

## Patagonia Dreaming - SAPD

19 days: Argentina

### What's Included

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3-night camping/hiking excursion through Torres del Paine National Park along the famous 'W' route, Visit to Perito Moreno Glacier, Full day hike in Glacier National Park.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing January 1, 2012 - December 31st 2012.

### Trip style

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**Classic:** Designed to ensure an authentic and unforgettable travel experience, our Classic trip styles have broad appeal. That's because they are all about the exploration of unique landscapes, awe-inspiring wildlife and foreign cultures.

### Service level

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**Standard:** Our Standard service level features more comfortable tourist class hotels and guesthouses that reflect your destination's character. Of course, you'll retain local colour with some travel by public transportation but sometimes you'll enjoy the convenience of private vehicles. Ideal for travellers looking for an authentic experience and a little more comfort.

### Physical grading

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4: May include high altitude hiking of up to 8 hours/day or other activities that require a moderately high level of fitness.

### Itinerary

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Day 1 Arrive Buenos Aires

Arrive in Buenos Aires at any time. Check into the hotel and enjoy the city as there are no planned activities.

Argentina is the second giant of South America with a landscape nearly as varied as its people. Modern and sophisticated, Argentina has much more in common with Europe than with the rest of its neighbours. The capital city of Argentina, Buenos Aires, is the ultimate cosmopolitan city. Nearly 40 percent of Argentina's 33 million citizens live in Greater Buenos Aires, and the Porteños are justifiably proud of their home. The city is comprised of a number of distinct neighbourhoods, some of which have become top tourist draws. For many, the highlight of their time in the capital is a visit to San Telmo for the weekend antiques market and street artist's displays. La Boca was originally settled by the successive waves of immigrants, all of whom contribute to the capital's unique character. Its brightly coloured walls and buildings draw Porteños and tourists alike, and it is here that the world-class football team, Boca Juniors, plies its trade. A Sunday afternoon match at the fabled Bombonera is not to be missed. Posh Recoleta, with its cafes, museums and cemetery, is a pleasant place to spend an afternoon.

During colonial days Buenos Aires was the seat of the Viceroy of La Plata. Almost completely rebuilt since the turn of the century, the heart of the city is the Plaza de Mayo, with the historic Cabildo (Town Hall), where the Independence movement was first planned, the Casa Rosada (Government Palace) and the Cathedral where San Martín, the father of Argentine independence, is buried.

When you are done exploring, settle your weary feet and enjoy a drink in one of the many sidewalk cafes and restaurants and you will begin to understand the contemplative Argentine way of life. Buenos Aires will be your last chance to try the succulent bife and parrilladas, so dig in and enjoy!

### **Day 2-3 San Carlos de Bariloche**

Take a short flight to San Carlos de Bariloche, the entrance to northern Patagonia. Situated on the beautiful shore of Lake Nahuel Huapi, Bariloche is a year-round playground for skiers, hikers and outdoors enthusiasts of all types. Enjoy optional day hikes, hire a mountain bike or simply relax in a cafe.

The urban centre of the Argentine Lake District, San Carlos de Bariloche in many ways resembles alpine resorts of Europe. During winter ski season the town fills to capacity with jovial Argentine and Brazilian vacationers whose favourite pastime seems to be eating and drinking. Their gusto is understandable as Bariloche has some of the best food in the country. Sample a beefy parillada, a variety of fresh salmon or lake trout, then work it off during a day hike around Cerro Catedral or by living vicariously through the Tango dancers at their live shows.

### **Day 4-5 Puerto Varas**

Journey aboard a comfortable bus across the Andes and through the marvellous mountain scenery of the Lake District. Spend 2 nights on the shores of Lake Llanquihue, enjoying the perfect views of Osorno Volcano. Take an optional day hike to the shelter on Osorno volcano, where there is an undisturbed panoramic view of the lake and surrounding mountains and forests, and if fortunate, a clear view of Osorno's near perfect cone. This is a beautiful region with bright flowers and wooded mountain slopes. Take an exhilarating hike up to the ice-clad volcano, providing stunning panoramic views of the Petrohue River valley below and the surrounding peaks.

