



WELCOME TO **GUYANA**

Nature's Beating Heart



NATURE'S BEATING **HEART**

Welcome to Guyana

Guyana lies in the northeast of South America on the Atlantic Ocean, framed by Venezuela, Suriname and Brazil. The culture of this English-speaking country has a strong Caribbean vibe you can see in the country's music, art, architecture and especially its cuisine. It also has the feel of Amazonia. Whether exploring thousands of square miles of primary tropical rainforest, or visiting Kaieteur Falls, one of the world's tallest and most powerful single drop waterfalls, Guyana offers exciting travel experiences that are found virtually nowhere else. Indigenous community-owned and operated tourism businesses offer travellers the opportunity to get a first-hand look at cultural traditions that have survived for centuries. With no need for a translator, travellers are able to really get to know their indigenous hosts, and gain true insight into their lives.

Worthwhile destinations also include the vibrant and historic capital city of Georgetown, the relaxing country life and farm lands found along the coast, the endless rivers and savannahs in the south of the country, and many waterways that make up the Essequibo region – some dotted with nature resorts and even the home to the ruins of Dutch forts. Of the approximately 750,000 inhabitants, most (90%) live in coastal areas, and occupy about 16% of the total area of Guyana.

The remaining 84% is pure nature.

Capital City of Georgetown

Georgetown is the gateway to Guyana and epicenter of all cultural activities. The lively capital is known for its Caribbean lifestyle and offers a number of enticing attractions.

You can't help but notice the many historic, partly Georgian buildings in the downtown area, including the wooden St. George's Cathedral, Red House, and Victorian-style, Cara Lodge.

A visit to Stabroek or Bourda market lets you surround yourself with fresh fish, exotic fruits and vegetables, local spices and even 'bush' medicine.

In the Botanical Gardens and National Park, you can visit and feed live wild manatees. The city is located below sea level, and is criss-crossed by canals and kept dry by a rampart that is ideal for walks or jogging.

Walter Roth Museum

A cultural museum with historic relics and informative exhibitions on the indigenous peoples of Guyana.



St. George Cathedral

An impressive Anglican cathedral, it's reputed to be the tallest wooden church in the world. Don't miss seeing it from the inside!

National Museum

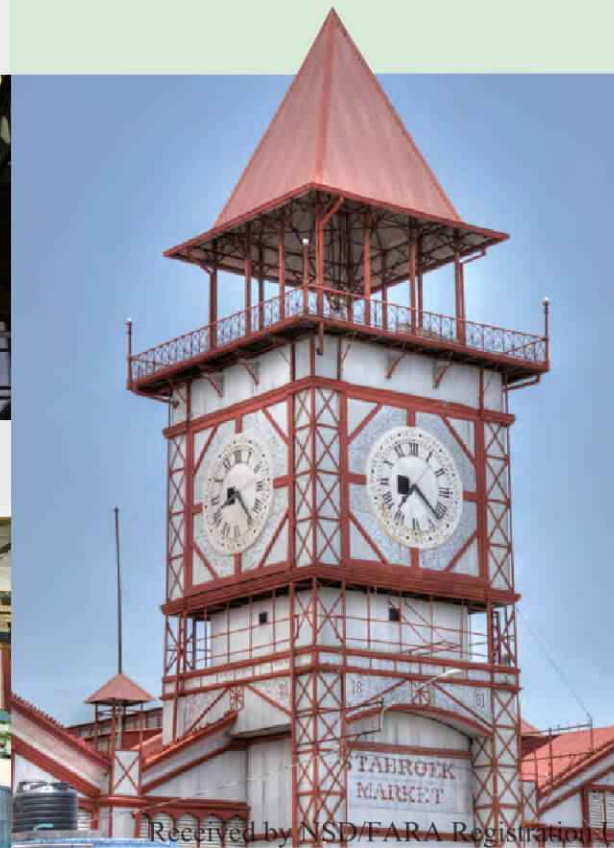
A perfect place to learn about Guyana, before launching your exploration of our spectacular country.

Botanical Garden

Here you can get a taste of the majestic flora and fauna that can be found throughout the country -- endemic tropical plants, exotic birds and manatees!



04



OUR TIP: A FOODIE TOUR OF THE BOURDA MARKET

Chef Delven Adams is known around Georgetown as an expert in everything food related, and touring the Bourda Market with him is a stimulating experience.

Chatting with the local vendors, Delvin will explain (and let you sample) the wide range of local produce, from which he will later conjure up deliciously authentic examples of Guyanese cuisine in his Backyard Café.

