

# Grand American Adventures

USA, CANADA,  
ALASKA AND  
LATIN AMERICA

[www.trekamerica.com](http://www.trekamerica.com)

## Yucatan Adventure



### Tour Overview

We hit the road running in Cancun and cruise through the Yucatan to the spectacular Chichen Itza ruins. Famous for their well-preserved condition, you will explore the living history of the Mayans and imagine how their legacy has lasted throughout the centuries.

After exploring this amazing archeological site, we carry on to Merida, capital of the Yucatan for two exciting evenings. The city is full of historic architecture, local markets and surprisingly good restaurants. It's a great place to explore or chill out and absorb the atmosphere, as well as to purchase the famously comfortable Mexican hammocks...and they sure will come in handy later when camping on the beach!

Leaving the city and its modern conveniences behind, we head for the wild side. Hiking around the lost city of Uxmal is a feast for the senses as the jungle hums with life. Then, we carry on to mystical Palenque. Palenque is home to some of the most spectacular ruins in Mexico and they are set in the heart of the steamy jungle. Be ready with your camera as there are numerous howler monkeys and tropical birds in the trees, not to mention hidden waterfalls and natural swimming pools.

From the jungles to the mountains, we continue the journey to San Cristobal de Las Casas, the heart of the state of Chiapas. With fascinating Indian markets and cobblestone streets to wander, you will be sure to fall in love with this colonial mountain town. After exploring the city, we will visit the outlying native Indian villages for a glimpse into their culture and the visit will be sure to hold a special place in your memories.

Driving back down to the lower plains, we visit the rambling waterfalls of Agua Azul. Stunning blue-green waterfalls form perfect natural pools where you can kick back and just relax in the sun. Then, nature never ceases to impress as Misol Ha Waterfall cascades some 35 meters down into a jungle lagoon, forming the perfect place for a refreshing swim.

From the jungle of Chiapas, we travel across the vast Yucatan peninsula to the crystal clear "Lagoon of Seven Colours" at Bacalar and the famous Cenote Azul. After a swim in the Caribbean spring water and the huge cenotes, there will be time to enjoy the sunset with an ice-cold margarita.

And now, the crown jewel of the trip- four nights on the Mayan Riviera. Camping on the Caribbean sunny beaches is a dream come true and there is more than just perfect blue water and white sand, adrenaline awaits! Snorkel or SCUBA the underground caves system, quad bike in the jungle or explore Xel-Ha Marine Park before finishing this trip of a lifetime!

### Is This Tour For Me?

Explore ancient Mayan ruins, snorkel along pristine Caribbean beaches and hike to lush jungle waterfalls on this 11 day fully accommodated adventure throughout Mexico's Yucatan Peninsula and Chiapas.

### Tour Itinerary

- 1 Cancun >> Merida (HP)
- 2 Merida (HP)
- 3-4 Palenque
- 5-7 San Cristobal de las Casas
- 8 Chiapas
- 9 Bacalar
- 10-13 Caribbean Beaches
- 14 Cancun

HP = Hotel nights included in the price

### Tour Essentials

Duration:	14 days
When to go:	Year Round
Accommodation:	11 nights camping & 2 hotel nights
Meals:	Included when camping, other meals paid locally
Start/Finish:	Tour starts 07.30 & finishes approx 18.00 in the lobby of our Cancun area hotel

### Included Highlights

- ✓ Entry to Agua Azul and Misol Ha waterfalls
- ✓ Walking tour of Merida and San Cristobal de las Casas
- ✓ Visit to Indian village markets
- ✓ Admission to archaeological sites: Chichen Itza, Palenque, Uxmal and Tulum
- ✓ All meals whilst camping
- ✓ Professional bilingual tour leader, camping fees/equipment and transportation



# Yucatan Adventure Tour Information

## DAILY ITINERARY

### Days: 1-2 Cancun & Merida

We hit the road running in Cancun and cruise through the Yucatan to the spectacular Chichen Itza ruins. Famous for their well-preserved condition, you will explore the living history of the Mayans and imagine how their legacy has lasted throughout the centuries. After exploring this amazing archeological site, we carry on to Merida, capital of the Yucatan for two exciting evenings. The city is full of historic architecture, local markets and surprisingly good restaurants. It's a great place to explore or chill out and absorb the atmosphere, as well as to purchase the famously comfortable Mexican hammocks and they sure will come in handy later when camping on the beach!

Accommodation: Hotel included. Meals paid locally.

### Days: 3-4 Palenque

Leaving the city and its modern conveniences behind, we head for the wild side. Hiking around the lost city of Uxmal is a feast for the senses as the jungle hums with life. Then, we carry on to mystical Palenque. Palenque is home to some of the most spectacular ruins in Mexico and they are set in the heart of the steamy jungle. Be ready with your camera as there are numerous howler monkeys and tropical birds in the trees, not to mention hidden waterfalls and natural swimming pools.

