



The Best of the Georgian Caucasus

September 30 – October 11, 2024 (12 days)

The Caucasus, one of the world's extraordinary mountain domains, is the setting for our hiking trip that explores the remote mountain valleys of Tusheti, a hidden “Shangri-La” defended by ancient stone towers, reminders of the not-so-distant past. Still largely untouched, Tusheti is a magnet for those seeking a mosaic of fascinating cultures and superb scenery. For centuries, these areas have been home to venerable mountain clans whose traditions include extending a rich hospitality to visitors (in fact, their hospitality borders on the compulsive—be prepared to accept plentiful offerings of food and wine!). Our hikes take us from one historical village to the next, with a chance to meet local people, hear their haunting melodies, and listen to inspiring poetry. While in the mountains, our accommodations are in a comfortable hotel and local guesthouses that exemplify the culture and traditions of the Tushetians. They offer a wonderful, fabulous base from which to explore this astonishing region. We descend to the lowlands of Khakheti province, famed as the birthplace of winemaking. Next, we hike in the alpine landscapes of the Kazbegi Mountains.



TRIP DETAILS

Moderate to Strenuous ▶ 5 days moderate hiking at medium elevation (maximum 9,500 feet); 9 nights hotels, 2 nights guesthouses with shared facilities

ITINERARY

(You will need to leave the U.S. on September 28 or 29, in order to arrive in Tbilisi on September 30.)

Day 1, September 30 ▶ Tbilisi, Georgia

Arrive early morning in Tbilisi, the capital of Georgia (most flights arrive around 3:00 am). You will be met outside of customs by a Cattara representative and transferred to your hotel, located in Vera, a charming historic quarter of Tbilisi. The remainder of the morning and early afternoon is free to relax and recover from jet lag. We gather in the late afternoon and after a trip briefing, head to nearby Mtskheta, Georgia's most vital religious center and the headquarters of the Georgian Orthodox Church since 317. It was proclaimed a "Holy City" by the church in 2014 and is often called "Little Jerusalem." After exploring the 6th century Jvari Monastery and the 11th century Svetitskhoveli Cathedral, both UNESCO World Heritage Sites and great monuments of Georgian Christian architecture, we'll enjoy a traditional welcome dinner at an open-air restaurant overlooking the Mtkvari River. This will be our introduction to wonderful Georgian cuisine, along with great Georgian wines. Return to our hotel in Tbilisi and overnight at the hotel.
B,D... Vinotel, Tbilisi or similar

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Note—If you have time, we highly recommend arriving in Tbilisi a day before the trip starts so that you have time to recover from the long flight, as well as allow for any flight delays and baggage issues before we begin our journey.

Day 2, October 1 ▶ Tbilisi

Tbilisi, an ancient hillside city of cobblestone streets and eclectic neighborhoods, has a slightly Bohemian air and thriving restaurant scene. On our walking tour of this crossroad of cultures we'll see the reconstructed 4th century Narikala Fortress, Semeba Cathedral, the main cathedral of the Georgian Orthodox Church, the Dry Bridge Flea Market, and Rustaveli Avenue, with its neoclassical architecture and quaint shops. After lunch, the afternoon is on your own. We recommend visiting the Georgian National Museum, with its fascinating archaeological, ethnographic, art, and photographic exhibitions. We meet again in the early evening for dinner at one of the best restaurants in Tbilisi, Tsiskvili (“The Mill”). Until 70 years ago, it was a mill for old Tbilisi. Return to our hotel for overnight.

B,L,D... Vinotel, Tbilisi or similar



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Day 3, October 2 ▶ Omalo, Tusheti National Park

A long drive today brings us to the Tusheti mountain region and the village of Omalo, one of its oldest villages and considered a “living museum” by UNESCO. Along the way we travel through the Kakheti wine region and enjoy lunch at our guide Eka’s parents’ house. Afterwards, we head for Omalo, where we stay at the Hotel Samzeo, an upscale boutique hotel that’s open only during the summer/early autumn months. Guest rooms are clean and cozy, and there is a restaurant, bar, and lounge, an ideal spot to relax and share the experiences of the day. Before dinner, we can take a short walk up to the striking castle tower at Keselo, overlooking the wide Gometinari Valley. The surrounding landscape is dotted with stone villages clinging to the steep green mountainsides. The residents of these hidden hamlets are the progeny of 2,000 years of conquest and survival, a challenging heritage that has molded these former mountain tribes into a hardy and proud people who are delighted to share their traditions with us. Dinner and overnight at the hotel. (6 hours driving).