 /BackyardCafeOnline

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Kaieteur Falls

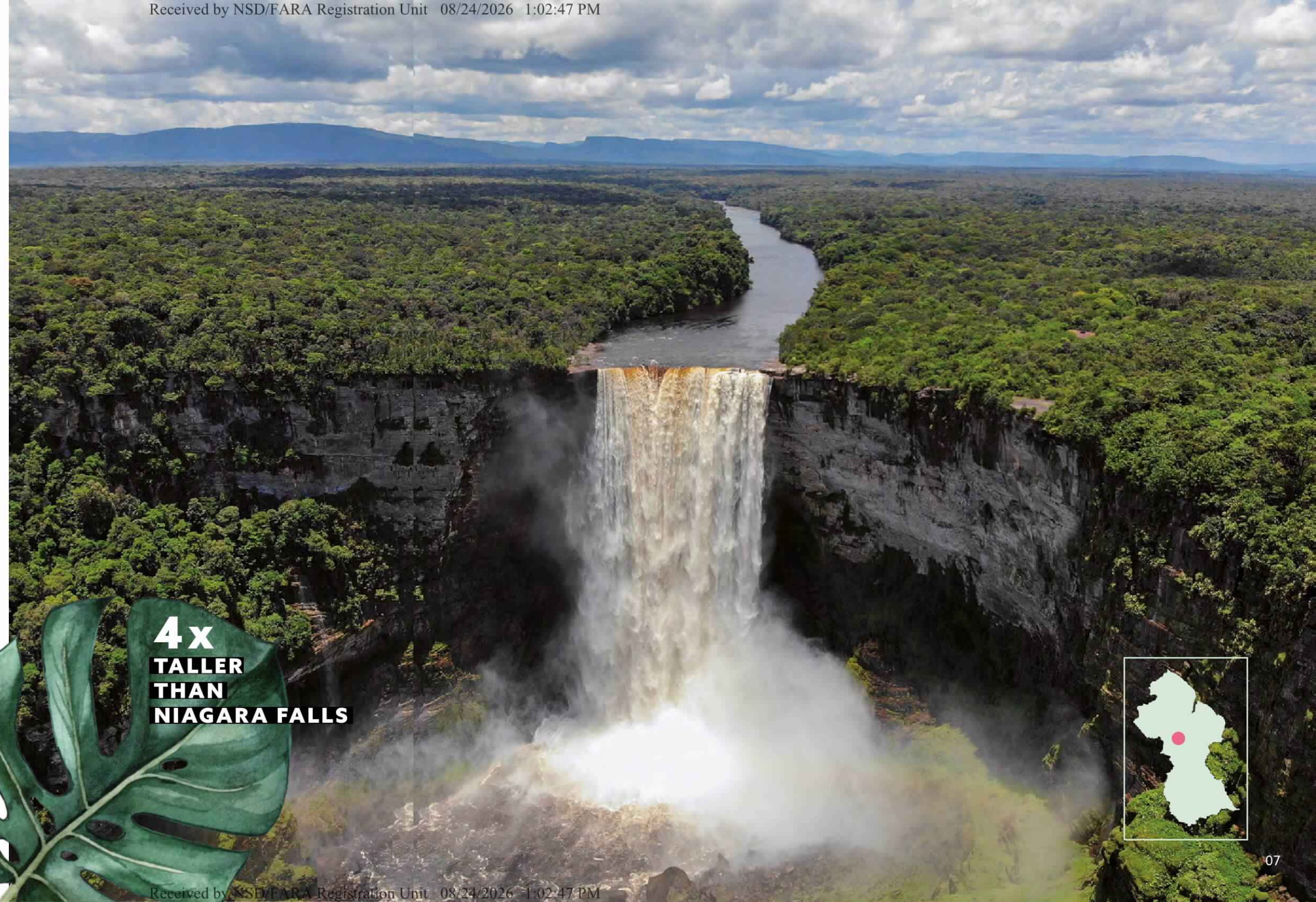
Set within the rainforest of Guyana is one of the most spectacular waterfalls in the world, Kaieteur Falls. Most travellers arrive by small plane, which provides you with a spectacular aerial view of the iconic falls. At 741 feet, Kaieteur is four times taller than Niagara Falls. Best of all there are no crowds, and its namesake Kaieteur National Park is relatively untouched and less crowded compared to other 'must see' destinations.

How many persons can say that they had a waterfall all to themselves?

Another highlight of Kaieteur is the search for the golden rocket frog - a tiny frog found only here in the Kaieteur National Park. Less than an inch in length, it spends its entire life inside the leaves of a single bromeliad.



