



# The Uchi Expedition plus St Lucia

## DETAILED ITINERARY

This unique expedition takes you deep into a rarely visited region of Guyana. Ideal for seasoned trekkers, or any fit individual, it offers a privileged opportunity to witness the natural beauty of the area and immerse yourself in its rich culture.



### DAY 1: ARRIVAL IN GEORGETOWN

Upon arrival at Cheddi Jagan International Airport, you will be transferred to Georgetown to check in at Cara Lodge. This historic colonial hotel, built in the 1840s, has hosted famous guests such as King Edward VIII, President Jimmy Carter, HRH King Charles III, and Mick Jagger. The lodge exudes charm and offers a glimpse into Georgetown's past. Check-in is available from 14:00 hrs.

🏠 **Staying at:** Cara Lodge.



### DAY 2: GEORGETOWN MARKET & CITY TOUR

Start your day with breakfast at a local stand, hosted by Chef Delven Adams. You will then embark on a guided tour of Bourda Market, the largest in Georgetown, where you can explore the fish, meat, and even bush medicine sections, and experience the abundance of local fruits and vegetables. Chef Delven will make market purchases based on your suggestions, which will later be used for lunch.

Following the market visit, take a guided city tour to learn about Georgetown's key landmarks, including the National Museum, Walter Roth Museum of Anthropology, St. George's Cathedral, and the Botanical Gardens, where you may even get the chance to feed West Indian Manatees.

For lunch, join Chef Delven Adams at the Backyard Café, where he will prepare a meal using ingredients from the morning's market visit. Relax with refreshing juices or a cold beer and enjoy a delicious multi-course meal.

🏠 **Staying at:** Cara Lodge.  
🍴 **Meals included:** Breakfast and Lunch.



### DAY 3: KAIETEUR FALLS TOUR

11.45am you will be picked up and transferred to Eugene F. Correia International Airport for a scenic flight over the Demerara and Essequibo Rivers, and the lush tropical rainforest, to Kaieteur Falls. At 741 feet, this is the world's highest single-drop waterfall. You'll learn about its fascinating history, including the Amerindian legend of Chief Kai, who sacrificed himself for the well-being of his people.

The unique environment of Kaieteur Falls is home to the tiny Golden Frog which lives in the Tank Bromeliads near the falls, as well as the rare Guiana Cock-of-the-rock. You will also have the opportunity to spot the Kaieteur swifts which nest in the cliffs. After exploring the falls, you'll return to Georgetown for an overnight stay.

🏠 **Staying at:** Cara Lodge.  
🍴 **Meals included:** Breakfast and a snack during the Kaieteur Falls tour.

**Condition of Sale:** Scenic flights are scheduled mainly at weekends and are subject to a minimum of 12 passengers and may be rescheduled if minimum passenger count is not met or due to weather conditions. However, Caribbee will guarantee a flight (on a smaller plane) with a minimum of 2 passengers, or you will be refunded the cost of the Kaieteur Falls Tour in full if rescheduling is not possible.



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## DAY 4: PARUIMA VILLAGE EXPERIENCE

After breakfast, you will transfer to Eugene F. Correia International Airport for a flight over the rainforest to the remote indigenous village of Paruima. Paruima is home to the Arecuna, a community with a population of about 500, 45% of whom still speak their native language. The people have a strong Christian faith, the result of English protestant missionaries being here at the end of the 19th century. This is largely a farming and hunter-gatherer community, however these skilled and bush-knowledgeable people are also known for their basket weaving, wood skin canoes and hunting techniques, which include using blowpipes, as well as for their unusual diet of Tuma, Kachiri - a fermented drink - and savannah termites. Spend the afternoon learning about their way of life and listening to stories from the local hunters. Then, after dinner, meet with your lead guide to discuss the next day's plans and activities.

- 🏠 **Staying at:** Paruima Guest House.
- 🍴 **Meals included:** Breakfast, Lunch, and Dinner.



## DAY 5: TREK TO PLATEAU CAMPSITE

Following an early breakfast, you will set out on a 7.5-mile trek, ascending to 2,000 feet. The hike begins with a steep climb but soon transitions into more moderate terrain through primary rainforest. Along the way, you will encounter the iconic tepuis—ancient flat-topped mountains, remnants of the supercontinent Pangea. These geological formations are home to unique and endemic plant and animal species. In the evening, explore the nocturnal wildlife of the rainforest with your guide.

- 🏠 **Staying at:** Forest Creek Camp, where accommodation is basic but immersive, with tarp-covered hammocks.
- 🍴 **Meals included:** Breakfast, Lunch, and Dinner.