B,L,D...Hotel Samzeo, Omalo

Day 4, October 3 ▶ Shenako | Diklo

Our day starts with a visit to the Tusheti National Park Visitor Center in lower Omalo, where we learn about the rich flora and fauna of this hidden pearl of Georgia. We then set off on a hike that brings us to Shenako and our guesthouse, which is owned by Eka’s parents. Like Omalo, Shenako has the status of a “living museum” by UNESCO; it’s where Eka grew up and as she says, “the

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mountains taught her how to love life.” After lunch we continue hiking toward the village of Diklo along a trail that leads through pine forests and views of snow-packed mountains before us. Just outside of Diklo, we have a fantastic option to venture close to the border of Dagestan and gain an overlook of the beautiful valleys. Diklo is the closest populated area near the Dagestan border and from here one can see Dagestany families constructing hay hives. We return to Shenako by 4 WD vehicle and prepare ourselves for a great Tushetian “Supra” (Supra means feast). We’ll also have a chance to learn how to make Georgian dumplings from Eka’s mother, who is a great cook!
B,L,D...Local guesthouse, Shenako



Day 5, October 4 ▶ Shenako | Chigo | Dartlo

Today’s more challenging hike will bring us through several more enchanting villages. We begin with a drive to a trailhead just below Sanare pass (6,500’). In an hour we reach the top of the pass, then trek downhill about 2,200 feet to the Pirikity River. It’s another 1.5 hours’ hike up to the village of Chigo and our lunch spot. Afterwards, we continue to the village of Dartlo, mentioned in old chronicles as one of most ancient villages in Georgia. The village has some wonderful stone towers, built for protection from enemy attacks and used as homes during peaceful times (a family that owned a tower was considered rich). The Georgian King David the Builder used to pay many visits to this village, where he passed his time reading and resting with the locals. Not up to the hike? We can provide a ride from Shenako to Dartlo (1 hour) and, after arriving, you can take a short loop

hike to the villages of Kvavlo, perched like an eagle's nest above Dartlo, and Dano (2 hours). Overnight at a local guest house in Dartlo, very close to the river. (7 hours hiking, 10 miles.)
B,L,D...Local guesthouse, Dartlo

Day 6, October 5 ▶ Nakaicho pass | Ridge Hike | Omalo

A short drive brings us to the trailhead for our 3-hour hike to the top of Nakaicho Pass (9,500'), which connects the breathtaking Tusheti, Pirikity, and Gometsari valleys. This is a magnificent hike offering gorgeous views of snow-clad mountains with every step we take. Return to Omalo for overnight. Like the previous day, you'll have the option not to hike and drive directly to Omalo (30 minutes driving). (5-6 hours hiking.)

B,L,D...Hotel Samzeo, Omalo

Day 7, October 6 ▶ Omalo | Oreti Lake

From a nearby trailhead, we hike steeply uphill through a pine forest toward Oreti Lake, also called "Udziro" Lake (Udziro means bottomless). Along the way, we pass by a shepherd's house where we will be greeted by Tushetian shepherds and have a chance to taste the Tushetian Guda cheese. We continue to Oreti Lake for a lakeside picnic lunch and time to enjoy the world class views of Tusheti and surroundings. (5-6 hours hiking.) In case of rain, we'll take a different hike through villages along the Chagma River that will bring us to one of the world's highest vineyards at 6,070 feet. After tasting wines at the vineyard owner's home, we return to Omalo by vehicle. (4-5 hours hiking.)