**4x
TALLER
THAN
NIAGARA FALLS**



Shell Beach

The Protected Areas

A remarkable diversity of flora and fauna is the hallmark of Guyana's five protected areas: Kaieteur National Park, Iwokrama Rainforest Reserve, Kanuku Mountains, Shell Beach and Konashen Community-owned Conservation Area. More than 820 bird, 228 mammal and 330 reptile species call this tropical rainforest their home.

Georgetown

Kaieteur National Park

Iwokrama Rainforest Reserve

Kanuku Mountains

Konashen



THE HEART OF GUYANA

The Rupununi River

North Rupununi

Unspoiled rainforest forms the heart of the North Rupununi region. Travelers staying in indigenous community-owned or operated ecolodges will get to experience both a rich variety of wildlife and birds, and the rare opportunity to see day-to-day life in a rainforest village. Guyana's indigenous peoples have a deep understanding and appreciation of the nature that surrounds them, and are more than happy to share their knowledge and stories with you.

Central and South Rupununi

Located on the Brazilian border, the city of Lethem is the center of the Central and South Rupununi region. Where the North Rupununi offers you a more rainforest atmosphere, the Central and South region presents more of a savannah landscape and a cowboy vibe. The annual Easter Rupununi Rodeo, one of the largest events in the country, underscores the importance of cattle breeding in the region. You will also find one of the world's largest ranches here - Dadanawa Ranch. Every dreamed of being a cowboy? This is the place for you.

EVERYTHING FLOWS

Guyana's Streams

ESSEQUIBO

The longest river in Guyana, the Essequibo begins in the Akarai Mountains near the Brazilian border, and flows for about 600 miles into the Atlantic. On the way, the numerous tributaries enrich a unique ecosystem with countless waterfalls, surrounding rainforests and a variety of bird and animal species. On the banks of the Essequibo, there are several historic sites such as Forts Zeelandia and Kyk-Over-Al, as well as numerous other relics of Dutch colonial history.

DEMERARA

The Demerara River begins in the dense central rainforests of Guyana and flows north to Georgetown and the Atlantic more than 200 miles later. Countless islands and unpopulated shores offer rich biodiversity. Birdwatching areas and nature trails along the river are highlights for every traveller.

BERBICE

On the banks of the almost 350-mile-long Berbice River, traces of colonial history tell the story of Guyana. Once home to flourishing sugar plantations, Berbice today offers a unique blend of simple country life and rich colonial heritage. New Amsterdam is the ideal base from which to explore seaside villages, the vast flora and fauna of the surrounding forests and various historic buildings such as the New Amsterdam Public Hospital, City Hall and the Congregational Church.

GIANT WATER LILIES

Victoria Amazonica

This giant water lily *Victoria Amazonica* can be found not only in the interior, but also on the National Coat of Arms. It was discovered 180 years ago by a German botanist who served the British Queen Victoria, and named it in her honour.

