



**GUYANA, SURINAME &
FRENCH GUIANA
TOUR**
PRACTICAL INFORMATION

What to expect on this trip?

From the majestic falls of Guyana to the cultural richness of Suriname and the historical islands of French Guiana, these destinations provide unforgettable experiences for travelers. Kaieteur Falls in Guyana is a breathtaking 741-foot waterfall, nestled in the rainforest and home to rare wildlife like golden frogs and cock-of-the-rock birds. In Suriname, Paramaribo is a UNESCO World Heritage city where a synagogue, mosque, and Hindu temple sit side by side, showcasing the country's cultural harmony. French Guiana's Kourou Space Center blends space exploration with tropical beauty, while the Salvation Islands, once a French penal colony, now offer haunting ruins and rich wildlife in a serene, historic setting.

***The tour is not recommended for people with mobility issues or illnesses.**

You will travel in a small group of international travelers (6-12 people).



Visa requirements:

It is the client's responsibility to be aware of all documents necessary for entry to the countries visited based on your nationality.

Penguin Travel can assist with documents and information required to receive the visa. However, we are not responsible for the approval of the visa.

- **Guyana:**

Citizens from many countries, including the US, Canada, UK, and most European countries, do not need a visa for stays of up to 90 days.

- Visa on Arrival: Some nationalities can obtain a visa upon arrival, but it's recommended to check with the nearest Guyanese embassy or consulate in advance for specific requirements.

- **Suriname:**

You must have Entry Fee paid in advance of the trip.

<https://suriname.vfsevisa.com/suriname/online/home/e-tourist-card>

Suriname introduced a **digital Immigration and Customs Form (ICF)**, which is mandatory for all travelers starting November 1, 2024. The form must be filled out 7 days before your arrival or departure and can be completed online at icf.sr. Once submitted, you'll receive a QR code to present at immigration. This system aims to streamline the travel process and enhance security. Failure to submit the form may cause delays or denial of entry.

- **French Guiana:**

As an overseas region of France, French Guiana follows the same visa policies as mainland France.

Citizens from the EU, the US, Canada, and most European countries do not need a visa for short stays (up to 90 days).

*Please keep in mind your passport must be valid until at least 6 months after the date of arrival and must have enough free pages.



Accommodation & transportation:

Accommodation is provided in local 3-star hotels. Please note that some hotels may not have elevators. In all three countries, transportation is by bus, and the vehicle size will depend on the size of the group.

In French Guiana, passengers may be divided between two or three vehicles, depending on the group size.

For convenience, it is highly recommended that you travel with a backpack or duffel bag instead of a suitcase with wheels. This type of luggage will be more practical when crossing borders by boat or when transitioning between various modes of transportation.

We highly recommend bringing a backpack or soft-shell luggage, as it's more convenient to carry, especially since luggage may be stored on a rack on top of the bus. This type of luggage is also more practical for navigating different types of transportation and storage spaces throughout your journey.



Dress code and what to pack:

Here's a list of things that are good to have in your pack when traveling to Guyana, Suriname, and French Guiana:

- **Passport**
- **Yellow fever vaccination certificate**
- Universal Travel adapter (In Guyana, plug types A, B, and D are used with 120V and 60Hz. In Suriname, it's C, F, and I with 127V and 60Hz. In French Guiana, you'll find C, E, and F plugs with 230V and 50Hz)
- Insect repellent
- Sun protection cream
- Sunglasses
- Hat
- Light, breathable clothes
- Raincoat
- Comfortable shoes and sandals
- First aid kit – Include essentials like aspirin, antiseptic, bandages, and any personal medications.
- Waterproof bag
- Swimwear – For swimming in rivers or relaxing at the beach.
- Power bank for charging your devices

We highly recommend bringing a backpack or soft-shell luggage, as it's easier to carry, especially since luggage may be stored on a rack on top of the bus.



Currency and payments:

- **Guyana:** The official currency is the Guyanese Dollar (GYD). While US dollars are widely accepted, especially in tourist areas, it's advisable to carry local currency for smaller transactions. Credit and debit cards are accepted in larger establishments, but cash is often preferred in more rural areas.
- **Suriname:** The official currency is the Surinamese Dollar (SRD). The US dollar is also commonly accepted in certain businesses, especially in the capital, Paramaribo. Credit cards are accepted in larger establishments, but cash is essential for smaller transactions, particularly in remote areas.
- **French Guiana:** The official currency is the Euro (EUR), as it is a French overseas region. Credit and debit cards are widely accepted, and ATMs are readily available. However, it's always a good idea to carry some cash for small purchases or in more rural areas.

