - ISABELA ISLAND

Isabela (Urbina Bay): After breakfast, disembarkation at Urbina Bay (wet landing), located in the west of Isabela Island, at the food of the Alcedo volcano. Walk on a sandy and rocky defined path (1 km. round trip. 2h, flat), observing calcareous organisms (shells, corals) exposed above water. In this area we see a large colony of land Iguanas, Darwin's finches, Giant Tortoises (between June - September) and Flightless Cormorants. After the hike, time for snorkeling along the shoreline where guests may observe Penguins and Flightless Cormorants. Tagus Cove (Isabela Island): After lunch visit to Tagus Cove that was a port where whaling ships arrived and left their ships' names in a cave in 1800. In the high part is the Darwin Lake, a round salt water crater. Disembark (dry landing). Walk begins from the shore by a wooden stairway that rises to the dusty trail passing through Palo Santo forest to reach the Darwin Lake. Continue on the trail around the lake through the dry vegetation zone. Panoramic views to the Darwin and Wolf volcanoes. (2kms round trip, 2h / starts at 0m, ascending to 50mts). Later, panga ride through the cliffs to observe the historical graffiti, Penguins, Flightless Cormorants, Boobies, Pelicans and Sally Lightfoot Crabs. Snorkeling time in the cove. Briefing and dinner on board.

#### **DAYS 4 SANTIAGO ISLAND**

Egas Port: Breakfast. The visit to Puerto Egas begins with a wet landing on the dark sand beach of James Bay. Walk along a rocky trail to the salt crater (1.7km. round trip, 1.5 h, start at 0m, ascend 30m), observing Darwin Finches, the endemic Galapagos Hawks, Marine Iguanas, Sally Light Root Crabs and Fur Seals and Sea Lions. Time for swimming and snorkeling. Sombrero Chino: After lunch, disembark (wet landing) for a short walk of 200m. (30mins. round trip, flat and rocky), observing lava tunnels, lava cactus, Galápagos Sesuvium. Time to swim and snorkel. Return to the yacht. Dinner and briefing for next day.

#### DAYS 5 SANTA CRUZ ISLAND - BALTRA

Santa Cruz Island (Charles Darwin Research Station): After breakfast, walk for about 20 minutes to the Charles Darwin Station, to observe the Galapagos Giant Turtles breading. The Darwin Station is part of the Charles Darwin Foundation for the Galápagos Islands, an international nonprofit organization dedicated to scientific research in the Galápagos Islands since 1959. After this visit transfer to Baltra Airport by bus for your return flight to Guayaguil. This is the end of the trip.

# **ESSENTIAL INFORMATION ABOUT YOUR TRIP**

# **ARRIVAL & ACCOMMODATION**

Trip Joining Point: Baltra Airport

**Start Time Day 1:** Before 11:00am

On arrival into Quito city you are required to check in with Lorena, our Galapagos representative, 24 hours prior to departure when she will check your documents and issue you with a Voucher for the cruise.

Lorena - Agencia Tierra de Fuego - Address: Av. Amazonas N23-23 y Veintimilla - Phone: + 593 2601 0183 / 2250 1418 / 2604 6567 Mobile: + 593 998104975 / + 593 9983 1921

Email: info@ecuadortierradefuego.com

We are able to reserve accommodation for you in Quito before your trip if you would like at the Majestic Hotel, close to the new city area. All rooms have a bathroom. A great value simple hotel with good service, and in a convenient location for exploring Quito. We can book the Majestic Hotel, but please give us 6 week's notice.

All prices listed are approximate and subject to limited availability.

Room Type	Price	Description
Single en-suite	US\$21.00	Per Room
Double /Twin en-suite	US\$25.00	Per Room
Triple en-suite	US\$28.00	Per Room

#### PRE-TRIP ACCOMMODATION:

We provide a free service for booking pre-trip accommodation. Please contact us if you would like us too arrange this for you at <a href="mailto:southamerica@oasisoverland.co.uk">southamerica@oasisoverland.co.uk</a>.

