

EXPLORE!

Guyana and Suriname Explorer

14 days

Guyana, Suriname - Trip code GE



Guyana and Suriname Explorer

Travel with us to Guyana and Suriname as we search for wildlife and discover more about the culture of these two countries located on the Guiana Shield. From tree-top canopies to jungle walkways, mountain summits and dense virgin rainforest, we will search for wildlife including many varieties of birdlife, giant river otters and monkeys. We will also visit the capital cities of Georgetown and Paramaribo and discover some of Suriname's colonial past.

Trip highlights

- ★ **Iwokrama Rainforest** - Search for wildlife from canopy walkways including howler monkeys and several species of birds
- ★ **Surama** - Stay with an Amerindian community and enjoy eating local food
- ★ **Burro Burro River trip** - Experience a dawn canoe trip searching for giant river otters, spider monkeys and more
- ★ **Anaula Nature Reserve** - Spend three nights searching for caiman, visiting local villages and going on nature walks with local guides
- ★ **Capitals** - Explore Paramaribo and Georgetown, the capitals of Suriname and Guyana

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:

Moderate

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour Paramaribo

Join tour Paramaribo and check in to the hotel.



Accommodation: Eco Resort Inn (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

DAY 2 - City tour of Paramaribo, optional sunset dolphin cruise

After breakfast, we depart the hotel for a guided tour of the Surinamese capital which has been placed on the UNESCO World Heritage list since 2002. You will be impressed by the unique architecture of the city as you both drive and walk along the most prominent historic locations in downtown Paramaribo. The guide will give information about the former 'Fort Zeelandia', the Presidential Palace, the Independence Square and many other monuments before driving across the bridge over the Suriname River into the Commewijne district for an idea of how life must have been on the plantations during colonial times. Most plantations are now no longer active. We make our first stop at Meerzorg, formerly the cross-over site from Paramaribo to Commewijne, which was once a coffee plantation. We continue our trip at Plantation Peperpot, which is one of the oldest plantations in Surinamese history, having been founded by the British before Suriname was conquered by the Dutch in 1667. Although it is no longer in use, the buildings and land are still in a surprisingly good condition, and we will be able to see coffee and cocoa plants here, as well as some of the ancient buildings used by the managers and workers. After a delicious lunch (optional) in a typical Javanese restaurant (warung) in Tamanredjo, we continue to Marienburg, a former sugar plantation, to view a stylish plantation residence from the golden days, where the first group of Javanese indentured labourers were put to work. Before continuing our trip towards the open-air museum at Nieuw Amsterdam, we will drive along some of the other old plantations of Ellen, Leliendaal and Alkmaar. This evening there is the opportunity for a sunset dolphin tour (optional). Often groups of up to 20 dolphins can be seen, and if we are lucky their curiosity will bring them towards the boat to jump and play.



Accommodation: Eco Resort Inn (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 3 - Drive to Atjoni, boat ride along the Suriname River to nature resort

This morning we depart Paramaribo and travel south towards where our nature and cultural adventure awaits us. We will arrive at the village of Atjoni and join a motorised boat for a 45 minutes boat ride along the Suriname River, passing various villages where we are greeted by children waving along the banks as the older locals go about their daily chores. Breathtaking scenery is interspersed with vast open savannahs as our skilled boatman passes the tempestuous Jaw Jaw rapid. Nestled on the bank of a beautiful island, at the foot of the Ferulassi Falls, lays the nature resort where we will spend the next two nights. After lunch we will have the opportunity to explore the resort heading out in a dugout boat to an island in the Ferullasi rapid which has a sandy beach where we can relax, swim and enjoy a natural jacuzzi. After dinner there is an exciting adventure to search for caimans. The night boat trip, by motorised dug out canoe, gives us the chance to enjoy the wonderful starry sky and the complete silence of the rainforest. Our guide will also provide more information about the Saramaccan culture.