Accommodation: Camping with meals included

### Days: 5-7 San Cristobal de las Casas

From the jungles to the mountains, we continue the journey to San Cristobal de las Casas, the heart of the state of Chiapas. With fascinating Indian markets and cobblestone streets to wander, you will be sure to fall in love with this colonial mountain town. After exploring the city, we will visit the outlying native Indian villages for a glimpse into their culture and the visit will be sure to hold a special place in your memories.

Accommodation: Camping with meals included

### Days: 8 Chiapas

Driving back down to the lower plains, we visit the rambling waterfalls of Agua Azul, or Blue Water. Stunning blue-green waterfalls form perfect natural pools where you can kick back and just relax in the sun. Then, nature never ceases to impress as Misol Ha Waterfall cascades some 35 meters down into a jungle lagoon, forming the perfect place for a refreshing swim.

Accommodation: Camping with meals included

### Days: 9 Bacalar

From the jungle of Chiapas, we travel across the vast Yucatan peninsula to the crystal clear "Lagoon of Seven Colours" at Bacalar and the famous Cenote Azul. After a swim in the Caribbean spring water and the huge cenotes, there will be time to enjoy the sunset with an ice-cold margarita.

Accommodation: Camping with meals included

### Days: 10-13 Caribbean Beaches

And now, the crown jewel of the trip - four nights on the Mayan Riviera. Camping on the Caribbean sunny beaches is a dream come true and there is more than just perfect blue water and white sand, adrenaline awaits! Snorkel or SCUBA the underground caves system, quad bike in the jungle or explore Xel-Ha Marine Park before enjoying fresh-grilled seafood on the campfire!

Accommodation: Camping with meals included

### Days: 14 Cancun

After enjoying the morning on the beach and perfecting your tan, we will return to Cancun to say farewell. Hasta la vista, baby!

## ARRIVAL / DEPARTURE HOTELS

Our arrival and departure hotels are conveniently located and serve as your tour's start and end points. Rooms are comfortable and spacious, with two double beds and en-suite facilities. They make good bases for sightseeing and offer an opportunity to informally meet with your fellow trekkers.

The tour begins at 07:30hrs in the hotel lobby, where you will meet your group and tour guide. You should have packed your bags and eaten breakfast so that you are fresh and ready to start the journey.

The tour ends between 17:00-18:00hrs on the final day. Please do not reserve flights until at least 21:00hrs or the following day.

If you would like to reserve additional nights in our hotel before or after the holiday, or if you would prefer to have your own room throughout, please contact our sales team for additional information and associated costs.

## CAMPING ACCOMMODATION

Camping allows us to stay in the heart of the most breathtaking natural scenery, away from fast food outlets and the encroaching development; and Grand American Adventures' experienced tour leaders and top quality equipment will surely enhance your experience.

Your comfort is important to us and we know that starts with using high quality camping gear. We only use top of the range, spacious two-person tents and thick (air/foam-filled) sleeping pads to ensure your evenings are comfortable and restful. Your guides help prepare delicious meals (using state of the art camping stoves). All you need to bring is a sleeping bag and a sense of adventure and you will be sure to enjoy the trip of a lifetime!

Nearly all of our local campgrounds provide modern conveniences and amenities such as hot/warm showers (paid locally approx \$2) and flush toilets; whilst others may have swimming pools, shops and launderettes nearby. On special occasions, our groups may utilize rustic, wilderness sites in order to fully appreciate more remote areas' natural surroundings. That said, waking up at camp to the smell of fresh brewed coffee provides a truly intimate natural experience and one that eludes conventional tourists.

**A sleeping bag is required for this tour.** We recommend you take at least a 3-season sleeping bag (0°C).

## USEFUL PHRASES IN SPANISH

### Phrases

- Hello - Hola
- Goodbye - Adiós
- How are things? - Qué tal?
- Please - Por favor
- Thank you - Gracias
- Yes - Sí
- No - No
- Excuse me/sorry -  
Con permiso
- How much is it? -  
Cuánto cuesta?
- Too expensive -  
Es demasiado caro

### Spanish Numbers

- 1 - uno
- 2 - dos
- 3 - tres
- 4 - cuatro
- 5 - cinco
- 6 - seis
- 7 - siete
- 8 - ocho
- 9 - nueve
- 10 - diez
- 20 - veinte
- 30 - treinta
- 100 - cien
- 1000 - mil



# Yucatan Adventure Tour Information

## FOOD & DRINK

Grand American Adventures include all meals while camping (alcohol/drinks purchased locally) and you will be sure to enjoy regular international dinner parties on the road. Our professional guides are great in the kitchen and they will assist the group in preparing delicious, healthy meals for you to enjoy, so you can take that path less travelled... with a full stomach.