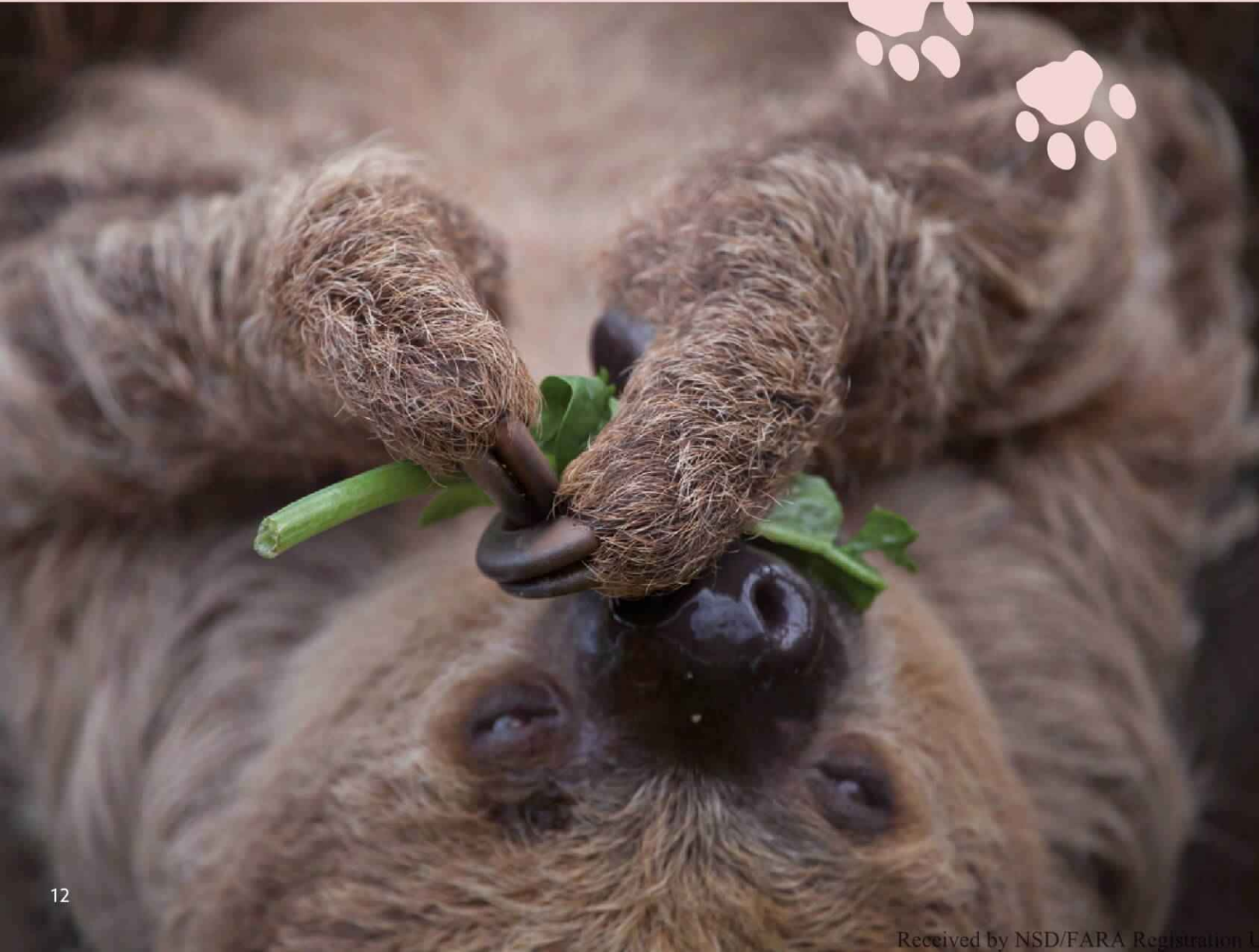
The floating blades can reach a diameter of up to six feet and can carry a load of over 100 pounds. The flowers of this natural beauty appear year-round and can be admired over several weeks once bloomed. The flowers unfold to show two different colors in as many nights -- white on the first night and pink on the second.

These giant water lilies are another reason Guyana is often referred to as "The Land of The Giants." For a couple more reasons, turn the page.



Wildlife

The fauna of Guyana is impressive because of its immense biodiversity. Thousands of exotic birds, mammals, fish and amphibians provide thrills for nature lovers. The country is home to the world's largest rodent (capybara) and the largest scaled freshwater fish (arapaima), in addition to jaguars, puma, giant anteaters, giant river otters and black caimans. Unusual animals such as tapirs or agoutis, sloths and various types of monkeys -- sakis, spider, and howler -- can also be spotted.



Bird Watching

More than 820 species of birds populate Guyana's rainforests, coastal areas and savannahs, making it one of the world's most popular bird watching destinations. Even experienced ornithologists are impressed by the variety they encounter and the ease of access. The vibrant Guianan Cock-of-the-Rock, the Sun Parakeet, Rio Branco Antbird and the impressive Harpy Eagle are some of the most sought-after species on their lists.



**KEEP AN EYE OUT
FOR SMALL AND
LARGE ANIMALS**



The **golden rocket frog** is a small, brilliantly coloured tree frog that spends its entire life inside the leaves of the cloud forest's bromeliads. It is an opportunistic, sit-and-wait predator whose diet includes mosquitoes and midges. These little charmers are currently listed as threatened on the International Union for Conservation of Nature Red List, and are protected within the Kaieteur National Park.

Often on the wish list of many birdwatchers, the **Harpy Eagle** can be found in the untouched canopies of the Kanuku Mountains and Iwokrama Rainforest Reserve. Pristine tropical rainforest is the perfect home for this majestic raptor, as it offers ample prey. The Iwokrama River Lodge, Atta Rainforest Lodge, Rewa Eco-Lodge and Surama Eco-lodge make ideal stepping off points to spot this species in the North Rupununi. Along the coast, the magnificent bird can often be spotted near the village of Warapoka.

Natural Wonders & Active Exploration

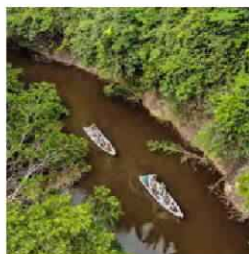


Guyana has a range of adventures to offer, from gentle activities, to those that will have your heart pounding and adrenaline rushing. Abseiling off steep cliffs, survival treks into the heart of the Amazon jungle, canoeing on rivers brimming with caimans and piranhas, 4x4 safaris through rough mountains. And of course, plenty of hiking and wildlife spotting. The possibilities are virtually endless.