Accommodation: Danpaati River Lodge (or similar)



Standard Lodge



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 4 - Canoe journey to visit local villages

After breakfast we depart the resort by canoe for the village of Nieuw Aurora. During our guided trip through the village we will be introduced to the unique way of life of the local population and to the wonderful traditions brought from Africa by their ancestors. We will journey to see the Mission Station where there is a church, a primary school and a medical post. As we make our way to the village of Gunsu where our canoe awaits, we pass along cultivation fields with plants and crops of the local population before returning to the resort in time for lunch. After lunch there is the choice to swim or recline in a hammock by the river and simply enjoy the beautiful natural scenery and views from the island. If you are feeling more active, you can go for a nature walk within the forest that covers the island and see the forest through the eyes of the indigenous guide learning about medicinal plants and their uses in the Saramaccan culture. After dinner we can enjoy a traditional and cultural dance performance, and you will be able to use your guide's expertise to explain the cultural significance of each dance.



Accommodation: Danpaati River Lodge (or similar)



Standard Lodge



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 5 - Free morning to relax or go for walks, return to Paramaribo

This morning is free to go on a tour to see the various agricultural plots of the local people, go swimming, go for a stroll in the forest or relax in a hammock and just enjoy the peace and quiet of nature. After lunch we will return to Atjoni by boat and travel back to Paramaribo.



Accommodation: Eco Resort Inn (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast & Lunch

DAY 6 - Travel to Georgetown via the Mangrove Heritage Trail

Leaving Paramaribo early this morning, we transfer by bus along the coast of Suriname to Nieuw Nickerie to the border with Guyana. Crossing the newly constructed floating bridge across the Berbice River, we arrive at the oldest town New Amsterdam where we will have a short tour. En route to Georgetown, we will also visit the Mangrove Heritage Project. Turning towards the Atlantic Ocean, the scenery includes an old Dutch Koker used to drain the agricultural lands along the low lying coastline. The serene temples of the Hindu Ashram at Cove and John then come into view from across the lake. We are now in the heart of Guyana's first mangrove reserve, owned and managed by the community. Along this coastal strip, we will see four different mangrove species and a wide wetland area, teeming with birdlife and tropical fish. If we're lucky, we will see local fishermen beating the pond water to chase fish into their nets. In the middle of the wetland is a small island of lush, black mangroves where beekeepers produce the distinctive golden mangrove honey. Along the trail, local tour guides point out the array of medicinal plants found in nature's pharmacy right in their backyard and we will learn of the traditional remedies effectively used by Guyanese for generations. Continue to Georgetown, the capital and largest city in Guyana. Situated on the right bank of the Demerara River Estuary, it was chosen as a site for a fort to guard the early Dutch settlements of the Demerara River. The city of Georgetown was designed largely by the Dutch and is laid out in a rectangular pattern with wide tree lined avenues and irrigation canals that criss-cross the city.



Accommodation: Grand Coastal Hotel (or similar)



Standard Hotel



Single room available




Meals Provided: Breakfast


DAY 7 - Free day in Georgetown, optional Kaieteur Falls trip

Today has been left free to explore Georgetown or take an optional trip to Kaieteur and Orinduik Falls. The Kaieteur Falls, first seen by a European on April 29, 1870, is situated in the heart of Guyana on the Potaro River, a tributary of the Essequibo. The water of Kaieteur, one of the world's natural wonders, flows over a sandstone conglomerate tableland into a deep gorge - a drop of 822 feet or 5 times the height of Niagara Falls. The Orinduik Falls is where the Ireng River thunders over steps and terraces of solid jasper, a semi precious stone. With a backdrop of the rolling grass covered hills of the Pakaraima Mountains, this is truly one of the most beautiful locations in Guyana's hinterland. The trip departs from Ogle Airstrip in Georgetown and lasts approximately 7 to 8 hours with two hours spent on the ground at each waterfall.



