Designed for nature lovers with a passion for wildlife and conservation.
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Expedition

SEA TURTLE CONSERVATION

DATES
19 - 27 JULY 2019
9 Days / 8 Nights

CONTACT
info@explorewithindigo.com
Welcome to **Indigo Expeditions**, and thank you for connecting with us!

We are really excited about the launch of our sea turtle conservation expeditions this year. After years of planning we are finally ready to lead our first expeditions to the Pacific Coast of Guatemala. We will be staying at the Estación Biológica el Banco in the heart of the small community of el Banco.

We have developed a unique expedition offering you a genuine experience of sea turtle conservation. You will have the opportunity to:

- Perform monitoring of the beach for female sea turtles coming up to lay eggs,
- Release hatchling sea turtles in the Pacific Ocean as they start their first swim to adulthood,
- Help local people to clean up the beach and raise awareness of the importance of healthy environments, and
- Make a contribution to the conservation of biodiversity of the Pacific coastal region of Guatemala.

During your time with us, we also encourage you to develop your own deeper appreciation of the amazing creatures that we share this planet with.

Expedition places are **limited to 12**

Thank you for expressing your interest to **explore with us!** Any more questions?

Get in touch! info@explorewithindigo.com

Rowland Griffin – Director, Indigo Expeditions
OUR VISION
Our Vision is of a world where the interconnectedness of all life is honoured & appreciated, bringing humankind into harmonious relationship with Nature, the Earth and all Creatures in the web of life.

OUR MISSION
Our Mission is to be of Planetary Service, effecting Positive Change for humanity, by addressing wildlife conservation needs, and demonstrating an Appreciation for All Life.

INITIATIVES
Conservation expeditions – promoting the importance of field biology, ecology, and experiencing nature directly. We encourage developing an appreciation for all life.

Conservation projects – providing training with a focus on ethical and respectful survey and monitoring protocols. We encourage applying these ethics in our personal lives and in the world.

Education – developing training programmes to empower others through a deeper understanding of ecology. We encourage learning from nature to explore ecology.

Inspiring others – by modelling planetary service. We encourage working with Integrity and Compassion for All Life.

The expedition is run in a very unique way to previous experiences I have had, with a research objective in mind, yet an unrivalled respect for both fauna and flora of the area.

~ MAX JONES
A huge thanks to Rowland and Indigo Expeditions for yet another incredible experience.

This is the third time I have been out to this amazing country and spent it not only with a good friend, but a great teacher in fieldwork and practical herpetology.

I couldn’t recommend this experience more!

~ ADAM RADOVANOVIC
EXPEDITION ACTIVITIES

- Turtle monitoring
- Safeguarding turtle eggs
- Beach clean ups
- Hatchling releases

SEA TURTLE CONSERVATION

You will work alongside members of the local community on their long-term sea turtle conservation project.

For the past 25 years the staff at the Tortugario el Banco have tirelessly incubated sea turtle eggs in protected hatcheries and then released the hatchlings into the ocean.

Their efforts have been hugely successful with numbers of turtles released each year consistently rising. In 2017 an amazing 195,754 olive ridley turtles were safely released back in to the sea.

Other turtle species that lay eggs on the beaches of el Banco include green turtles and the giant of the seas, the leatherback.
ARRIVAL 18 JULY 2019
Please arrive in Guatemala City the day BEFORE your expedition starts.

Most International flights to La Aurora International Airport arrive in the evening.

DAY 1: DEPART GUATEMALA CITY
In the morning, we leave Guatemala City by private bus, and journey to the Pacific Coast. We make our way through the spectacular volcanic landscape close to Guatemala City and then down onto the coastal plains of Santa Rosa.

Arriving at Estación Biológica el Banco in the afternoon, we have time to relax into the ocean rhythm.

DAY 2 THROUGH 8:
After a relaxed breakfast, we generally spend the morning helping out at the Tortugario el Banco where we perform most of our sea turtle conservation work. Later in the day, we join the sunset sea turtle releases and/or the evening beach patrol activities.

We allow plenty of time to relax and connect with nature and the beautiful wildlife of the Pacific Coast. Pelicans, frigate birds, and osprey are some of the regular birdlife visitors!

We visit the Biotopo Monterrico–Hawaii, a local nature reserve, to explore the endangered coastal mangrove habitats. These are a haven for birds and one of the last remaining populations of spectacled caiman in Guatemala.

The Pacific Coast of Guatemala is often visited by dolphins, humpback whales and orcas, and they can sometimes be seen swimming past Estación Biológica el Banco so keep your binoculars handy and your eyes peeled!

DAY 9 DEPARTURE DAY:
After breakfast we leave the station in the morning, and arrive in Guatemala City in time to take international flights from La Aurora Airport.