This allows you to plan hiking tours that range from easy trails to survival trips in the deepest jungle. The path to Turtle Mountain and the Awarmie Mountain are some of Guyana's most popular hikes. The country can also be explored by mountain bike on selected trails closer to the coast.



On river trips, caimans and piranhas maintain a watchful eye. During a night cruise, you can watch for nocturnal animals from the boat. Keep your eyes in the trees for anacondas and jaguars. The many rivers of the country are also suitable for fishing, especially the Rewa, Rupununi and Burro Burro rivers.

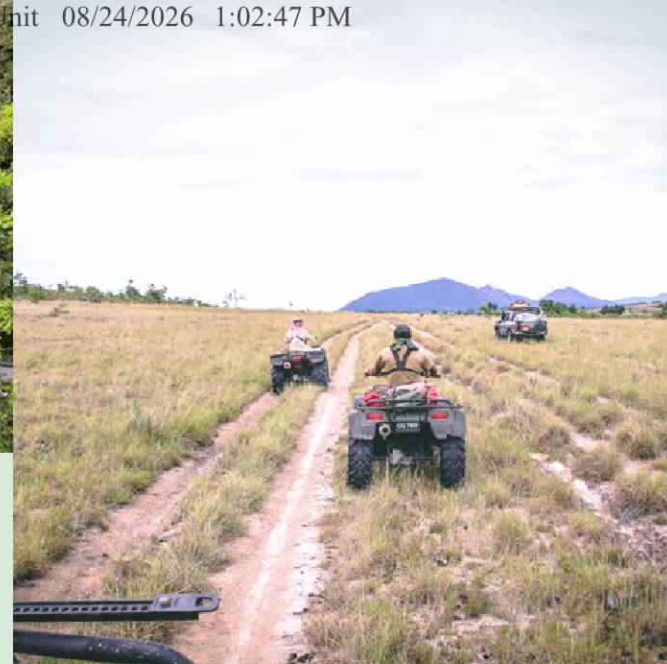


Guyana's waters are home to more than 900 different species of fish, including the world's largest scaled freshwater fish, the arapaima, which can reach over 6 feet in length and weigh over 200 pounds. Because it is under protection, fishing for arapaima is strictly catch and release using a fly rod. But what a great photo op!



The five protected areas of Guyana are renowned for their flora and fauna: Kaieteur National Park, Iwokrama Rainforest Reserve, Kanuku Mountains, Shell Beach and Konashen. Large parts of the country are covered by rainforest - an area as big as Oregon!

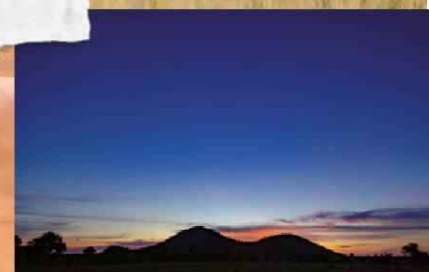
On the Iwokrama Canopy Walkway you can experience the rainforest from 100 feet above the ground.



On a 4WD safari, you will see mountains and rainforest, anteaters and, with luck, an elusive jaguar.



Do you long for an experience like the wild west? Then book a stay on a Guyanese ranch. In the saddle, you can help the „vaqueros“ (cowboys) work the cattle. The most popular ranches include Saddle Mountain Ranch, Dadanawa Ranch, Waikin Ranch, Manari and Wichabai Ranch.



Sustainable Tourism

Guyana is committed to tourism that preserves our natural attractions and cultural traditions, while improving the livelihoods of the local population.

Travelers can stay overnight in eco-lodges owned or operated by indigenous communities. With the income from these lodges and other tourism-based businesses, communities can finance their schools and other facilities.



Green

Guyana is a pioneer in ecotourism. **In 2019, the country came first in the "Best of Eco-tourism" and a Top 10 Sustainable Destination at ITB Berlin and the "Best Sustainable Adventure Destination" at World Travel Market. In 2020, Guyana was the only country named Best of the Americas in the 2020 Sustainable Destinations Top 100 led by ITB Berlin and the Green Destinations Foundation.** The rainforest of Guyana is one of only four remaining virgin rainforests on the planet. The government, communities, businesses and residents care deeply about its conservation. Your visit can help protect it.



Accommodations

Baganara Island Resort

Rewa Eco Lodge

Cara Lodge

Accommodation options in Guyana range from luxury and boutique hotels in Georgetown (such as Cara Lodge or Grand Coastal Hotel), to simple yet authentic eco-lodges in the middle of the rainforest and ranches in the savannahs. Accommodations such as Atta Rainforest Lodge, Rock View Lodge, Caiman House Field Station, Iwokrama River Lodge, Waikin Ranch or Saddle Mountain allow you to stay in the middle of nature. On guided hikes, you can explore the jungle and savannahs and discover its bountiful wildlife.