For all three destinations, it's advisable to inform your bank of your travel plans to avoid any issues with using cards abroad, and always carry a mix of payment options.

- **Budget:** to calculate your budget, keep in mind that entry fees, tips and personal expenses are not included.
- **Meal prices:** you can expect to pay around 10-30USD per meal, depending on the type of restaurant and country (in French Guyana, you can expect prices similar to Western Europe)
- **Entry fees:** entry fees in total for the whole tour are about 60-70 USD. (mainly in Suriname, including the visa fee)
- **Ferry tickets** (border crossing Guyana - Suriname/ Suriname- French Guiana): 30 - 35 USD.

Local payment:

The local payment is part of the total cost of the tour, it is NOT an additional fee. During this tour, there are a lot of cash expenses that we as an agency need to cover.

That's why to make it safer and easier for our tour leader, they will collect a small amount in cash directly from you during the tour (this amount was already deducted from your invoice).

Having a Local Payment also allows us to keep the cost of our tours competitive and save on operational and administrative costs, so we can pass the savings on to you.

Please note that the local payment doesn't cover tips for the local guides or entry fees.



Other things to note:

Safety:

- **Guyana:** Stick to well-populated areas, especially in cities like Georgetown, and avoid walking alone at night. Petty crime, such as pickpocketing, can occur, so keep your belongings secure. Always use reputable transportation options, especially in remote areas, and be cautious near the borders.
- **Suriname:** Stay alert in urban areas like Paramaribo, as petty theft can happen. In rural areas, be mindful of wildlife and the environment when exploring.
- **French Guiana:** While it's generally safe, exercise caution in urban areas, especially at night. In remote areas like the rainforest or the Salvation Islands, make sure you follow the local guide's advice and be aware of your surroundings.

In all three countries, it's wise to have travel insurance, avoid risky areas, and keep emergency contacts handy.

Internet and Connectivity:

- **Guyana:** Internet access is generally available in major cities like Georgetown and some rural areas. Mobile data coverage is provided by companies like GTT and Digicel, but signal strength can vary in remote regions. Wi-Fi is commonly available in hotels, cafes, and restaurants.
- **Suriname:** Internet is available in the capital, Paramaribo, and other urban areas, with good mobile data coverage from providers like Telesur and Digicel. Rural areas may have limited or slower internet access. Many accommodations offer Wi-Fi.
- **French Guiana:** Internet and mobile data services are reliable in the main towns like Cayenne, with coverage from Orange and SFR. However, rural areas, especially the rainforest regions, might have limited connectivity. Wi-Fi is typically available in hotels and larger businesses.

In all three destinations, it's a good idea to purchase a local SIM card for better connectivity and data use during your stay. We recommend getting an e-SIM card before the trip for all three countries.



Other things to note:

Cultural Sensitivity: When traveling to Guyana, Suriname, and French Guiana, it's important to respect cultural diversity and local customs. In **Guyana**, with its mix of East Indian, African, and indigenous communities, be respectful during religious celebrations and dress modestly at religious sites. **Suriname** is known for its religious tolerance, so show respect for Hindu, Muslim, and Christian traditions, and dress appropriately when visiting temples or mosques. In **French Guiana**, with its blend of French and local cultures, be mindful of customs and ask for permission before photographing people, especially indigenous groups. Always approach these diverse cultures with respect, patience, and an open mind.

Photography:

- **Guyana:** Always ask for permission before photographing locals, especially indigenous people, as some may consider it disrespectful. In wildlife and nature areas, be mindful of your surroundings and follow any park or guide regulations to avoid disturbing the environment.
- **Suriname:** Photography is generally welcomed, but be respectful when taking pictures of people, particularly in religious settings or during ceremonies. As with Guyana, asking permission is key, especially in rural or indigenous communities.
- **French Guiana:** Be cautious when photographing people, particularly indigenous groups or in religious sites. It's polite to ask before taking photos, and in some cases, such as at government or military facilities, photography may be restricted.
- **Meals:** Please note that breakfast is included in the hotel stay, but any drinks or meals not specifically mentioned in the program are not included in the total price. This means that you will need to cover the cost of any additional meals or beverages you purchase during your stay, outside of what is specified in the itinerary.
- **The flight to Kaieteur falls might be cancelled last-minute due to weather conditions.**
- The **Space centre in Kourou** might be closed for tourist visits if there happens to be a launch during the week of your travel or due to any other operational reasons.