Encompassing a narrow strip of land between the Pacific Ocean and the high peaks of the Andes—approximately 180 km (112 miles) wide, but with a coastline stretching over 4300 km (14104 ft), Chile's 'geografía loca' (as termed by Benjamin Subercasseaux) includes the driest desert, the Atacama in the north, the agriculturally rich Central Valley, snow-covered volcanoes, forests and tranquil lakes of the near south, and the wild and windswept glaciers and fjords of the far south. It is within this last region that you'll discover magnificent trekking country, where guanacos, ñandues (rheas), condors, pink flamingos and magellanic (jack-ass) penguins abound. The region also boasts some of the world's finest salmon and trout fishing, and the cuisine at times rivals the natural setting.

There are few areas in the world that can match the Chilean Lake District for scenic grandeur. South of the Rio Tolten and sprawled across the provinces of Valdivia, Osorno and Llanquihue, you'll find everything from snow-capped mountains to deep-blue and emerald lakes, smoking volcanoes, forests and glaciers. Outside noisy cities, such as Puerto Montt, the loudest sound you're likely to hear is the roar of waterfalls streaming down cliff faces into crystal clear pools. This is a favourite vacation ground for national tourists, visitors from across the Andes and around the globe.

The region's architecture is unique in that older structures are wooden and resemble European homes and churches of the 19th Century. This is due to the significant number of immigrants from central Europe (largely Germany, Switzerland, Austria and Italy) who settled here over the last half of that century. The regional cuisine also reflects this, with many restaurants specializing in

kuchen and other baked delicacies. Seafood dishes abound in this region. Of particular interest to visitors is the curanto Chilote, a hearty seafood stew that'll leave you ready for a siesta.

## **Day 6 Punta Arenas**

At the very end of the Chilean mainland, looking across the Straits of Magellan to Porvenir and Tierra del Fuego, Punta Arenas is a city of about 100 000 people. It is the capital of the 12th region (Magallanes) and the discovery of offshore oil and gas as well as a burgeoning adventure tourism industry have fueled much of its recent development, although the traditional sheep estancias remain a significant part of the economy and culture. Punta Arenas is a surprisingly large and well developed city and an important Chilean naval base. Monuments to the early Yugoslav settlers and to the hardy ranchers and explorers who pioneered the area are scattered throughout the city, and the enormous cemetery contains the crypts of many of the city's historically leading citizens.

One of the most interesting optional activities is only a short drive away from Punta Arenas. The Otway Sound penguin colony is the result of a successful protection program that has brought back to healthy numbers the once endangered population. These charming birds are here from October to April, with chicks hatching in early December. En route there and back to town look out for rheas, flamingos, and a variety of other birds. Foxes and skunks occasionally make an appearance as well.

## **Day 7 Puerto Natales**

Puerto Natales is the entrance way to Torres del Paine National Park. We have time to hike in the area and enjoy the local scenery and seafood in this small fishing town before we head out for the park. We store any extra gear not needed for the Paine hike.

A town of brightly coloured corrugated tin houses, Puerto Natales lies on the Seno de Ultima Esperanza (Last Hope Sound, so named by a group of desperate early explorers) and is home to the once large and important Bories meat processing plant. These days most of its residents rely on tourism as a source of income. The surrounding countryside of foothills and mountains beckons the explorer and it is the logical jumping-off point for an excursion into Paine National Park.

## **Day 8-11 Paine National Park - Full 'W' Trek (3B,3L,3D)**

Words cannot describe the majesty and beauty of this National Park in Chilean Patagonia. Few people have the opportunity to see this area and those who do find it difficult to forget its vivid colours and tranquility. One of the many thriving legends concerns the origin of the park's name. Locals insist that "paine" is derived from the Tehuelche Indian word for the colour blue, while others say it is the name of an original Welsh settler to the area. Spend four days hiking in this spectacular park, with breathtaking views of the Horns of Paine, the Towers, French Valley and Grey Glacier. Visit the Serrano and Last Hope Sound for a different perspective of the area.