FOOD & ACCOMMODATION
You will be full board at Estación Biológica el Banco in shared accommodation comprising comfortable bunkbed rooms.

Meals include: breakfast, lunch, and an evening meal. Mineral water is provided.

DEPARTURE 27 JULY 2019
Please arrange your International flight from Guatemala City to depart on the last day of the Expedition.

EXPEDITION DATES
19 July to 27 July 2019
9 days / 8 nights
Estación el Banco
Accommodation
Beach Front
Preparing FOR YOUR EXPEDITION

1) VISA
If you are travelling via the US (including in-transit) you will need to apply for an ESTA (Electronic System For Travel Authorisation). You need to apply online:

https://esta.cbp.dhs.gov/esta/

The tourist visa for Guatemala lasts for 90 days from the date of your arrival and is applied for at arrival in the airport. Please check your countries travel advice bureau for full requirements for your nationality.

2) FLIGHTS
Please arrive in Guatemala City the day BEFORE your Expedition. Most International flights to La Aurora International Airport arrive in the evening.

3) TRAVEL ADVICE
You may wish to check the travel advice from the Foreign Office, or your countries travel advice bureau, about Guatemala. However in our experience we have found Guatemala to be a safe country to travel as a group.

4) IMMUNISATIONS
We recommend that you seek the advice of a medical professional regarding anti-malarials and any immunisations you may need.

5) CURRENCY
The official currency in Guatemala is the Quetzal (GTQ) named after the resplendent quetzal, Guatemala’s national bird.

US Dollars (USD) are also widely accepted, we recommend smaller denomination bills of $20 or less.

It is recommended to bring some cash for any additional meals in the hotel on your arrival night in Guatemala, and for any souvenirs you may wish to purchase from local artisans.

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FOR YOUR EXPEDITION

This experience for me was a blessing in all ways. I learned to respect nature more than I had, and to respect reptiles because of the importance that they have for the environment.

Thank you for giving me the opportunity to explore and learn from you. And to meet wonderful Guatemalans and foreigners that make such a wonderful and good impact to our country. we respect and thank you very much.

~ TIGRE
What to bring

While this is not an exhaustive list, these items are recommended for your Indigo Expedition:

**TRAVEL DOCUMENTS**
- Passport and other travel documents, including a printed copy of your travel insurance policy. We also recommend bringing a duplicate of these documents and a photocopy of your passport.

**ESSENTIAL FIELD KIT**
- Sturdy shoes for beach patrols – Essential!
- Field clothes: At least two sets of suitable field clothes. Quick drying long sleeved tops and trousers. We recommend thicker fabrics as they will protect you from biting insects more effectively.
- Sunhat & sun block, sandals or flip-flops.
- Swimwear: Out of respect for the local culture, please bring modest swimwear for use on the beach and the swimming pool.
- Casual wear: Clothes to relax in, including warmer items for the evening.
- Day pack: For carrying cameras, batteries, snacks and water etc.
- Batteries: For any electrical equipment such as head torch and camera. Rechargeables if possible.
- Head torch: You will need a good quality head torch for evening patrol walks.
- Lightweight waterproof jacket.
- Adaptors: For plugging in, and recharging, equipment and batteries. Guatemala uses a standard US two pin plug.
- Zip lock bags and dry bags will help keep important documents and electrical equipment dry and free of humidity. TOP TIP: add sachets of silica gel to zip lock bags and dry bags with the things you don’t want getting wet.
- Water bottle and rehydration sachets.
- Non-DEET insect repellant: Lots of it! Please note: DEET is harmful to amphibians, reptiles and the environment.

**MEDICAL KIT**
- Please bring a basic first aid travel kit. Please note although Indigo Expeditions has medical kits, we can not provide any medication to participants.

**OTHER ITEMS**
- Camera and/or binoculars: Optional but highly recommended!
- Snacks: While you will receive three meals a day on your expedition, please feel free to bring extra treats!
- Prescription medicines: Enough to last the expedition.

**WASH BAG**
- Toiletries: To include travel towel, talcum powder, sun block, wet wipes, and ear plugs!
Testimonials

Thank you for demonstrating your profound appreciation for nature and every living creature and the vast complexities of our interconnectedness. We appreciate your professionalism and skilful handling of all the animals, with great care.

We are impressed by your serious, patient and generous teaching of others, your wealth of knowledge, expertise and skill for working with and understanding reptiles and amphibians.

We are pleased to count you as our friends and part of our conservation team.

~ ROB AND TARA

Thank you very much for letting me share another wonderful adventure with Indigo. I consider it a privilege, not only being able to experience so many great moments, but also having the opportunity to learn from such a great human being in a herpetological and personal way.

Thank you for teaching me so much and for all your effort put in protecting Guatemalan flora and fauna.

~ DANIEL GYGAX