B,L,D...Hotel Samzeo, Omalo



Day 8, October 7 ▶ Winetasting in Kakheti | Chateau Ikalto Kakheti

We bid farewell to Tusheti and drive to Kakheti, Georgia's foremost wine region (wine has probably been produced here longer than anywhere else in the world!). Our accommodation is the Chateau Mere, a castle-like complex with a winery right on the property. We'll enjoy a fabulous wine tasting and an opportunity to taste some of the world's unique wine varieties, including Kvevri wines. Part of traditional Georgian winemaking, Kvevris are large clay vessels buried in the ground. The wines within are full of tannins yet very elegant and strong. Dinner and overnight at Chateau Mere. (3 hours driving).

B,L,D...Chateau Ikalto, Kakheti

Day 9, October 8 ▶ Kazbegi Mountains

We drive back to Tbilisi and are treated to a traditional soak in one of the sulphur bath houses before lunch. We then drive to the Kazbegi mountain region and the Rooms Hotel, where we can enjoy great views of Mt. Kazbegi (16,680'), the highest mountain in Georgia. (4 hours total driving.)

B,L,D...Rooms Hotel, Kazbegi



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Day 10, October 9 ▶ Gergeti Monastery

Leaving right from our hotel, we hike up to the 14th century Gergeti Monastery (7,119'). (2-3 hours hiking.) After the Gergeti visit, we will drive 45 minutes to the village of Juta in the Sno Valley. From here we hike toward the Chaukhi Mountains, which divide the Kazbegi and Khevsureti mountain regions (3 hours hiking). We will hike back to our car near Juta and drive back to our hotel in Kazbegi. In case of rain, we will visit a monastery near the Osetian Georgia border.
B,L,D... Rooms Hotel, Kazbegi

Day 11, October 10 ▶ Tbilisi

Drive back to Tbilisi (3 hours driving). After lunch, the remainder of the day is free to explore on your own before gathering for our festive farewell dinner at a traditional Georgian restaurant. Overnight at hotel.
B,L,D... Vinotel, Tbilisi or similar

Day 12, October 11 ▶ Depart

Transfer to the airport and depart on homeward-bound flights.



LAND COST

\$7,195 per person (6 - 9 members)

\$6,995 per person (10 - 12 members)

\$6,495 per person (13 -15 members)

\$750 single supplement

Rates quoted are per person, based on sharing double accommodations.

*Should you choose to pay with credit card there will be a service charge of 3.5%, the fee we incur from the bank.

Note—Prices listed are subject to change. We are occasionally faced with unavoidable cost increases or currency fluctuations that we cannot absorb. We will, however, do everything we can to keep prices the same as published.

Single Supplement—If you wish to share accommodations, we'll try to match you up with a roommate. **Singles may be difficult to impossible to get in all the mountain guesthouses, some of them are small, and it will depend on the size of the group.**

LAND COST INCLUDES...

- Expert leadership
- Accommodations in hotels and local guesthouses
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Wine with meals
- Wine tastings in Kakheti
- Local group transfers by minibus (or Mercedes in the city)
- Sightseeing as noted in the itinerary
- Ground transportation (Mitsubishi jeeps or Toyota 4-wheel-drive minivans)

LAND COST DOES NOT INCLUDE...

International airfare to Tbilisi and return; trip insurance (we strongly recommend you purchase to include emergency evacuation & trip cancellation); optional tipping to leader and local guide; excess baggage charges; cost of medical immunizations; and items of a personal nature when on your own (sodas, alcoholic beverages, laundry, etc.).

TRIP PAYMENT SCHEDULE

At time of reservation25% of land cost
120 days prior to departure25% of land cost
90 days prior to departure.....Balance

CANCELLATION FEE SCHEDULE

From time of reservation
until 90 days prior to departure.....25% of land cost

89-60 days prior to departure.....50% of land cost
59 days of fewer prior to departure.....100% of land cost

EXPERT LEADERSHIP

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.