Should you wish to overnight with the indigenous residents of Guyana (and thus help support their communities), Rewa Eco-Lodge, Surama Eco-Lodge and Caiman House Field Station, among others, are perfect. In the latter, you can have a first-hand experience in caiman conservation by tagging along with naturalists as they tag and mark caiman to monitor a healthy population growth. Karanambu Lodge takes care of the preservation of the giant river otters. Its founder, Diane McTurk, was an expert at rehabilitating and releasing orphan giant river otter pups back into the wild.

If you are looking for a bit of a softer experience when it comes to nature and adventure, we recommend some nights in one of island-style nature resorts located along Guyana's coast such as Arrowpoint Nature Resort, Sloth Island Resort or Baganara Island Resort. The Essequibo River in particular is home to a number of great lodging options and experiences you can build your entire trip around, enjoy in a day trip, or combine with the indigenous lodges of Rupununi.

A detailed overview of accommodations in Guyana can be found at www.guyanatourism.com

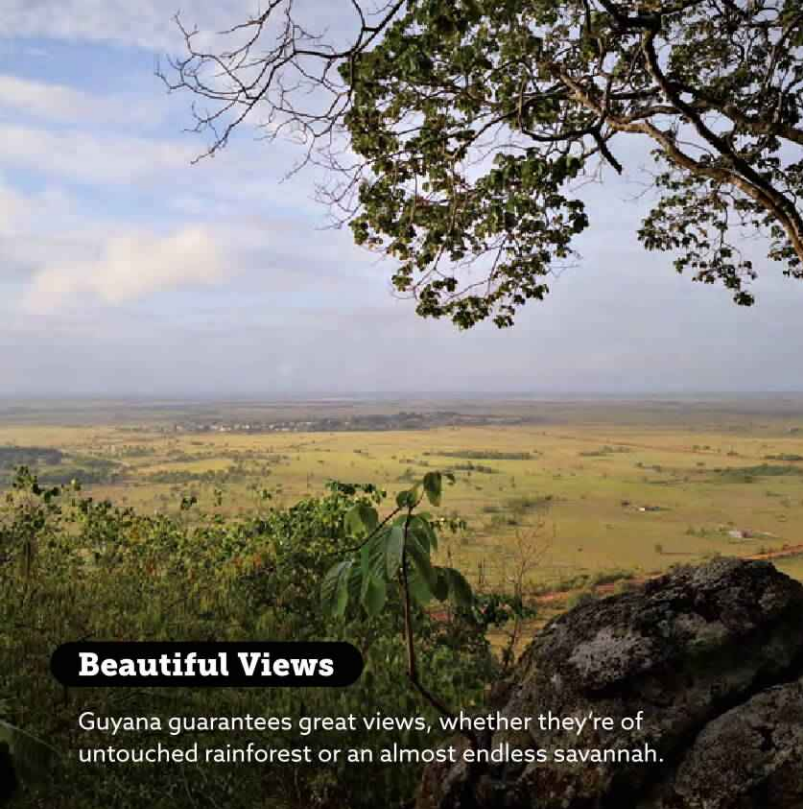
Iwokrama River Lodge
iwokramariverlodge.com