Accommodation: Grand Coastal Hotel (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast


DAY 8 - Transfer to the Iwokrama Canopy Walkway

Early morning transfer by private bus from Georgetown through the Bauxite Mining township of Linden and into the rainforest. The laterite road is easy traveling to Mabura Hill and then it becomes an adventurous drive on rainforest trails to the Essequibo River, which we will cross on pontoon. The trail continues through the million acres of the Iwokrama Rainforest. Along the road jaguars are often seen crossing into the forest. No promises, but many have been lucky! We will also watch for the myriad of bird species that frequent the forest edge, including Crimson and Purple-necked Fruit-crow, and Gray-winged Trumpeter. This road is the only north-south access in Guyana and links the country to Brazil. If we take our time, the road also offers excellent opportunities to spot a host of birds, sloths, snakes, flowers. From time to time, river otters are spotted in the small creeks that pass under the wooden bridges. We'll explore both from the vehicle and on foot. The trip continues to the Iwokrama Canopy Walkway. The Canopy Walkway is a series of suspension bridges and observation decks of up to 30 meters (98 ft) in height and 154 meters (505 ft) in length. The state-of-the-art construction allows trees to grow normally by using adjustable cables and braces throughout the support structure. The four observation decks enable visitors to view the mid and upper-level forest canopy and allow wildlife to remain relatively free from human intrusion. We will be looking for a procession of striking, canopy-dwelling birds such as Screaming Piha, Caica Parrot, White-throated Trogon, Golden-winged Parakeet, Guianan Toucanet and many more. If we are lucky we may even see the stunning and highly south-after Pompadour Cotinga. A notoriously shy species of monkey, the shaggy Guianan Saki, is sometimes seen here, along with families of spider and howler monkeys feeding on the fruits of nearby trees. Every day brings a new surprise to guests on the Canopy. We will also take time to explore Amerindian petroglyphs and pottery shards along the access trail. The mountain behind the canopy walkway was one of several lookout points in what seems to be an interconnected network of trails and observation points all of which feature carvings to guide travellers.



Accommodation: Atta Rainforest Lodge (or similar)

 Simple Lodge

 Meals Provided: Breakfast & Dinner


DAY 9 - Wildlife spotting from canopy walkways

Today we will spend the day wildlife spotting from walkways and trails in area. Another area where we will want to spend some time is the clearing around the lodge, as this is one of the best places to see another of Guyana's 'must see' birds, the Crimson Fruitcrow. This species is seen here on a reasonably regular basis, as it often comes to feed in some of the nearby trees. We can spend the day birdwatching from the mid and upper canopy on the walkway as flocks travel past and also look for Paradise Jacamar, White-necked Puffbird, the clearing is also a reliable site for Black Curassow, as there is a family party which has become habituated to people and regularly passes through the clearing. With reasonable luck, we should be able to add this bird to the impressive list of species we hope to see around the lodge and walkway.



Accommodation: Atta Rainforest Lodge (or similar)

 Simple Lodge

 Meals Provided: Breakfast, Lunch & Dinner

DAY 10 - Drive to the Amerindian village of Surama

This morning we will enjoy walks on the walkway or jungle trails before continuing to a rainforest trail where Guianan Cock-of-the-Rocks are known to display and nest. The trail is through interesting forest and the guides will demonstrate the use of the plants.

There is also the possibility to do an optional tour to a nearby Harpy Eagle nest assuming this is active. The nest itself is located in a huge emergent tree only a couple of miles from the village and if we are extremely fortunate, we may see one of the adult birds bringing a sloth or monkey to the nest to feed their chick. The trek into the nest site is about an hour each way on a reasonable trail. We continue to the Amerindian village of Surama. The village is set in five square miles of savannah and surrounded by the densely forested Pakaraima Mountains. Surama's inhabitants are mainly from the Macushi tribe and still observe many of the traditional practices of their forebearers. Our accommodation will be in 'benabs' (thatched sleeping shelters) and our meals will feature excellent local produce. There is great birding leading to the village and the surrounding savannah and you may see White Throated Toucans, Pearl Kites, Great Potoo and White-tailed and Savannah Hawks. Another of the special birds which can be found around Surama is the Rufous-winged Ground-cuckoo. Whilst Neomorphus ground-cuckoos are undoubtedly amongst the toughest family of birds to locate anywhere in the Neotropics, Surama offers one of the best-known chances for seeing Rufous-winged Ground-cuckoo and to maximise the odds of us finding one, we will use expert local guides to assist us. We will, however, still count ourselves as extremely fortunate if we succeed in getting a good look at this extremely elusive species. Tonight we will enjoy an educational walk to observe wildlife and experience the mystique of the forest after dark.