Eat Like a Local: The Must-Try Flavors of Guyana

Eggball

Crisp on the outside, soft and savory within – the humble eggball is the heartbeat of Guyana’s street food scene. A hard-boiled egg is lovingly wrapped in seasoned cassava (yuca) mash, dusted with flour, and deep-fried until golden and crunchy. One bite reveals a perfect contrast of textures, especially when dipped into a fiery pepper sauce or tangy mango sour. It’s a snack you’ll find on every corner, and once you’ve tried it, you’ll understand why locals swear by it.

Curried Chicken

Fragrant, comforting, and bursting with spice – curried chicken is a dish that tells the story of Guyana’s Indian heritage. Tender pieces of chicken simmer in a rich medley of turmeric, cumin, coriander, and masala, filling kitchens with an irresistible aroma. Whether served with steaming rice or soft, buttery roti, this dish brings warmth and flavor to every table. Guyanese curries may have their roots in India, but they’ve evolved into something distinctly Caribbean – bold, soulful, and unforgettable.

Cook-Up Rice

Nothing says “weekend in Guyana” quite like a big pot of cook-up rice. This one-pot wonder brings together rice, peas or beans, and a mix of meats – chicken, beef, even pigtail – all simmered slowly in creamy coconut milk. The result is hearty, aromatic, and deeply comforting. Born from the creativity of enslaved Africans who turned simple ingredients into nourishing feasts, cook-up rice remains a symbol of togetherness and celebration, often made for family gatherings or Sunday dinners.

Pepperpot

Deep, dark, and utterly delicious – pepperpot is the crown jewel of Guyanese cuisine. This slow-cooked stew, often made with beef, pork, or mutton, draws its signature bittersweet flavor from cassareep, a thick, molasses-like sauce made from cassava root. Fragrant with cinnamon and cloves, it’s traditionally served on Christmas morning with thick slices of homemade plait bread. More than just a meal, pepperpot is a taste of heritage – a dish that connects generations and cultures in every spoonful.

Metemgee

Rich, creamy, and soul-satisfying, Metemgee is Guyanese comfort food at its finest. A hearty coconut milk stew filled with cassava, yams, sweet potatoes, and plantains, it’s a celebration of the land’s abundance. The addition of “duff” – soft, fluffy dumplings – and a side of fried fish or salted beef turns it into a full, warming meal. With every bite, Metemgee tells a story of African roots, local produce, and the kind of home-cooked love that lingers long after the plate is empty.

Seven Curry

A feast for both the eyes and the soul, Seven Curry is the pride of the Indo-Guyanese community. Traditionally served on a fresh water lily leaf during Hindu celebrations, this vibrant platter brings together seven vegetarian curries – often pumpkin, spinach (bhangji), potato and channa (chickpeas), eggplant (balanjay), eddoe, and mango. Paired with rice and dhal, it’s not just a meal but a ritual – a celebration of faith, family, and flavor. Each bite is an exploration of texture and spice, reminding you that in Guyana, food is culture, memory, and joy combined.



Local guides and tour leader:

On this tour, you will be accompanied by a **tour leader from Penguin Travel** (if the group is min. 10 people) and local English-speaking guides.

The **tour leader** is responsible for organizing the logistics and ensuring that the tour runs smoothly.

The **tour leader** might have or have not visited the destination before.

The **local guides** will provide more information about the history and significance of the places you visit.

Some of the sites have their on-site guides.

Tips for the local guide/ tour leader are NOT included in the package price (we recommend about **10 USD** per person per day for the local guide/tour leader and **5 USD** per person per day for the driver).

[*Click here to see our Guyana, Suriname and French Guiana tour itinerary and departure dates.](#)

*Please keep in mind there might be some changes during your trip, especially the prices mentioned.

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WE WISH YOU
AN UNFORGETTABLE TRIP!