Cara Lodge
caralodge.com

Baganara Island Resort
baganara.net

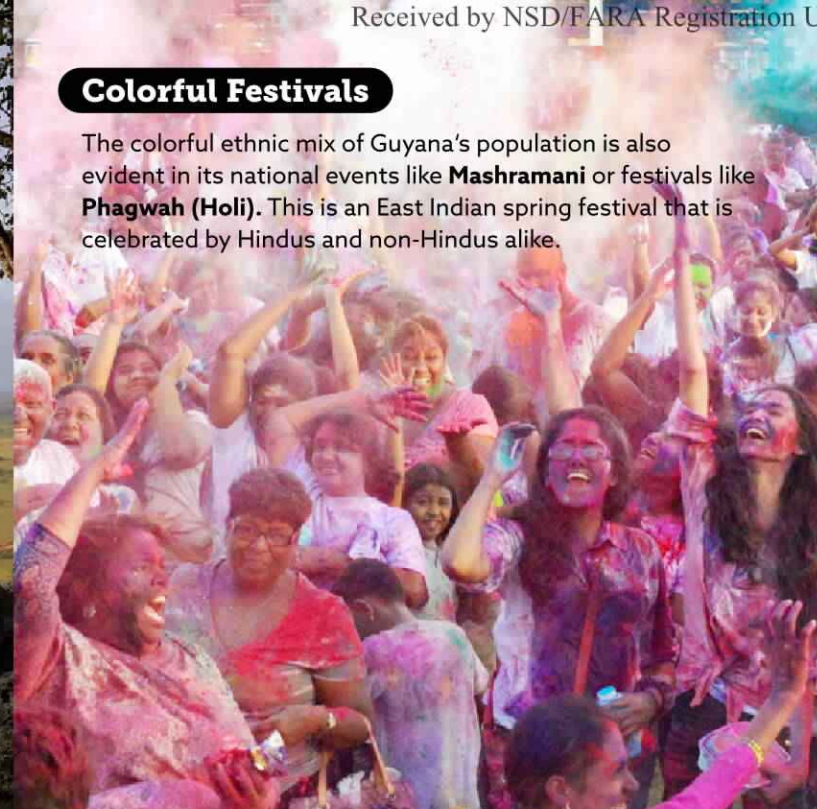
Rewa Lodge
rewaacolodge.com

Karanambu Eco-Lodge
karanambutrustandlodge.org



Beautiful Views

Guyana guarantees great views, whether they're of untouched rainforest or an almost endless savannah.



Colorful Festivals

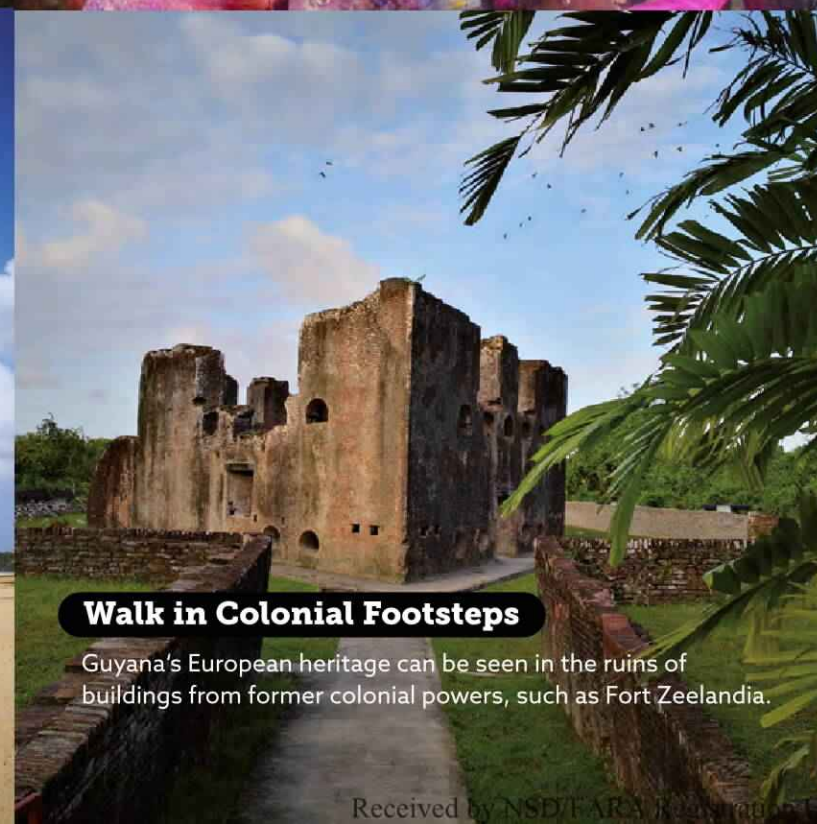
The colorful ethnic mix of Guyana's population is also evident in its national events like **Mashramani** or festivals like **Phagwah (Holi)**. This is an East Indian spring festival that is celebrated by Hindus and non-Hindus alike.



Swim in Essequibo

Guyana isn't a classic swimming destination, but along the large rivers there are a few beautiful beaches.

INSIDER TIPS



Walk in Colonial Footsteps

Guyana's European heritage can be seen in the ruins of buildings from former colonial powers, such as Fort Zeelandia.



Relax in Nature

The Waikin Ranch near Lethem is more than just horse riding. The natural lake is also inviting to swim in.

Climate

The year-round temperatures of around 30° C, coupled with cooling trade winds from the Atlantic provide ideal conditions for traveling in Guyana. Inland, the mountains and the rainforest create a tolerable climate despite high humidity. Ideal travel time for tours is from October to April. But also, the green season (rainy season) from May to early September is especially suitable for bird watching, SAVE travel and exploring the coastal region.

For either season, we recommend light quick dry clothing, hiking boots and a raincoat for the rainfall.