The granite Towers of Paine make a sudden and dramatic appearance on the horizon in the midst of a flat, dry, wind-swept plain; they are so extravagantly beautiful that superlatives fail. Despite the almost constant summer winds, this is some of the finest trekking country in Chile. Endowed with severe mountains, sparkling lakes, waterfalls and glaciers, as well as herds of guanacos, majestic condors, flocks of pink flamingos, and large Patagonian hares, the park's international attraction is immediately evident.

Once a large sheep estancia, the park was established in 1959 as the Parque Nacional Lago Grey. Prior to this, baqueanos (cowboys) grazed their flocks here and fires occasionally burnt out of control. The devastation wrought near Lago Grey with large areas of burnt forest and charred logs remain visible to this day. More land was added to the park in 1962 and the name was changed to its present one. Torre (Tower) Sur rises 2900m (9512 ft) above sea level, Torre Central is 2850m (9348 ft) high and Torre Norte measures 2600m (8528 ft). The Cuernos (Horns) del Paine, massive blocks of various rock layers visible from great distances, are as spectacular as the towers themselves. Spend the next few days hiking and camping in this spectacular park, visiting the Towers, Grey Glacier and French Valley, before making your way back to Puerto Natales.

### **Day 8**

Approximate distance hiked: 16 km

Estimate hike time: 7 hours

### **Day 9**

Approximate distance hiked: 11 km

Estimate hike time: 5 hours

### **Day 10**

Approximate distance hiked: 24 km

Estimate hike time: 7 hours

Day 11

Approximate distance hiked: 11 km

Estimate hike time: 3-4 hours

## Day 12 Calafate

Leave Chile and return to Argentina, travelling across the dusty, windy altiplano. The long road takes us through the arid southern pampas and across the border to the turquoise waters of Lake Argentina and the town of Calafate. A spectacular drive west towards the mountains leads us to dynamic Moreno glacier. We may spot condors, rheas, eagles or flamingos en route, but the real star of the day is stunning Moreno Glacier, at the southern terminus of Glacier National Park.

The southern continental ice field, the third largest on the planet (after Greenland and Antarctica) is the source of all the area's glaciers, including Moreno, Onelli, Viedma and Upsala. Moreno Glacier moves down from this massive river of frozen water, huge chunks of ice constantly crashing into the lake waters below. Very dynamic, Moreno is one of the very few advancing glaciers left in the world. It is simply enormous: 1 km (half a mile) wide and 60m (196 ft) high, it occasionally chokes off the narrow Canal de los Tempanos (Channel of Ice Bergs) creating a dam of ice through which the lake water eventually bursts in a spectacular display of force.

If Buenos Aires is the heart of the country, Patagonia and the southern Pampas of Santa Cruz province are its soul. This is the very region we explore, trekking within Glacier National Park for the grand rewards of the trail. Hikes are moderate, with clearly marked & well-maintained trails, though there are some more challenging sections, and Parque Nacional Los Glaciares has some of the most spectacular natural sights you will see in your lifetime.

## Day 13-15 Perito Moreno Glacier / Glacier National Park/ El Chalten

Visit Perito Moreno Glacier in the morning before continuing on to the town of El Chalten, located in the north end of the park. Hikers and climbers from around the globe congregate here, waiting for good weather to undertake the challenges presented by nature. The atmosphere is laid back and the mountains and Beech forests here are very similar to Paine. The hikes to Laguna de Los Tres and Laguna Torre traverse spectacular glacial valleys to obtain awe-inspiring views of these peaks of ice and granite.

From our base in the town we complete a full-day hike within Glacier National Park's northern end, where granite pinnacles spiral upward into the sky from the third largest ice field on earth. Hike to Laguna de Los Tres to fully appreciate majestic Cerro Fitzroy/Chaltén (3441 m/11286 ft), and enjoy one free day for optional activities including a hike to Laguna Torre for inspiring views of these magical peaks and glaciers.