Accommodation: Surama Eco Lodge (or similar)



Simple Guesthouse



Meals Provided: Breakfast, Lunch & Dinner

DAY 11 - Walk up Surama Mountain for incredible views

Today we rise before dawn for a walk across the savannah and then climb up Surama Mountain in the cool morning air. This is the best time to observe birdlife along the trail. Breakfast will be served at a look out point which affords incredible views across the village and savannah to the Pakaraima Mountains. Then we return to the village for lunch and then in the cool of late afternoon, we will take a 1.5 mile walk across the savannah and through the rainforest.



Accommodation: Surama Eco Lodge (or similar)



Simple Guesthouse



Meals Provided: Breakfast, Lunch & Dinner

DAY 12 - Burro Burro River trip searching for wildlife

At dawn we will walk to the Burro Burro River from where the local guides will paddle us upstream for opportunities to observe birdlife and wildlife in their natural habitat, including Giant River Otters, Tapir, Tira, Spider Monkeys and many more species, before returning to the village for lunch. As the afternoon cools you may opt to rest and relax around the cabins, with the added option of an escorted tour along the trails to observe the forest and bird life. See the forest through the eyes of your indigenous guide and learn about the medicinal plants and their uses in the Amerindian culture.



Accommodation: Surama Eco Lodge (or similar)



Simple Guesthouse



Meals Provided: Breakfast, Lunch & Dinner

DAY 13 - Fly back to Georgetown

After breakfast, we transfer to Annai or Lethem for a flight back to Georgetown. The afternoon is free to explore the city, and a great way to do this is to travel into town by the local mini-bus from our hotel, only a 15 minute drive. It's a cheap and easy way to see a bit more of everyday life in Guyana's capital. Georgetown is a nice little city to wander around, highlights being the markets (in

particular the Stabroek Market) and the beautiful and impressive wooden cathedral, one of the tallest wooden churches in the world at a height of 43.5 metres.



Accommodation: Grand Coastal Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 14 - Tour ends Georgetown

Tour ends Georgetown.



Meals Provided: Breakfast

What's included?



Included meals

Breakfast: 13
Lunch: 7
Dinner: 7



Transport

Bus
Boat
Flight



Trip staff

Explore Tour Leader
Boat Crew
Driver(s)
Local Guide(s)
Ranger(s)



Accommodation

3 nights simple guesthouse
6 nights standard hotel
2 nights standard lodge
2 nights simple lodge

Trip information

Country information

Guyana Holidays & Tours

Climate

The climate is warm and humid; temperatures average about 27° C (81° F). Even at night, the temperature rarely drops below 24° C (75° F). At midday during the dry seasons the temperature may reach 36° C (96° F) in the shade. The constant trade winds bring some cooling relief. Short dry season beginning of February to end April; long rainy season: May to August; long dry season: August to November; short rainy season: November to January.

Time difference to GMT

-4

Plugs

2 Pin Flat

Religion

Christian

Language

English

Suriname Holidays & Tours

Climate

The climate is warm and humid; temperatures average about 27° C (81° F). Even at night, the temperature rarely drops below 24° C (75° F). During the dry seasons the temperature may reach 36° C (96° F) in the shade. The constant trade winds bring some cooling relief. Short dry season beginning of February to end April; long rainy season: May to August; long dry season: August to November; short rainy season: November to January.