## DAY 6: TREK TO KAMARANG FALLS

After an early breakfast, break camp and embark on a 4.7-mile trek through rainforest, emerging into the highland savannahs surrounded by tepuis. Keep an eye out for wildlife tracks, and with some luck, you may spot jaguars, peccaries, or other large mammals. You will cross the Kamarang River at the top of Kamarang Falls to reach your campsite. Spend the afternoon exploring the area and enjoying the natural beauty of the falls.

- 🏠 **Staying at:** a hammock camp near Kamarang Falls.
- 🍴 **Meals included:** Breakfast, Lunch, and Dinner.



## DAY 7: TREK TO UCHI FALLS

The day begins with an early breakfast, before breaking camp. Then a trek across highland savannahs and hilly terrain, passing streams and termite mounds. Your guide will demonstrate traditional techniques for harvesting termites, a delicacy among the Arecuna people. The hike is less strenuous than previous days, and offers breathtaking views of Kamarang and Uchi Falls, with the constant sound of cascading water in the background. In the afternoon, hike to the top of Uchi Falls for stunning views of the surrounding rainforest and gorges.

- 🏠 **Staying at:** Uchi Falls Campsite, where you will stay in a simple shack with basic amenities.
- 🍴 **Meals included:** Breakfast, Lunch, and Dinner.



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## DAY 8: DESCENT AND RAFTING

After breakfast, begin a 4-mile descent into Uchi Gorge, then follow a bush trail upstream to the junction of the Kamarang and Uchi rivers. Board inflatable rafts and travel downstream for 8 miles, navigating the river's varying conditions and portaging around dangerous areas like Paracema Falls. Return to Paruima village by late afternoon.

- 🏠 **Staying at:** Paruima Guest House.
- 🍴 **Meals included:** Breakfast, Lunch, and Dinner.



## DAY 9: RETURN TO GEORGETOWN

In the morning, bid farewell to your porters and take a boat to Kamarang village. From there, you will board a scheduled flight to Georgetown, with an anticipated arrival of 13:00 hrs. The rest of the day is yours to enjoy at leisure. You might choose to relax at the hotel or explore Georgetown's dining options—our team is happy to offer recommendations or assist with reservations.

- 🏠 **Staying at:** Cara Lodge.
- 🍴 **Meals included:** Breakfast.



## DAY 10: GEORGETOWN EXPLORATION & RIVER CRUISE

Spend the morning as you wish, possibly taking an optional tour such as the Seven Curry Tour or the Taste of Freedom Tour. Then, an afternoon city drive to Stabroek Market area to take a river taxi across the Demerara River - a faster alternative to the Demerara Harbour Bridge. Enjoy an evening river cruise, learn about the history of the waterfront buildings, and view the Demerara Harbour Bridge, once the longest floating bridge in the world. See scarlet Ibis, snail kites, herons, and egrets as they roost for the night, and enjoy a cold drink and snacks (cutters) as the sun sets over the river, before cruising back to the ferry Stelling, enjoying the city lights.

- 🏠 **Staying at:** Cara Lodge.
- 🍴 **Meals included:** Breakfast.



## DAY 11: MAHAICA RIVER BIRDWATCHING

Early pick up (04:30/04:45 hrs) and transfer to the Mahaica River for a fabulous birdwatching river tour. You'll see Guyana's national bird, the hoatzin. This unique tropical bird, also known as the stinkbird or canje pheasant, has a distinctive smell used to deter predators! You'll also see flocks of egret, heron, ibis and marsh tyrants. In the evening you can take an optional tour to Seawall to visit the lively bars and sample the street food.

- 🏠 **Staying at:** Cara Lodge.
- 🍴 **Meals included:** Breakfast.



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## DAY 12 - 14: ST. LUCIA

Late pickup at 15:00 hrs to transfer to Cheddi Jagan International Airport for flight to St Lucia. Transfer from Hewanorra Int'l airport to Bay Gardens Beach Resort and check in for a relaxing three-night all-inclusive stay.

Spend your days relaxing by the pool, exploring the resort's amenities, or enjoying the stunning beach. Take in the tropical surroundings and unwind after your busy Guyana travels.

-  **Staying at:** Bay Gardens Beach Resort.
-  **Meals included:** All-inclusive.

**Please note,** we can help you select alternative accommodation if required.



## DAY 15: TIME TO HEAD HOME

Prepare for departure. Transfer to Hewanorra Int'l airport for your flight home to London. Reflect on the unforgettable adventures that you have had in Guyana and St. Lucia as you fly home to Gatwick.