We prepare plenty of good fresh food on our camping trips and anticipate hearty eaters. Breakfasts often include fresh fruits and cereal, toast, juice, coffee or tea. Fried bacon or eggs may also be available on more leisurely mornings. Lunches are typically picnic style and consist of a selection of delicatessen meats, cheeses and salads. Dinners are filling and main dishes include pastas, grilled meats/chicken/fish, as well as regional specialties such as fajitas or BBQ's and are accompanied with cooked vegetables or fresh salads.

Meals consist of a variety of balanced dishes and, aiming for universal appeal, we avoid highly spiced foods. Vegetarians are certainly welcome and are always accommodated. Please let us know of any dietary concerns at the time of booking.

On occasion, meals are taken in local restaurants where passengers pay individually for food and drinks en route. Average breakfasts cost from \$4-\$8, lunches from \$5-10 and dinners from \$8-\$15; this does not include alcoholic beverages. Wine costs approximately \$3 per glass and beer \$2 per bottle. Please be aware that a tip of approximately 15-20% is added to group meals in restaurants in Central/South America and applicable taxes will also be added to all listed menu prices.

## GROUP PARTICIPATION

An essential part of a Grand American Adventures camping holiday is helping out around the campsite. Our tents are easy to set up and with guidance from your tour leader, everyone will assist with the setting up and packing of the campsite. As a team, it only takes approximately 20 minutes before setting up your "home with a view" in the great outdoors!

Your tour leaders will organize daily activities and guided hikes, as well as coordinate and assist the group when shopping for food, preparing the daily meals and washing up.

As this is a participatory trip, group members will assist with the preparation of meals and with the washing. That said, often the best meals on the road are created when individuals offer to cook up one of their specialties from home!

## GROUPS

Average group size is 12 passengers.

Passengers come from a range of countries worldwide (average of 4 nationalities per group) and many will be solo travellers. You will find you have many things in common with your fellow trekkers, including a passion for adventure and a strong interest in exploring the national parks of Central/South America.

Grand American Adventures tours are designed for adults over 18 years old. While most passengers are aged 25-55, every year we get many people both above and below this age range. All travellers over the age of 55 will be requested to complete a self-declaration of fitness.

## OPTIONAL ACTIVITIES/SPENDING MONEY

There are many opportunities for optional activities during the holiday. Your tour guide will organize these on your behalf and you will pay locally in cash. Featured activities and approximate prices are listed below:

★ Snorkelling & scuba diving	\$ 60-\$200
★ Xel-Ha Marine Park	\$ 75
★ Quad bike rental	\$ 65
★ Local shops & markets	\$ FREE
★ Merida walking tour	\$ FREE

## Local Currency

The local currency is the Mexican Peso. As in most countries in Latin America, the currencies are closely tied to the US dollar, so you should take US dollars (not sterling), which can be changed with ease in any major town or tourist centre. There are approximately:

12.68 Mexican Pesos to 1 US Dollar

ATM/Cash points are widely available in all major cities. Please ensure that your credit or debit cards have international access and a PIN number to access your funds. (You should also bring USD travellers cheques as a back-up.)

We recommend you take at least US \$35 dollars per day to cover local expenses, but it's better to bring more than you need rather than run short on tour. Your spending money needs to cover optional activities, film, souvenirs and snacks along the way. Please note - Dollar bills should be in good condition, without blemishes/rips, or they may not be accepted.

Additionally, tipping is a way of life in Mexico and, whilst not compulsory, it is expected. We recommend a tip of approximately US \$2-3 per day to be given in cash to your tour leader at the end of your holiday.

## PASSPORT AND TRAVEL DOCUMENTS

This tour visits Mexico and it is your responsibility to obtain the proper passport and visa(s). More details are provided in our Trek Tips pre-departure information at <http://www.trekamerica.com/trektips.html>

You are required to show your passport at immigration. At other times documents, plane tickets, and other valuables may be stored in the hotel safe or in your luggage. Carry a photocopy of the photograph and personal information page of your passport.

Be cautious with belongings; pickpockets are common in congested urban areas, especially in markets. Use a money belt or neck pouch. Bring along a photocopy of important documents, cheques and other valuables in case you lose anything and need to make an insurance claim. You may consider emailing yourself any relevant information as a backup to what you are carrying on your person.

## TRANSPORTATION

Grand American Adventures uses private transportation for the majority of this tour. The vehicles that we use have comfortable seating, have air-conditioning/heating, tinted windows and a stereo (often iPod compatible). Our vehicles also have a custom store space for all luggage and equipment, as well as excellent suspension so we can travel off the beaten track, where the crowds in public coaches cannot go!



