

Nicaragua Lakes and Volcanoes

Trip Code: NLV

Version:



WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Discover the charming historic cities of Granada and Leon
- Explore Lake Nicaragua and its 365 islets by boat
- Volcano hikes on Mombacho, Masaya, Cerro Negro and Ometepe Island
- Canoe through the San Juan River Biosphere Reserve
- Enjoy fascinating tropical wildlife on nature walks with expert naturalist guides

AT A GLANCE

- 4 days Walking
- 5 days Sightseeing
- 1 Canoe journey
- 1 Boat trip
- Max Altitude: 1394m
- Join at Managua

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Join us on a captivating adventure that will immerse you in the breath taking landscapes and teeming biodiversity of Nicaragua. Leaving behind the country's bustling capital, Managua, we head south and set our sights on exploring the enchanting Rio San Juan. This picturesque area serves as a sanctuary for a plethora of wildlife, including the enigmatic jaguar and majestic Harpy Eagle. From the quaint village of El Castillo we travel down the river by boat and canoe to reach the Indio Maiz Biological Reserve, a verdant oasis brimming with lush vegetation and distinctive flora and fauna. Returning to civilisation we enjoy the splendour of Granada, a city steeped in history, where vibrant churches adorned with vivid hues invite us to explore. We then embark on to the tranquil waters of Lake Nicaragua and its Islets, revealing a hidden world of basalt rock cloaked in rich foliage and a profusion of avian life, from elegant egrets to soaring kingfishers.

We delve deeper into Nicaragua's nature with a guided hike through the cloud-kissed Mombacho Volcano Reserve, with panoramic views of Lake Nicaragua before a special sunset visit to the neighbouring Masaya Volcano and its smouldering fiery crater. The mystical Ometepe Island is our next stop, guarded by twin volcanoes, where we climb the slopes of the towering Maderas Volcano, rewarded with awe-inspiring vistas and a serene crater lake.

Before our time in Nicaragua is up we have a unique camping experience in the tranquil sanctuary of La Makina Reserve, where we camp amidst tropical forests, meandering trails, and pristine waterfalls. Lastly, we venture to Leon, a city brimming with creative fervour, intellectual curiosity, and revolutionary spirit. From here we embark on an exhilarating hike up Cerro Negro Volcano, an ancient giant adorned in black sands.

Is this holiday for you?

This adventure is designed to explore the best of Nicaragua with a mix of adventure, cultural and interesting day walks. This is an active holiday where we will be on our feet most days whether exploring historic cities on walking tours, looking out for wildlife in unique nature reserves or being treated to spectacular vistas on a volcano hike.

We have a couple of longer walking days on these volcano hikes, particularly the 1394m Maderas Volcano, but otherwise the itinerary is not intended as a long or challenging walking holiday, with more

time given to wildlife spotting and the history of the places visited.

We take to the water on a couple of boat trips and a short canoe journey on the Rio San Juan - no paddling experience is necessary for these flat and calm waters but for those less confident a support boat is available. The majority of the holiday is leisurely, with a number of short and longer walks and other activities.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- A single timed airport transfers on arrival and departure
- Meals as described in the Meal Plan
- All land / boat transport required by the itinerary
- All activities/excursions/entrance fees mentioned unless specified as 'optional'

What's not Included

- Travel Insurance
- Departure Taxes (if applicable)
- Airport transfers other than group transfers
- Some meals as described in the Meal Plan
- Tips
- Any additional activities/excursions indicated as optional
- Miscellaneous expenses - drinks and souvenirs etc
- Tourist Card - US\$10 per person in cash to be paid directly at immigration on entry
- Airport Tax (Exit) US\$45 per person (Note that the exit tax is now included by most airlines in ticket cost; please check with your carrier)

Joining Arrangements & Transfers

The group will meet at the hotel in Managua

A single group transfer from / to Managua Airport is provided.

Hotel and an emergency number will be provided with your booking confirmation.

Meal Plan

12 Breakfasts, 5 lunches and 3 dinners are included, with lunches and dinners when in the main towns with plenty of dining options not included. You should budget US\$10 - \$20 per meal for these non-included meals.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The cuisine of Nicaragua is a mix of Spanish and Creole. As in many other Central American countries, corn is a main staple, particularly in the form of the tortilla. Many of Nicaragua's dishes include fruits and vegetables such as jocote, grosella, mimbro, mango, papaya, tamarind, pipian, banana, avocado, yuca, quequisque, and herbs such as coriander (cilantro), oregano and achiote. In Granada and Leon there are many restaurants serving local cuisine but international dishes can also be found.