## Day 16-17 Ushuaia

A short flight takes us to the southern-most city in the world: Ushuaia, situated on the island of Tierra del Fuego. "Ushuaia" actually means 'the bay facing westward' in the language of the original Yamana inhabitants. The town of 40 000 is also a major ski resort area for both alpine and cross-country skiers and offers magnificent hiking in Parque Nacional Tierra del Fuego, the only coastal national park in Argentina. Enjoy an optional cruise along the Beagle Channel (named after Darwin's expedition vessel) providing you with panoramic views of the scenery and the chance to spot marine animals and a variety of marine birds. Back on land there are various options, including bird watching, day hikes in Tierra del Fuego National Park, horseback riding and a visit to the ex-penal colony, disbanded in the 1940s.

## Day 18 Buenos Aires

Enjoy a free morning in Ushuaia before the return flight to Buenos Aires and a final night out on the town.

## Day 19 Depart Buenos Aires

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## Start/Finish

ex Buenos Aires

## What's Included

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3-night camping/hiking excursion through Torres del Paine National Park along the famous 'W' route, Visit to Perito Moreno Glacier, Full day hike in Glacier National Park.

## Dossier Disclaimer

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## Itinerary Disclaimer

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## Group Leader Description

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All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## Group Size Notes

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Max 15, Avg 10

## Your Fellow Travellers

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As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

## Meals Included

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3 Breakfasts, 3 Lunches, 3 Dinners.

## Meal Budget

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Allow USD550-600 for meals not included.

## Meals

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Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your group leader will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the

itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

## Transport

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Public bus, boat, plane.

## Local Flights

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All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

## Single Travellers

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We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## Accommodation

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Hotels (15 nts), camping (3 nts).

## My Own Room

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Not available on this tour.

## Joining Hotel

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Buenos Aires  
Hotel Carsson  
Viamonte 650  
Buenos Aires  
Argentina  
T/ +54 11 4131-3800

## Joining Instructions

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Officially the airport is called Ministro Pistarini International Airport, but it is commonly referred to as Ezeiza. It is situated 35 km (22 miles) from the city, about 40 minutes in a taxi. A taxi to the centre cost approximately \$20 USD and can be arranged from the official counter inside the Arrivals area.

If you are arriving from abroad and have paid in advance for an arrival transfer, a G Adventures representative will meet you at the airport. If no one is there, take a public taxi to the hotel and we will reimburse you. If you have not paid for an arrival transfer, the best way to get into town is by public taxi or by buses (info below). If your taxi driver does not speak English and you do not speak Spanish, simply show driver the hotel address to simplify communications.

There are a few bus companies that can take you to the hotel of your choice in the centre of Buenos Aires. Manuel Tienda Leon is the most well known, and the most expensive at about \$7 USD. Their counter is at the customs exit. Ecuador buses are after this, and charge about \$6 USD. San Martin is after the exit to the hall right as you leave, and charges about \$12. Students get a discount.

There are exchange facilities in the Banco de la Nacion with 1.5% commission, however the Peso Argentino has recently devalued and there are money changers lining the pedestrian mall Florida, the rate is around 3 pesos to the dollar. ATM Visa and Mastercard facilities available.

**BUENOS AIRES AIRPORT "LANDING FEE":** Please be advised that Argentina's international airport in Buenos Aires charges a reciprocal fee to people of certain nationalities. At the time of writing, this fee was USD 70 for Canadians, USD 131 for US citizens, and USD 100 for Australian citizens; there is currently no fee for EU or New Zealand citizens. This is payable immediately upon arrival before proceeding through immigration. Australian and Canadian citizens will be required to pay this fee each time they enter the country via Ezeiza airport. For US citizens the fee need only be paid once and is valid for the duration of the passport.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day during which no activities are planned. Your Tour Leader will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning. Your Tour Leader will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your trip leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

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Should you need to contact G Adventures during a situation of dire need, it is best to first call our local contact in Buenos Aires. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so we may return your call and assist you as soon as possible.