Double, twin, and triple rooms will be provided subject to availability, where requested. However when not available we may need to book other rooming arrangements, and will fit these as closely as possible to your request. Those travelling solo will be put in shared rooms to reduce the costs to them, which may be twin/triple shares with other Oasis Overland travellers. Single rooms may be available in some cities for solo travellers, and we will arrange this for you on request, subject to availability.

If you are arriving early in the morning and you would like to check in immediately, you may have to reserve your room for the previous night to ensure direct check in, otherwise you may have to wait until normal check in times (usually 1pm to 2pm).

Accommodation costs for any additional nights are payable direct to the Hotel Majestic on arrival in \$US.

### **AIRPORT TRANSFERS:**

**An Airport Transfer is i**ncluded from Quito to the airport to catch your flight to Baltra. The transfer is arranged with Lorena in Quito and will be arranged during the Check-in process.

**Airport Transfer in the Galapagos Islands** – Included. Transfer between the airport and dock in the Islands is included - look out for the name of your ship on a sign!

## **FLIGHT INFORMATION**

We recommend taking an extra day or two either before or after your Galapagos Cruise. We can help you reserve a room at the following hotel.

Our Galapagos trip starts on Day one of our itinerary, so you will need to ensure that you arrive at Baltra airport before 11:00am on the day of departure. All flights to Galapagos go via Guayaquil, Ecuador's largest city in the tropical lowlands.

There are many online flight search engines such as <u>www.skyscanner.net</u> or <u>www.ebookers.co.uk</u>, flights can also be booked direct with airline websites or through travel agencies. Please inform us of your flight details as airport transfers can be arranged.

#### **PASSPORTS**

Your passport must be valid for at least 6 months AFTER your trip finishes. This is a general requirement for all of the countries we travel to on our trips.

If you have dual nationality you can only use one passport for the entire trip. It is your responsibility to ensure you have all the relevant visas you require.

#### **VISAS**

The information below is to be used only as a guide and may change without prior notice. It is advisable to contact the relevant embassy in plenty of time before the trip departs to check the current visa requirements. It is **your responsibility** to ensure you have all the relevant visas you require.

## Visas must be paid for in USD cash ONLY.

On arrival to countries in South America, you will be given an 'Immigration card'. It is important that you keep this with your passport during your entire stay in the particular country as it is needed for departure. Failure to produce this immigration slip can result in a fine.

**Transiting via the USA -** Travellers who are flying to South America via the US will require either a US visa or for certain nationalities an Electronic System for Travel Authorization (ESTA) to take advantage of the visa waiver programme. These can be processed and paid for **here**.

If you have travelled to Iran, Iraq, Sudan, Syria, Libya, Somalia or Yemen since March 2011 you will not qualify for the ESTA and must apply for a visa.

It is very important you establish your ESTA eligibility and have the correct documentation before departing, as if you do not have the right authorisation upon checking in at the airport you may not be permitted to travel.

For more information on other nationalities & visas checkout www.projectvisa.com

#### **Ecuador**

Passport Holders from UK, Ireland, Australia, New Zealand, USA, Canada and most EU countries will not require a visa to enter Ecuador.

Passport Holders from other countries, will need to check the current visa requirements with the relevant consulate, and whether you need to obtain the visa in advance.

Travellers **must** have physical proof of health care Insurance whilst travelling through Ecuador. You may be asked to provide this at Immigration at the land border or at the airport on arrival - a printed copy of your travel Insurance should suffice.

## **VACCINATIONS AND HEALTH**

It is possible that you may require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements, so please use the information below as a guide only. We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, antimalarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at <a href="https://www.nomadtravel.co.uk">www.nomadtravel.co.uk</a>. Alternatively you can check out the fit for travel website for more travel health information or consult a reputable travel clinic or your GP for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

**Yellow Fever** - Being vaccinated against Yellow Fever and having a valid certificate and a photocopy is deemed compulsory in many countries we visit, especially at certain borders and are needed if you are entering from an infected country. You can view a list of countries requiring a certificate through the World Health organisation <a href="https://www.who.int/ith/ITH\_country\_list.pdf">http://www.who.int/ith/ITH\_country\_list.pdf</a>

**Rabies** - Vaccinations are regularly recommended for some of the countries that we travel through - especially if time and money are not a deterrent.