Accommodation

Accommodation on this holiday is in comfortable hotels when in the towns and cities (1 night in Managua, 3 nights in Granada, 3 nights in Ometepe and 2 nights in Leon), some of these hotels have small swimming pools. In the smaller town of El Castillo we spend 2 nights in a more basic hotel.

We spend 1 night camping at La Makina Nature Reserve. All camping equipment is provided.

All accommodation is twin share. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be accompanied by a professional and qualified tour leader.

Spending Money

We estimate that US\$300-400 should be sufficient to cover your spending requirements including the evening meals and lunches which are not included (allowing \$10-20 per meal), tips for drivers and guides, tourist card (\$10 per person cash on entry), airport tax (\$45 if not included in your airline ticket) and other incidental expenses such as snacks and alcoholic drinks.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to you leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group. For full groups we advise around \$50-60 per person total.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011* you will have to apply for a visa rather than the Visa Waiver Programme (* a full and up to date list of countries can be found on the US government website [here](#).)

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

Visa Nicaragua

UK and USA passport holders do not require a visa for short stays.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transitted for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](https://travelhealthpro.org.uk).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Currency

The unit of currency in Nicaragua is the Cordoba.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on an adventure holiday by getting some additional exercise. The fitter you are, the more enjoyable you will find the experience. Regular hiking in hill country is the best preparation but running, cycling and swimming are also good.

Climate

Nicaragua has a tropical climate with just two major seasons - dry and wet. The dry season occurs between December and June. The eastern part of Nicaragua receives more rain than the west while the coastal area experiences tropical storms and hurricanes between July and October. Temperatures vary more with elevation than the season. In the lowlands temperatures typically range between 22° C to 30° C, whereas the temperature in the mountains will be up to 10° C cooler. The hottest months are March, April and May. Generally the climate is warm and humid except in the central highlands. Mid-day while climbing on the exposed black ash of the volcanoes, the sun can be very fierce. However, rain and cloud and exceptionally, cooler weather can occur in the mountains and you need to be prepared for this as well as for the hot sun.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- "The Jaguar Smile: A Nicaraguan Journey" by Salman Rushdie

This book is a captivating travelogue by the renowned author Salman Rushdie. In "The Jaguar Smile," Rushdie recounts his journey to Nicaragua in the 1980s, during the Sandinista Revolution. The book provides insights into the political and social landscape of Nicaragua at the time, as well as its history and culture.

- "Blood of Brothers: Life and War in Nicaragua" by Stephen Kinzer

Stephen Kinzer, a seasoned journalist, delves into the tumultuous history of Nicaragua and the Sandinista Revolution in "Blood of Brothers." This book provides a gripping account of the conflict and revolution, capturing the bravery and sacrifices of the Nicaraguan people in their pursuit of social justice and freedom.

- "Travels with Mr Brown" by Mark Twain

Written by the celebrated American author Mark Twain, "Travels with Mr Brown" is a travel narrative that documents Twain's journey through Nicaragua in the mid-19th century. This adventurous tale explores Twain's humorous encounters, misadventures, and observations of the country's landscapes and people during his travels.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Hiking Boots or trail shoes
- Sandals (like tevas suitable to get wet)
- Socks & underwear
- Trekking trousers
- Shorts
- Shirts / T-shirts / Tops
- Fleece jacket or warm jumper
- Lightweight waterproof jacket & trousers
- Sunhat
- Warm hat
- Sunglasses
- Daypack 35-45 litres (with rain cover)
- Dry bags
- Headtorch
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (2 pint) x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Insect repellent
- Small travel towel
- Small padlock (to lock your bag)
- Basic First Aid Kit, including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

THE FOLLOWING ITEMS ARE OPTIONAL:

- Trekking poles
- Travel clothes
- Flipflops for casual wear and evenings
- Swimwear (some of the hotels have pools as well as other swimming opportunities)
- Binoculars
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Managua, Nicaragua. A single transfer is included from / to Managua Airport.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Managua, Nicaragua. The flights will depart from the UK in the morning, arriving the later the same day (day 1 of the itinerary). Return flights will depart in the afternoon of the last day of the itinerary, arriving in the UK the following morning.

Why Choose KE

Why KE?

This 13-day adventure offers a unique and immersive journey through the hidden gems of Nicaragua, taking you off the beaten path and delving into the heart of the country's diverse landscapes and rich biodiversity. Exploring picturesque villages, historic cities, and UNESCO Biosphere Reserves, this itinerary promises a deeper connection to Nicaragua's culture, heritage, and pristine environments. With each moment carefully crafted to inspire and delight, this extraordinary adventure delivers unforgettable memories that will last a lifetime. Say goodbye to the ordinary and embrace the extraordinary with this one-of-a-kind journey through the real essence of Nicaragua.

Please Note This document was downloaded on 21/11/2024 and the trip is subject to change