-  **Meals included:** Breakfast.



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## OPTIONAL TOUR EXPERIENCES

Option 1 and 2 are available to experience on day 10 of the tour and option 3 is available to experience on day 11 of the tour.



### OPTION 1: THE 7 CURRY TOUR

Seven Curry is a beloved Guyanese dish traditionally served in a lotus waterlily leaf. This vegetarian meal features seven curries—pumpkin, bagee (spinach), catahar, potato and channa, boulangier (eggplant), eddo, and dhal—served with rice and puri.

The tour starts with gathering lotus leaves, followed by a visit to Bourda Market to buy fresh vegetables. You'll meet Buddy, a coconut vendor who's been selling at the market for over 50 years. Afterward, head to Tony's Puri Shop for a puri-making demonstration. Then, at Jessica and Eon's garden, you'll help prepare and enjoy the meal in a relaxed setting. The experience concludes with a private concert by Eon John, known as the Singing Chef.

 **Cost: £95 per person**

 **Minimum: 2 people**



### OPTION 2: A TASTE OF FREEDOM TOUR

This tour begins with a visit to the 1763 Monument, honouring Cuffy, the leader of the first major slave uprising in Guyana. We then visit the 1823 Rebellion Monument to learn about the rebellion and the role of the church and abolitionists in the fight for emancipation.

Travelling along the Eastern Coast, we'll stop at Coven John for cane juice and local snacks, before heading to Victoria—Guyana's first village, purchased by freed ex-slaves. We'll also visit Buxton Train Station, where freed female ex-slaves once protested against high taxes. The tour concludes at the Secret Garden, where you'll take part in a traditional cooking class and enjoy an African drumming session with Chef Eon.

 **Cost: £230 per person**

 **Minimum: 2 people**




### OPTION 3: SEAWALL NIGHT LIFE EXPERIENCE

Every Sunday evening, Georgetown's Seawall comes alive as families, couples, and friends promenade along the waterfront, enjoying the refreshing Atlantic sea breeze. This vibrant strip transforms into a hive of pop-up cocktail bars, street food vendors, Caribbean music, and lively parties.

This excursion takes you into the heart of the scene, visiting various bars and sampling delicious street food, all guided by someone who knows the best spots. We'll explore other local bars around the city, seeking out what is popular, traditional, or unique. Every Sunday offers a new experience, tailored to the group's preferences and level of immersion into the local culture.

 **Cost: £110 per person**

 **Minimum: 2 people**



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## SOCIAL RESPONSIBILITY

We are committed to supporting local communities as much as possible. For our tours in Guyana, we partner with a Guyana Tourism Authority registered business in Georgetown. Our guides and drivers are all from the greater Georgetown area, and in the hinterlands, our guides, captains, and porters are indigenous people from the region. The cost of your tour goes directly to paying these individuals a fair wage for their valuable work. This approach not only benefits the local economy but also provides travellers with a more authentic and enriching experience.



## BEST DATES TO GO

The ideal time to embark on this tour is during the dry season, which usually spans from October to March. However, please keep in mind that weather patterns can be unpredictable, so it's always a good idea to be prepared for occasional changes.



## PACKING LIST:

### Clothing:

- Long, lightweight, fast-drying trousers for hiking (maximum of 2 pairs).
- Long sleeve, lightweight, fast-drying shirts for hiking (maximum of 2). Short sleeves are acceptable, but long sleeves offer better protection from bugs in the forest and the sun in the savannahs.
- Comfortable clothing for nights at the camps (it can get very cold on the plateau, so warm clothing is recommended).
- A hat and sunglasses for when you are out in the savannah.

### Footwear:

- Comfortable, breathable hiking boots.
- 2 pairs of long socks.
- Flip-flops or sandals for walking around camp.
- Antifungal foot powder.

### Luggage:

- A comfortable backpack for hiking (waterproof is highly recommended).
- A smaller daypack for exploring the campsite and activities.

### Miscellaneous:

- A camera.
- A flashlight or headlamp with batteries or a power pack for recharging.
- A water bottle, preferably one with a built-in filter or water purification tablets.
- Lip balm.
- A small quantity of high-protein bars or snacks.
- A rain cover (such as a poncho) is recommended.
- Sunscreen.
- Bug spray.