TRIP LEADER



Cathy Ann Taylor, a high altitude trekking & cultural guide for the last 33 years will be leading this trip. Cathy Ann has trekked all over Nepal, Tibet, India, and Bhutan, with well over 200 trips in the Himalayas (she still considers the Himalayas her “second home”)! She has also hiked extensively in the European Alps (Tour du Mont Blanc—six times, Tour of Monte Rosa, The Haute Route, Gran Paradiso, Scotland—three times, and the Dolomites—three times), the Georgian Caucasus—five times, South America (18 trips in Peru, 5 in Patagonia), Antarctica—two times, Kilimanjaro—one time, Morocco —three times, and Uganda & Rwanda—five times. A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can find the good in anything!), and her wonderful rapport with the local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of nineteen remote village children, all of whom are in boarding school in Nepal or in universities in India, Nepal, and the United States. She consistently gets rave reviews from members of her groups and has quite a following. Cathy Ann is active in the Breast Cancer Prevention Partners and has participated in sixteen expeditions, including Mount McKinley, Mount Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer. Cat’s special trekking program, Sacred Treks, benefits Breast Cancer Prevention Partners (formerly the Breast Cancer Fund). Past trips include Bhutan, Mont Blanc, Peru, Everest, Ladakh, Mustang, Georgian Caucasus, Sikkim, Dolomites, Cordillera Blanca, and Annapurna Sanctuary treks (she has raised \$1.5M to date!). Cathy Ann has also been active in the American Himalayan Foundation and has helped raised \$30,000 for their STOP Girl Trafficking project. She has also raised over \$20,000 for Lama Pasang’s Himalayan Children’s Care Home which houses 87 children from Mustang, Nepal. Cathy Ann is also involved in fundraising for the National MS Society has raised over \$73,000 for the organization. She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, and also received a letter of recognition for her fundraising and environmental work from former Speaker of the House, Nancy Pelosi.

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Eka Tchvritidze is a development tourism officer who has worked with various non-governmental organizations in Georgia by leading Georgian “familiarization trips” for groups of tour operators from abroad. She graduated from Trinity Episcopal School in Virginia, USA, and earned a B.A. in International Business at the University of Tbilisi. She is also an accomplished Tushetian horseback rider: in 2000 she was the first woman in all Tushetian history to win the Tushetoba Horse Race! Eka’s enthusiasm for the Georgian mountains and its people is infectious, and her goal is to give all adventurers a personal and life-changing vacation experience. Eka and her husband, Olaf are successful wine makers and we will get to sample their delicious Danieli wines.

PHYSICAL EXPECTATIONS

You should be an experienced hiker in good physical condition. This trip is rated moderate to strenuous. As you will be hiking three to seven hours a day on trails with steep ascents and descents—count on 2,500-3,000 feet up and down every day! For physical preparation, we recommend regular cardiovascular exercise for one hour at least 4-5 times a week. We suggest stair climbing, running, and mountain biking on hills, or elliptical or treadmill training in the gym. And, of course, the best way to train for a trek is to go hiking! We recommend you get out on the trails at least once a week. Wear your boots and daypack and pick some trails with hills so you can strengthen your leg muscles and build up your stamina.

TRAVEL DOCUMENTS

You will need a passport valid for at least six months beyond the date of completion of the trip. No visas are required for US citizens to enter the Republic of Georgia. Note—It’s a good idea to make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement. You may be asked for your papers not only upon departure but at various times during the trip, even while checking into the hotel in Tbilisi. If you are carrying a customs form, please always keep it in a safe place, perhaps in your pouch along with your other valuables (we do not recommend carrying it in the passport because we often must submit the passport at hotels, where reception clerks can easily lose the form). Passports should be brought along on the hike, as we will receive border permits from local guards. You should also plan to carry your vaccination cards with you.

AIR TRAVEL

Airfare is not included in the land cost of the trip. For air reservations, please contact the airlines directly, either by phone or via the Internet. Plan your arrival in Tbilisi by 3:00 a.m. on Day 1. Many travelers elect to use their “frequent flyer” miles when traveling, but please check with us before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip. Note—Names on air tickets and passports must match exactly!