G Adventures Buenos Aires, Argentina  
Day time phone from Monday to Friday 9am - 6pm  
Tel: Int. Dialing Code: + 54 11 5252-3602  
From within Argentina: (011) 5252-3602

Emergency phone for outside of office hours  
Tel: Int. Dialing Code: + 54 9 11 3425 0380  
From within Argentina: 11 3425 0380

If you are unable for any reason to contact our local contact in Buenos Aires, we have a toll-free line for North America, which will connect you directly with our Toronto office. In the event that you cannot get through, you can reach a member of our Operations department at the mobile number below:

Toll-free, North America only: 1 800 465 5600.  
Calls from UK: 0844 410 1030  
Calls from Australia: 1 300 796 618  
Outside North America, Australia and the UK: +1 416 260 0999

## What to Take

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Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes and the extreme southern nature of this trip, the temperature can feel quite cold, especially at night. We recommend the use of a duffel bag or backpack, whichever you find easiest to carry. A good size daypack is also essential. A 30 litre bag is recommended for the day hikes that we will be doing.

## Checklist

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- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash and travellers cheques
- Credit or debit cards (see personal spending money)
- G Adventures vouchers and dossier
- Any entry visas or vaccination certificates required
- Camera and film / memory card
- Reading/writing material
- Binoculars

- Cover for backpacks
- Fleece top
- Windproof/waterproof jacket and pants
- Small towel and swim wear
- 4 shirts/t-shirts
- Sun hat
- 1 pair of shorts
- 2 pairs of long trousers
- 1 pair hiking pants/track pants (convertible / zip-off recommended)
- Hiking boots
- Sports sandals
- Sunblock
- Sunglasses
- Toiletries (bio-degradable)
- Watch or alarm clock
- Refillable water bottle
- Pocket knife
- First-aid kit(should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).

#### FOR THE TORRES DEL PAINE NATIONAL PARK TREK:

- Inner sheet (for sleeping bag)
- Fair sized daypack (30 litre is good)
- Wool hat, mitts or gloves (preferably waterproof)
- Strong plastic bags to help keep gear dry
- Sleeping bag (this can also be hired locally for approximately \$5 USD/day)
- Walking sticks (these are optional and can be hired locally if desired)
- Anti-inflammatory tablets (e.g. Ibuprofen)
- Thermal underwear

All other camping equipment for the Paine trek is provided and included in the cost of your trip. Porters will carry 6kg of your personal gear for you while on the hike. You will be required to carry only what you need for the day in your day pack. Any luggage not required for the hike will be left at the hotel in Puerto Natales.

## Laundry

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Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## Visas

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All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. IT'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

This trip crosses the border between Argentina and Chile on day 5 of this tour. The border name is Cardenal Samore and borders the cities of Bariloche and Puerto Varas.

The second crossing is the border between Chile and Argentina on day 15 of this tour. The border name is Paso Dorotea and borders the cities of Puerto Natalies and El Calafate.

**BUENOS AIRES AIRPORT "LANDING FEE":** Please be advised that Argentina's international airport in Buenos Aires charges a reciprocal fee to people of certain nationalities. At the time of writing, this fee was USD 70 for Canadians, USD 131 for US citizens, and USD 100 for Australian citizens; there is currently no fee for EU or New Zealand citizens. This is payable immediately upon arrival before proceeding through immigration. Australian and Canadian citizens will be required to pay this fee each time they enter the country via Ezeiza airport. For US citizens the fee need only be paid once and is valid for the duration of the passport.

## Destination Guide

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For practical information on weather, typical costs, visa information, special events and much more, our Destination Travel Guide is the place to visit! This handy guide will tell you everything you need to know about everywhere we go! Head to <http://www.gadventures.com/travel-guide> for detailed information on the countries and cities we visit.