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## INFORMATION FOR YOUR TREK

### Body Weights

Please be advised that all travellers must provide us with their body weight with clothing similar to that which they would expect to travel in on the internal flight in Guyana. Failure to provide us with correct information can cause delays to flights and inconvenience to you and other travellers. In some cases, either passengers and/or luggage may be taken off the flight, for which you or the offending party are responsible. The company will not accept any liability, and no refund will be made. This is airline procedure to ensure that the weight of the load is within the payload limit for the aircraft, and neither they nor the company will compromise on safety.

### Visas

Visas are the responsibility of the traveller. We can give general advice, but ultimately it is your responsibility.

### Wildlife Sightings

There are places in Guyana where wildlife sightings are better than others. The area visited on this tour is not one of them. Wildlife sightings are beyond our control, and we do not guarantee wildlife sightings. If you would like a tour with a better prospect of seeing wildlife, please let us know.

### Authority on Tour

At all times, the decision of the company or its representative will be final on all matters likely to endanger the safety, wellbeing, and enjoyment of the tour. Clients must at all times strictly comply with the laws, customs, foreign exchange, and drug regulations of all countries visited. Should the client fail to comply with the above or commit any illegal act when on tour, or if, in the company's opinion, the client's behaviour causes or is likely to cause danger, distress, or annoyance to others, we may terminate that client's travel arrangements without any liability on the company's part.

### Condition Restraints

You have selected a tour that is, in part, in remote areas. This adds to the adventure and opportunity to enjoy a true nature experience. However, due to the nature of the terrain, weather, road conditions, and other elements beyond our control, some elements of tours may have to be altered. Times of some activities may need to be changed or even cancelled due to the conditions. If an activity is cancelled, it will be replaced with an alternative activity that is more appropriate for the conditions. Advance notice will be given for any changes where possible, although at times changes may be made whilst the tour is in progress.

### Local Culture

Many of the areas to be visited are remote, and the cultures of the people are most likely different from what you are accustomed to. These communities welcome visitors under the condition that their customs, habits, and rituals are respected at all times. Caribbee will endeavour to provide appropriate guidance to visitors as to correct behaviour whilst in these communities. The company reserves the right to cancel a visitor's tour at any time should their behaviour be inappropriate and offensive to the local communities.



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## **Acceptance of Risk & Responsibility**

Nature and adventure travel is, by character, an activity that requires travelling in areas that are often remote and the terrain difficult. Whilst every precaution is taken to ensure the comfort and safety of our customers, these trips do have elements of risk. By taking part in this tour, you acknowledge that there are inherent risks and that you are fully aware of the conditions of travel, accommodation, and activities offered. You accept that Caribbee, its staff, and sub-contractors cannot be held liable for any accident, illness, or similar occurrence except in cases of gross negligence or wilful misconduct. You hereby accept all such risk and release the company from all claims and causes of action arising from any injuries or damages resulting from these inherent risks.

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## **Force Majeure**

The company will do its best to minimise the effects of matters outside its control but cannot accept liability for these matters, which include political disputes, industrial action, refusal of visas, border closures, unforeseeable climatic events, epidemics and pandemics, delayed or cancelled flights, etc. Caribbee may change, modify, rebook, or cancel a trip for force majeure events.

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## **Travel Insurance**

It is the client's responsibility to obtain adequate personal travel insurance. This insurance should, at a minimum, cover personal accident, medical expenses, and repatriation expenses. It is recommended that the coverage extends to include loss of effects, curtailment, cancellation, and all other expenses which might arise as a result of loss, damage, injury, delay, or inconvenience occurring to the client.

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## **Responsibility**

All services are organised by Caribbee. Notice is hereby given that all arrangements made on behalf of customers are made by the organisers on the sole condition that the organisers shall not be held responsible for any injury, death, accident, delay, loss, damage or irregularity which may be occasioned through acts of any company and /or persons engaged in carrying out the arrangements and Caribbee acts as an agent for transport companies, hotels and other contractors and shall not be liable for any injury, damage, loss, delay or irregularity that may occur, including, but not limited to, any defect in a vehicle or any other form of conveying travellers, acts of God, detention, delays or expenses arising from quarantine, strike, riots, theft, force majeure, civil disturbance, government restrictions or regulation, accident by aircraft, boat, bicycle, motor vehicle or any other form of transport or in any hotel, resort, ranch, guest house, camp or other form of accommodation.

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## **Severability**

In the event that any term or condition contained herein is unenforceable or void by operation of law or as being against public policy or for any other reason then such term or condition shall be deemed to be severed from this Agreement or amend accordingly only to such extent necessary to allow all remaining terms and conditions to survive and continue as binding.