Time difference to GMT

-12

Plugs

2 Pin Round

Religion

Christianity, Hindu and Islam

Language

Official language is Dutch but English is widely spoken

Budgeting and packing

Optional activities

Paramaribo - Sunset Dolphin cruise - US\$50 Georgetown - Optional steel pans evening US\$40 \bullet Kaieteur and Orinduik Falls - US\$290; Kaieteur Falls US\$240 (dependent on numbers) Please note: Flights to Kaieteur and Orinduik Falls are operated on chartered aircraft and all flights have a minimum passenger restriction. Therefore, any booking to Kaieteur and Orinduik Falls is subject to a minimum of 8 passengers being available to travel. In most cases the local operator is able to fill flights, especially if scheduled for a weekend. However, in the rare case that they cannot meet the required numbers they may offer you the option of rescheduling the trip to another day during your stay, a full refund for that portion of the trip, or an alternative trip. In some cases the local operator can offer a trip to Kaieteur Falls as an alternative, which means you see the major falls of Kaieteur, but miss Orinduik. The Kaieteur and Orinduik excursion can be paid for by credit card for a small admin fee

Clothing

You will need loose fitting, comfortable clothes for hot, humid conditions. Sunhat, sunglasses, long trousers and long sleeved shirts are essential for protection from the sun.

Footwear

Sturdy trail boots and sandals for travelling.

Luggage

20kg

Luggage: On tour

One main piece of luggage (a medium sized backpack is recommended) and a smaller day pack for cameras, water bottle etc. For the internal flight from the interior back to Georgetown, you are only allowed 9kg of luggage. If you exceed this, you will be charged a fine. This means that for days 8-13 you will need a smaller bag for your belongings for those days. Any excess luggage can be left in Georgetown. You are also allowed a small handbag for personal items or a small camera, this cannot exceed 2kg.

Equipment

Head or small torch, water bottle, high factor sunscreen, insect repellent, and large plastic bags to keep personal equipment dry are useful. Mosquito nets are provided wherever necessary including for hammocks during camping. An umbrella is very practical in the tropics, giving protection against the rain (without having to wear stifling raingear) and also against the sun. Please ensure you have enough personal prescription medicine for the duration of the tour.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly you should allow US\$50 for tipping.

International Departure Taxes

Airport departure taxes are approximately US\$30.

Country Information

Guyana Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£10

Dinner price

£13

Beer price

£2

Water price

£0.6

Foreign Exchange

Local currency

Guyanese Dollar.

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where To Exchange

Once outside Georgetown there is no opportunity to exchange money. There will be little time to exchange money in Georgetown and it is suggested you change money at the hotel.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable.

Credit Card Acceptance

Credit cards are only accepted in the cities. Some places may charge a 5% fee.

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

Suriname Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£4

Dinner price

£10

Beer price

£1

Water price

£1

Foreign Exchange

Local currency

Surinamese Dollar

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

A few hotels and companies accept credit cards such as 'Visa' and 'Mastercard' Payments by travelers' cheques and credit cards are charged with administration costs and are not always generally accepted.

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Flight

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).

For more information from Explore about travel advice, click [here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Guyana: No visa required in Guyana for citizens of UK, Australia, New Zealand, Canada and USA. Valid passport required. British passport holders arriving into Suriname via the international airport do not need to apply for a visa beforehand. A single entry tourist card can be obtained on arrival for US\$35. All other passport holders please refer to the relevant embassy for entry requirements. USA: An electronic travel authorisation (ESTA) is required by British citizens transiting via the USA. This must be done on line (<https://esta.cbp.dhs.gov>) no later than 72 hours prior to travel. You must also have an electronic passport with a digital chip. The UK electronic passports feature a small gold symbol (camera) at the bottom of the front cover. Please note that if you have visited Iraq, Syria, Iran or Sudan since 2011 you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. Other nationalities should consult their local embassy or consular office. Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp> Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel

dates.

Guyana Holidays & Tours

Vaccinations

Nothing compulsory however, we recommend typhoid, tetanus, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Suriname Holidays & Tours

Vaccinations

Nothing compulsory however we do recommend protection against hepatitis A and tetanus. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Under International Health Regulations, a yellow fever vaccination certificate is required travellers over 1 year of age arriving from all countries. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.