**Malaria** - Malaria risk is low throughout the year in Ecuador and Peru in areas below 1500m including coastal provinces.

Medical advice however should be taken particularly if you are visiting the jungle in Ecuador or Lima. For more information visit <a href="https://www.nomadtravel.co.uk">www.nomadtravel.co.uk</a> or <a href="https://www.nomadtravel.co.uk">www.fitfortravel.scot.nhs.uk</a>

**Dengue** - Unlike the malaria mosquito, which bites at night, the dengue carrying mosquito bites during the day. Some areas we travel to do have occasional outbreaks & it is therefore advised that you take care not to be bitten during the day as well as at night. There is no vaccine available.

**Health** - To join our trips you should be in good general health. Your medical insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policies for these. Our crew will need to know of any medication or conditions you may have. For general health advice log onto <a href="https://www.nathnac.org/travel/">www.nathnac.org/travel/</a>

## TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis Trip & at the very least are insured for all necessary medical & repatriation costs incurred.

You will be asked to provide the following details in My Oasis Account if you have not already done so: travel insurance name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies.

We offer tailor made Overland Adventure Travel Insurance that covers most of the adventure and sporting activities on our trips.

For further information on the insurance we offer, the activities covered and costs, check out the <u>Travel Insurance</u> section of our website. You can purchase our insurance by logging into <u>My Oasis Account</u> and click 'Buy Insurance' or through the following <u>link</u>.

# MONEY, BUDGETS AND LP

# **Spending Money**

From past trips and traveller feedback we'd recommend changing US\$100 (or GBP) in Islamabad to local currency. This will pay for the odd coffee and soft drink, as well as a few souvenirs. Personal spending habits & budgets differ greatly from person to person, but generally there isn't a lot to spend your money on as most things are included! If you plan on buying a large item, such as a carpet, then budget for this separately and US dollars would be the better currency. Budget on optional activities separately (see optional excursions page).

## How to bring your currency?

It is best to bring your money in combination of debit/credit cards and US dollars cash. Many places will NOT accept Visa, Mastercard or credit cards in general, but it is still wise to travel with one as a backup. ATMs are few and far between and can be out of service or cards will not always be accepted and there are usually daily withdrawal limits, so having some cash US dollars will provide a useful back-up. You can easily change GB pounds in Islamabad.

# **Changing money**

Change your money only at banks, hotels or forex bureaus/cambios. It is illegal to change money on the street, as these people will normally be opportunistic thieves or undercover police. Your guide will advise you where & when you can change money & with what means. It is also a good idea to have a small CASH emergency fund, to allow for the unexpected.

#### **Credit and Debit Cards**

If using credit or debit cards please note that usually you will be given local currency and NOT US dollars or GB pounds. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked.

# **Pre-Paid Travel Currency Cards**

These cards are similar to normal credit and debit cards but they can be pre loaded with cash before you travel with a set amount allowing you to withdraw this cash using the card at normal ATMs. It is a more secure way to access cash on your trip, but again do not rely on these as your sole means of funds on a trip. Several banks and companies now offer these cards, but be sure to look into the rates for withdrawing cash when making your decision.

#### **Tipping**

Is often expected and relied upon. It is often more than a reward for services well done, but, as wages are extremely low, it is an accepted means of supplementing an income. If you would like to leave a tip for any activity/individual, you could organise this as a group and give a tip at the end. Your guide will be able to advise and normally will tip for your restaurant meals, as part of your trip price.

Because it can be difficult to know what to tip, and because it has such importance in some areas both economically and culturally, there may be times and activities for which your crew will make it clear what level of tipping is 'customary/expected'. This is motivated by the knowledge of how important tipping can be, and the offence or confusion that can be caused when local people are tipped poorly. In the end, tipping remains at the discretion of the individual, but our crew will continue to advise on normal or average rates, and we would ask you to carefully consider the economic or personal impact of being seen as 'under tipping'. We know that many who travel with us are on a tight budget, but ask you to consider that many local people face financial hardship, and also work very hard to try to give you unrivalled service/experiences.