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MEDICAL MATTERS

The COVID-19 Vaccination Card may be required to enter Georgia, so carry it with you or have a copy on your phone (these regulations are subject to change). No other vaccinations are currently required to enter Georgia, but immunizations for typhoid, tetanus, hepatitis A, and polio are *recommended*. These regulations and recommendations change frequently, so please check with your local health department or the CDC for more information (www.cdc.gov). Please advise us of any pre-existing medical conditions that may affect your health on the trek (recent injuries or surgeries, chronic illnesses, etc.). We recommend you bring your own personal first-aid kit, pain killers, and allergy medicines if you are prone to allergic reactions (especially epi-pens if you are allergic to bee stings). Moleskin or Second Skin for blisters is also recommended, as well as Band-Aids and antibiotic ointment. Consult your doctor about bringing other medications, such as antibiotics like Cipro. The trip leader will also carry a basic kit for emergencies but will not have any prescription medications. Common American drugs are not available in Georgia. Complimentary bottled drinking water is available in the hotel and at restaurants. Do not drink the tap water in the hotel or local guesthouses as it frequently contains bacteria that will cause stomach problems. One of the most important things while hiking is to keep hydrated with plenty of water. You are much more prone to discomfort when you don't drink enough liquids.

MONEY MATTERS

The currency in Georgia is the Georgian Lari (GEL). As of this printing, the exchange rate is 2.48 Lari per US dollar. You should bring enough money for any souvenirs you may buy, plus a few items like aperitifs, extra beverages, and the like (most of your meals are included in the cost of the trip). In hotels and some shops in Tbilisi you can use credit cards to charge purchases such as souvenirs, food, and clothing. American Express, Visa, and MasterCard are widely accepted. Everywhere else, be prepared to use cash. Depending on how much of a shopper you are, \$400-\$500 should be plenty for incidentals and souvenirs. You should bring an additional amount for optional gratuities to the trip leader, local guide, and staff. At least US \$650 is recommended for the trip leader (presenting this personally rather than collectively gives you the opportunity to say thank you individually and is greatly appreciated.); at least \$350 for the local guide.

WEATHER & CLIMATE

Late September and early October are two of the best months to visit Georgia. At this time of year, the weather in Georgia, including its mountain regions, is mostly sunny, warm, and dry. In September/October we can expect day temperatures in the mountains from 50°-70°F. Nighttime temperatures can fall to 40s-50s°F. As in most mountain environments, the weather in the Caucasus can be unpredictable, so each day on the trail you need to be prepared for a variety of weather conditions: hot sun, wind, and rain. For that reason, you will carry your raingear and jacket in your daypack every day, even if the morning starts out bright and hot. Dressing in layers that can be adjusted to suit the prevailing conditions is highly recommended.

The weather in the capital of Tbilisi and lowland Kakheti is much warmer than in the mountains. In September the minimum and maximum average temperatures range from 60F-75°F. Check www.weather.com for the most up-to-date Georgian weather information.

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WHILE ON THE TRIP

Our accommodations while on the hike are in hotels, with two nights in local guesthouses with simple but clean rooms that you will share with another member of the trip. Bathrooms, also shared, and have flush toilets. The staff at the mountain guesthouses are absolutely wonderful and do their best to make your stay as comfortable and enjoyable as possible.

INCIDENTALS

Laundry: Laundry service is available at the hotels in Tbilisi, Omalo, and Kakheti. We recommend bringing enough clothes just in case laundry facilities are, for whatever reason, unavailable.

Electricity: Georgia is on the 220V system. Sockets are usually the round two-pin variety, but they vary. If you are planning to use something like a hairdryer, electric shaver, camera battery, or phone charger, bring a converter and a selection of plug adapters (you can buy these in drugstores or travel specialty stores in the U.S.).

Time Zones: Georgia is Greenwich Mean Time plus three hours. That means that Tbilisi is eight hours ahead of New York and eleven hours ahead of California.

Communications: While we discourage the use of cell phones on our trip, we can't deny the fact that you may want to be in touch with your friends or family. Please be sensitive to the needs of others and use them in the privacy of your room. Contact your cell phone service about international coverage.



WHAT TO BRING: CLOTHING & EQUIPMENT LIST

Packing Notes

It's best to go as light as possible and take only the essentials. Excess baggage can be a burden, not only to you but to support personnel.

Always bring all irreplaceable items, such as camera, medications, important documentation, and hiking boots in your carryon luggage.