# Yucatan Adventure Tour Information

## LOCAL CONTACT INFORMATION

Should you encounter any problems while in Mexico before the tour, please feel free to contact our local representative. Any queries generated at home should be directed to either our USA or UK sales offices. Those numbers are below in the footer of this page.

Tel 0052 777 315 9704

Fax 0052 777 100 0217

Cell 00521 777 264 4943

Our office staff speak English and Spanish and are here to assist you with your inquiries. If you miss a flight, are going to be late for the morning departure or are having other difficulties, give our office a call.

## COMMUNICATIONS

While much of this trek will lead you to far-off places beyond the main tourist routes, communications to the outside world will be possible via telephone or internet. But it should be realized that this may not be possible on all days on tour and some flexibility needs to be understood.

In case of emergency, speak with your tour leader at once to allow him or her time to deal with the situation.

## INSURANCE

It is a condition of joining any of our tours that you must be insured against medical and personal accident risks (to include repatriation costs, air ambulance, and helicopter rescue service). Our insurance policy is designed specifically to cover the potential risks on our holidays- particularly the many optional activities offered.

If you do not take our policy, you must ensure that the policy you do take offers an equivalent level of protection. Any claims concerning matters for which you are insured must be directed to your insurers.

## INOCULATIONS/HEALTH

Currently, no vaccinations are required in order to enter Mexico. However, the following are recommended:

- Hepatitis A
- Typhoid
- Tetanus
- Polio
- Malaria

For detailed information and advice concerning vaccinations go to: [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk) <<http://www.fitfortravel.scot.nhs.uk/>>

Vaccination requirements change periodically so we advise that you check with your nearest specialist travel clinic 4-6 weeks before departure to get up-to-date information.

We also recommend:

- That you know your blood type (or group)
- That you communicate any pre-existing health conditions to both your travel agent and Grand American Adventures tour leader.

## HOW TO BOOK YOUR TOUR

Contact Grand American Adventures by telephone, email or via our website to check availability on the tour you want to join. We can normally hold you a seat on 'option' for up to 3 days to allow you time to finalise your flight arrangements and send us your booking form with a deposit payment.

If you are ready to book and pay your deposit, we have a secure, online booking facility where you can pay in most major currencies with a credit or debit card. Check availability early to avoid disappointment.

Check Availability at:

<http://www.trekamerica.com/grandamericanadventures.html>

## ALTERNATIVE TOURS

If you would prefer to join a different Grand American Adventures tour, we have several other camping tours and a variety of lodging, walking and specialty tours as well as family adventures for you to choose from. Click on the link below for more information.

<http://www.trekamerica.com/grandamericanadventures.html>

## ADVENTURE TRAVEL

All details are provided in good faith. Due to the nature of travel, this information can change and should therefore be taken as an indication only and not as a contractual obligation on the part of Grand American Adventures. If you have any questions, please contact us.

## CLOTHING/BAGGAGE

- Comfortable walking shoes and sport sandals.
- For your comfort we recommend you travel as light as possible; many airlines impose a maximum weight limit of 20kg. We suggest one main piece (a soft bag or rucksack, not a hard suitcase) and a daypack (25-30 litres that is large enough to carry what you need for the day including camera, water, etc.)

We also recommend the following:

- Several changes of underwear and T-shirts
- 2-3 hiking shorts, 1 long hiking pants
- Swim suit
- Wide-brim sun hat or baseball cap
- Windproof/rain jacket
- Long sleeve light shirt
- Sunscreen, sun-blocking lip cream & sunglasses
- Money belt or neck pouch
- Spare plastic bags for organizing laundry, film, etc.
- Insect repellent
- Water bottle
- Flashlight
- Personal First Aid Kit - our trek staff carry a medical kit. In addition, we request that you carry certain basic supplies with you. An analgesic (aspirin or Tylenol), Peptobismol (liquid or tablets), mild laxative, Nasal decongestant, Chlorthrimeton (for allergies), Throat lozenges, Moleskin, Triple antibiotic cream (eg. Neosporin), Band aids (plasters) and an elastic (Ace) bandage.

## Average High / Low Temperatures in Celcius (°C)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Cancun</b>	27/19	27/19	28/21	28/22	30/24	31/25	32/22	32/24	31/24	30/23	28/21	27/20

Celsius / Fahrenheit Conversions: -10°C = 14°F    0°C = 32°F    10°C = 50°F    20°C = 68°F    30°C = 86°F    40°C = 104°F

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Check Tour Availability Online @ <http://www.trekamerica.com/grandamericanadventures.html>