Location

Guyana is located in the northeast corner of South America on the Atlantic Ocean, framed by Venezuela, Suriname and Brazil. The inner highlands are surrounded to the south by the Rupununi savannahs, while the Pakaraima Mountain Range with the famous Mount Roraima (9,219 feet) form the western boundary. The three most important rivers of Guyana, whose name means "land of many waters", are Essequibo, Demerara and Berbice.



People

The country has only about 750,000 inhabitants with most living along the coast. Here the culture is strongly influenced by the Caribbean and its shared history. However, as you travel south into the rainforest and savannahs, you will be greeted by Guyana's first people –our Indigenous People.

Guyana is a melting pot of cultures. Our population is primarily comprised of descendants of enslaved Africans brought to the Caribbean by the British to work sugar plantations. They were followed by indentured immigrants from India, Portugal, China and other European nations. Guyanese are proud to share their cultural traditions and heritage with each other and their guests. By doing so, they preserve their legacy and cultural practices.



Money

While credit cards are accepted in many hotels and businesses in the capital Georgetown, cash is required in the interior. The national currency is the Guyana Dollar (US\$1 equals about GY\$210 and CA\$1 equals GY\$150). Although you can pay in US dollars with individual lodges, it is a good idea to have Guyana dollars available from banks in Georgetown. Your tour operator can arrange this.

Language

English is the official language of Guyana, which makes travel here much easier. There are also special dialects like Guyanese Creole and the languages of the indigenous peoples. Due to its proximity to Brazil, many inhabitants of the Central and South Rupununi region also speak Portuguese.

History

Guyana is the only country in South America where English is the official language. This is due to the long rule of the British in the region. The lush sugar cane fields along the Guyana coast aroused the interest of Dutch, French and British, who each successively occupied the coastlands at some point.

What began with the Dutch as temporary trading bases in the 16th century, soon became a permanent settlement where sugar cane, coffee, cotton and tobacco were grown. The farming was done by African slaves until their uprising in 1763.

Safety

Guyanese are generally very friendly and helpful. So, do not be surprised to be approached by locals. However, as in any other country, travelers should follow basic precautionary principles.

Health

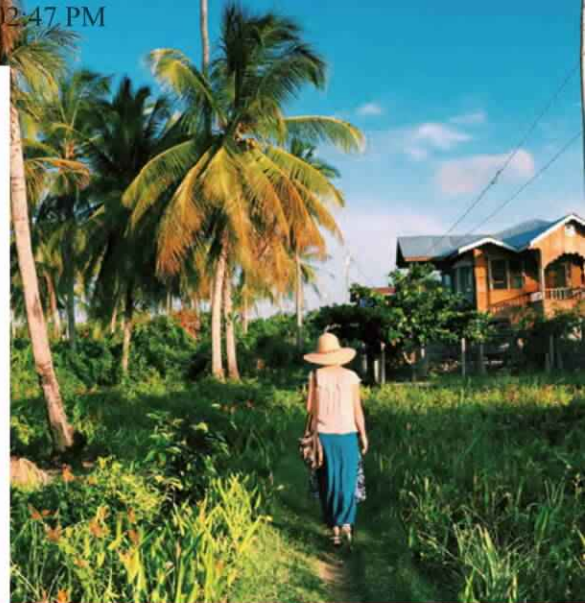
The Government of Guyana requires proof of yellow fever vaccination if you are travelling from a country with risk of yellow fever. This does not include the United States, Canada or any European countries unless you're traveling through a country with risk like Panama or Suriname. Check the CDC website for up-to-date information on other vaccines and medicines you should consider prior to your visit, and be sure to visit your doctor at least 4-6 weeks before your trip to get whatever vaccines or medicines you may need. Bring appropriately packaged and labeled prescription medications, as they may be hard to find abroad. A personal medicine kit is a good idea if you do not react very well to climates you're not accustomed to.

Getting There

Guyana has two international airports: Cheddi Jagan International Airport (GEO) in Timehri, about 25 miles from the Georgetown; and Eugene F. Correia International Airport (EFCIA), which is just outside the capital city. Presently there are nonstop flights from New York and/or Miami on American Airlines, Caribbean Airlines and JetBlue (2021). No visa is required from travellers from the US, though a valid passport (at least 6 months) is required.

Travelling

Travelling in Guyana means adventure -- though not always in the ways you expect. Infrastructure and weather conditions can cause delays. This is especially true for the interior. In Georgetown taxis are easy to find at hotels and in central locations. For most journeys fixed prices are charged, which are within the capital at about GY\$500 (about US\$2.50). If you want to go south to the Guyanese interior, it's best to use an airplane. Here, your journey may continue by 4x4, minibus or boat.



Contact

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#DiscoverGuyana



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CONCEPT & LAYOUT: TRAVELMARKETING ROMBERG TMR GMBH