Luggage

- Duffel bag, large enough to hold your hiking clothes and gear (about 3,200-3,600 cubic inches). A wheeled duffel is OK. It should have a full-length zipper (for easy access) and be sturdy.
- Daypack with a capacity of 2,000 to 2,500 cubic inches, with a good, padded waist belt. It can double as your carryon bag.
- Spare roll-up duffel (optional). This is essential if you wish to bring home those great souvenirs! It should be lockable.

*Remember, you must carry a warm layer and rain gear with you every day on the trail, as well as two liters of water, sunscreen, warm hat, gloves, camera, and cover for your daypack in case of rain. Be sure your daypack is large enough!

Clothing Notes

You should be prepared for unpredictable weather in the mountains. Bring comfortable clothing that will protect you from cold and possibly wet weather. Synthetic or wool fabrics are the most effective barriers against the cold. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. (Cotton garments are not good in cold or wet mountain conditions.)

When layering, your innermost layer should be a synthetic T-shirt or long underwear. The middle layer can be a synthetic turtleneck or wool shirt, and pants. The outermost layer should be a synthetic fleece jacket, and/or a good quality wind/rain parka and lightweight rain pants.

We haven't included quantities for each item listed. Use your own judgment, based on the expected weather conditions, your personal needs, and the overall weight restrictions for your luggage.

Underwear

- Regular underwear. Synthetics are easier to wash and dry.
- Thermal underwear (lightweight), top and bottom.

Socks

- Casual socks (synthetic for easy washing and drying) that are suitable for walking (not hiking) shoes.
- Light-weight hiking socks (synthetic or wool/synthetic).
- Synthetic or silk sock liners—optional. Some people wear sock liners to help prevent blisters, and some wear the same pair of hiking socks for three days in a row and achieve the same result.

Shirts

- Long-sleeved, synthetic or wool shirt.
- Short-sleeved synthetic T-shirts (in case we have some hot, sunny days).

Pants

- Full-length synthetic hiking pants. The kind with zip-off legs are also useful.
- Casual pants or skirts for non-hiking activities.

Outerwear

- Medium-weight jacket of synthetic fabric, such as fleece or down.
- Light-weight rain/wind jacket (must fit over bulky clothing).
- Light-weight rain/wind pants, preferably with full-length side zipper (must fit over your other pants).
- Gloves (wool or fleece).
- Waterproof daypack cover.

Head Gear

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Fleece or wool hat.
- Bandanna or BUFF. A generally useful item—it will keep your neck from getting sunburned and can double as a hand towel in the field.

Footwear

Please break new boots in well before the trip.

- Light to medium-weight, hiking boots with padded ankle, good arch support, and lug sole for traction. Your hiking boots should be well broken in.
- Comfortable walking shoes to wear while in towns or to put on at the end of the day.

Other Items

- Water bottles (2) 1- or 1.5-quart capacity. Make sure they are leak-proof, heavy-duty, and **wide mouthed**. Mark them with your name or initials as several people may have the same bottle. CamelBaks or other bladder hydration systems are also recommended but they can leak or break so you must have bottles as a backup.

- Hiking sticks—optional, but highly recommended. These are essential to relieve the impact on your knees during long downhills; they are also useful on uphill. Practice with them before the trip.
- Toiletry kit—soap, toothbrush, etc.
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Personal medical kit, including blister protection.
- Ace bandage or brace if you're prone to sore knees or ankles.
- Sunglasses (100% UVA/URB protected).
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Small padlocks or combination locks for your duffels.
- Heavyweight plastic garbage bag(s) to help keep the contents of your daypack dry during hikes. Ziploc-type bags are also handy.
- Earplugs—good if you have a snoring roommate, or for that early morning village rooster!

Optional Travel Accessories

- Camera and plenty of memory cards.
- Repair kit with needle, thread, and safety pins.
- Swimsuit for a couple of the hotel spas.
- Pair of compact binoculars.
- Swiss Army-type pocket knife.
- Powdered electrolyte mixes for your water.
- Your favorite trail snacks or candy, especially if you have dietary restrictions.
- Reading and writing material.
- Face masks for flights, vehicles, and to visit shops.



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