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## Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

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## Money Exchange

Credit cards and debit cards are very useful for cash advances. While ATMs are widely available some may not accept all international credit or debit cards. You may need to try at more than one machine if the first does not accept your card. You should also check with your bank before leaving to ensure that your card works internationally. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money: a combination of US dollars in cash and cards is best. Please bear in mind that the cost of living in the southern cone countries (Argentina, Brazil, Chile) is much higher than the rest of South America. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

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## Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

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## Departure Tax

USD \$18

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## Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your tour leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures Tour Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

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## Optional Activities

Buenos Aires:

Tango Show 270ARG

Tigre tour 175ARG

Cooking Class Delta Adventure 160ARG

Fiesta Gaucha 175ARG

City tour \$10 - \$30

Day tour to Colonia (Uruguay) \$70

Day tour to Estancia \$100

Bariloche:

Rafting Frontera full day 290ARG

Rafting Inferior full day 230ARG

Cabalgata full day 230ARG

Cabalgata half day 190ARG

Kayak half day 150ARG  
Kayak full day 230ARG  
Canopy half day 180ARG  
Trekking full day 250ARG  
Circuito Chico 50ARG  
& Lakes Route from San Martin 143ARG  
Cerro Tronador 94ARG  
Biking 50ARG  
Paragliding 280ARG  
Mountain bike rental \$10/day  
Horseback riding \$50

Puerto Varas/Puerto Montt:  
Osorno Volcano Climb 120.000CHL  
Chiloe' Island Tour 30.000CHL  
Fly Fishing 70.000CHL  
rafting class III 27.500CHL  
kayak Tours 27.500 to 60.000CHL  
Mountain bike rental \$15/day  
Boat trip Tenglo Island \$4

Punta Arenas:  
Otway Penguin Colony 29.000CHL  
Tour Fuerte Bulnes \$6  
Museum entrance \$2  
Mountain bike rental \$25/day

El Calafate:  
Perito Moreno Glacier 23USD  
Boat at the Perito Moreno 35ARG  
Tour at Estancia 250ARG  
Mountain bike rental \$4/hour  
Horseback riding \$25 - \$50  
Cruise Upsala Glacier \$45 (10 Hrs)  
Cruise Moreno Glacier \$10 (45 mins)  
Laguna del Desierto \$15

El Chaltén:  
Hiking Mount Fitzroy 130USD  
Ice Climbing 120USD  
Horseback riding \$17-\$25 (half day)

Ushuaia:  
Beagle Channel Cruise 120ARG  
Fly Fishing 150ARG  
Mountain Bike 80ARG  
Horseback riding 30USD  
Estancia Harberton \$50  
Ski lift \$5 (return)  
Entrance museum \$7  
Bus to Park entrance \$10 (return Tierra del Fuego National Park)

All prices are per person in local currency except where noted (unless stated otherwise), and are subject to change as services are provided by third party operators.

## Health

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our group leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## Trip Specific Safety

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Please note: You should be especially careful when wandering about the capital city on your own, particularly at night. Tourists are easy prey for individual pickpockets or groups of two or more people working as a team on the streets. Pay particular attention to anyone who 'accidentally' spills anything on your clothes or belongings (mustard, etc.), then apologizes and offers to help clean up. They will clean you out instead! Be safe and leave your passport, credit cards, travellers cheques and cash funds you won't be using immediately in the hotel's safety deposit box. Most Porteños are honest and genuinely helpful and friendly, but be safe and enjoy the city!

## Medical Form

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Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a

pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

- [www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

## A Couple of Rules

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Travel Insurance

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Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## Responsible Travel

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Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.

-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: [www.gadventures.com](http://www.gadventures.com)

## Planeterra-The G Adventures Foundation

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Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit [www.planeterra.org](http://www.planeterra.org)

### Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day

program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

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## Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Please visit <http://www.gadventures.com/evaluations>

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## Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletter\\_signup](http://www.gadventures.com/newsletter_signup)

Stay current on all things green by signing up to "The Village" e-newsletter. Check out Planeterra's exciting line up of voluntours, stories from the field, fun contests and upcoming events. Subscribe at - [www.planeterra.org](http://www.planeterra.org)

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## Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at [wateringhole.gadventures.com](http://wateringhole.gadventures.com).

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## Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.

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## Recommendation

You're already this far south ... Why not hit Antarctica? - see code [XVCASX](#).

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## Highlights

Exploring the Lake District, trekking the 'W route' in Torres del Paine, marvelling at Perito Moreno Glacier, reaching the end of the world in Ushuaia, feeling sophisticated in Buenos Aires.