In the past we have been asked by travellers about tipping your guide. If you choose to do this, it would be budgeted separately from the above. Our guys work very hard at making your trip a great travel experience. Working overseas can often be challenging and they are pretty much on call for you 24 hours a day, so it's appreciated as a thank you for hard work and good service, but of course not mandatory or expected. Our suggestion is to budget around US\$1 or \$2 a day.

#### CLIMATE

The Galapagos Islands are situated on the Equator, and the climate does not vary dramatically over the year. The climate of the Islands can best be described as subtropical. There is, however, some variation driven mainly by the ocean currents. Temperatures range from 69 -84 degrees Fahrenheit / 21 -30 degrees Celsius all year round.

There are essentially two seasons:

**Warm Season** from **December to May** - characterised by warmth, rain and sun. This season is driven by the warm El Nino current, making both the sea and land warmer. The season is known for afternoon showers.

**Dry Season** from **June to December** - slightly cooler temperatures, cloudy, and dry due to the Humboldt Current.

# PHOTOGRAPHY AND ELECTRICAL EQUIPMENT

**Cameras (incl. Digital & Video Cameras) -** An easy to use 'point and press' will get you some good photos. For memorable shots, it may be worthwhile investing in an SLR camera, but be sure to get some practice in before the trip! Most towns and cities have internet cafes where you can download onto CD/ internet sites - but don't rely on it.

**Photography -** Be aware of your surroundings when taking photographs and filming. Some locations will be sensitive or have local laws banning photography. For example it is usually forbidden to use cameras at borders or around government buildings, military installations, bridges and airports or to take photos of local officials. If you do take photos or film where it is not permitted you may find yourself being questioned by irate officials who may decide to confiscate your camera or instruct you to delete all the images/footage on your device. If in doubt ask for permission, or if there is no-one to ask use some common sense.

**Drones -** As the use of drones becomes more common, countries throughout the world are gradually updating their laws and restrictions on usage. The specific regulations will vary from one country to another, so do check the UK Foreign and Commonwealth Office advice for the latest information. As with cameras, use your common sense if you do use a drone and avoid operation in sensitive areas. If you plan to bring a drone on your trip with us please contact us first to ensure there will be a suitable place to store it while on your trip.

**Electrical charging & power supply -** It may be difficult to find a power source for charging at times, so a spare battery is a must. Log onto <a href="https://www.whatplug.net">www.whatplug.net</a> for information regarding the different electrical plugs and voltage used in each country.

#### **CONTACTING HOME**

The internet and WiFi are readily available in almost every town and city you will visit; most hotels and hostels will have free WiFi as will many bars and cafes. Do bear in mind that the connections can be unreliable and will not always be as fast as you are used to at home. If a lot of people try to use the internet at the same time the speed will be slower still, especially if trying to make Skype calls or upload photos/videos. During periods of the trip where we are camping, internet will be less common.

Some travellers choose to take an unlocked mobile phone with them and buy local SIM cards in each country, allowing them to use mobile data. If you particularly want or need regular internet access this may be a good option. Telephone calls can be expensive usually £1 to £5 for a three minute call.

**Online Diaries** - A great variety of free "travel blogs" are now available online, they are a good way of keeping relatives and friend up to date with what you are doing and a good place to upload photos,

collecting messages as well as keeping a record for yourself.

#### RESPONSIBLE TRAVEL

# Before you go

- Remove unnecessary packaging before you go waste disposal facilities are often stretched or non existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.
- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so much more out of your trip.
- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- Water-to-Go: Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic
  water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of
  all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any
  non-salt water source. Click here and enter the code OASIS15 to purchase your <u>Water-to-Go</u> products
  at 15% discount. Water-to-Go will then donate a further 15% to Oasis Overland Charity projects.

## While you're travelling

From experience gained in running trips, we have developed our own practical and manageable environmental policy which all of our crew practice on the trips we operate, and they will share this information with you at the start of your trip. We welcome your input on this, plus any new ideas you may have, to improve our existing procedures. As a guide here's a few tips to bear in mind.

- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill your own water bottles from this supply, rather than purchase bottled water along the way-much more environmentally friendly and saves you money.
- Never buy endangered species or endangered habitat products. Apart from the fact of it being illegal it also encourages the trade to continue.
- Look after and preserve the areas we visit. Be careful about stepping on coral reefs or trekking on undesignated tracks.
- Buy locally made crafts and products helping to support the local economy.
- Don't feel when bargaining that you have to get the cheapest price possible just for the sake of it. Pay what the item is worth to you & don't worry about what someone else has paid.
- Try the local food and drinks this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
- Dispose of litter appropriately on your trip. This includes cigarette butts. Not only does litter look unsightly it can be lethal to wildlife.
- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used.
   Where they do not, always bury your waste and make sure it is never near (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel through.
- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit we do the best we can with limited resources & space on our vehicles.

• For books dedicated to travelling more responsibly & ethically see: www.tourismconcern.org.uk

**Community Projects** - Oasis are active in raising awareness and providing support to a number of projects and local schools where we believe we can make a positive difference. More information on the **projects we support**.

#### **SECURITY**

The UK Foreign and Commonwealth Office (FCO) offer country-specific advice, regarding not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCO website, or the equivalent in their home country, to familiarise themselves with local conditions and issues in the countries they plan to visit before committing to a trip with us. You can view their website here.

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail.

**In cities** - All major cities have their share of petty crime (just like our cities) and sensible precautions need to be taken. Wearing expensive looking jewellery or watches and carrying cameras will draw unnecessary attention to you. Leave valuables such as passports and excess money in your hotel safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money belt is more discreet than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets, single women in particular need to be careful and we would suggest that it is safer to be in a group.

Oasis does not take responsibility for clients' personal items and we advise you to not take items of value that are not essential for the journey.

# WHAT TO EXPECT

#### LIFE ON THE ROAD

.....or should we say...'On the Boat!'

Your Itinerary will be confirmed with you 2 weeks before travel along with optional flight ticket information. There are now mandatory 15 day routings for all vessels in place, meaning that different itineraries will be followed on different departure dates.

**Accommodation -** The motor sail boat can carry a maximum of 16 passengers, split between 8 twin cabins (two with double beds) each with a private bathroom and a/c. If you are travelling alone, we will do our utmost to team you up with another person who is also travelling on your Overland tour. If this is not possible you will share with a non Oasis client. The yacht crew will try to pair two people of the same sex together, however on occasions you may find that you are sharing with someone of the opposite sex. Unfortunately due to the size of the vessel they cannot guarantee same-sex rooming. Alternatively we will discuss what single supplement options are available.

**Guide -** You will have an English speaking Nature Guide on board who will join you on the various walks and be on hand to answer your questions throughout your cruise.

**Equipment -** You will be able to hire a snorkel and mask for the duration of your cruise, and a wetsuit or you are obviously welcome to bring your own equipment.

Meals - Food is included whilst on board, but you will need to pay for drinks.

Vegetarians / Vegans / Coeliacs / Gluten & Lactose intolerance - Your Crew will always do their best to cater for any dietary requirement or intolerance whenever possible. However they cannot cater for fussy eaters. It must be remembered that the variety of dishes available to vegetarians may not be the same as available to meat eaters. If there is anything in particular you require in your diet or because of an allergy or would miss from home, it would be best to bring these with you.

Remember that when eating out in local restaurants & hotels that vegetarianism or food allergies / intolerances, are still not widely known about or understood by many local people. i.e Vegetarians or Vegans will often be offered fish or chicken in error. Most large towns and cities, or areas used to tourists, will often have more choice but please be aware that it will probably not be as varied as you are used to when eating out at home.

**Itinerary -** The operator reserves the right to change the itinerary without previous notice due to weather, National Park regulations or notifications and unforeseeable circumstances.

Optional Excursions are paid for on the day and organised during your trip, so you can decide whilst travelling which activity you may want to do. Prices listed are only a guide and may be dependent on fluctuating exchange rates and minimum numbers. Please see below for more details.

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