

End of the Earth - SAPE

14 days: Buenos Aires to Buenos Aires

What's Included

- El Chaltén and Glacier National Park hike (full-day)
- Perito Moreno Glacier guided tour
- Torres del Paine National Park excursion including hikes with expert mountain guides
- Internal flights
- All transport between destinations and to/from included activities

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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 May 17th, 2018 and onwards

Itinerary

Day 1 Buenos Aires

Arrive at any time.

As there are no planned activities until an evening welcome meeting, check into the hotel and enjoy the city. With any extra time, opt to visit the districts of La Boca, Recoleta, and San Telmo or catch a tango show.

Booking pre- or post-trip accommodation is highly recommended to fully experience this vibrant city.

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Optional Activities - Day 1

Teatro Colón Tour

Buenos Aires

250ARS per person

Explore this stunning opera house on a guided tour and find out why it is voted one of the best acoustic venues in the world.

Buenos Aires Bike Tour

Buenos Aires

33USD per person

Experience this vibrant city cruising around on a bicycle with a local Argentine. Bike, helmet, knowledgeable tour guide, they've got it all taken care of, just come along for the ride and take in the many historical sights on offer. Discover Plaza de Mayo, San Telmo, colourful Caminito, and the working class neighbourhoods where Tango was born.

Buenos Aires Guided City Tour

Buenos Aires

Enjoy a guided tour exploring beautiful, vibrant Buenos Aires. Be introduced to historic sites and districts, including Plaza de Mayo where Eva Peron's famed balcony presides over the square. See La Boca and San Telmo's colourful street life, painted houses, and the famed Recoleta Cemetery.

La Boca Neighbourhood Visit

Buenos Aires

20-100ARS per person

Visit La Boca to soak in the vibrancy of the barrio's brightly coloured buildings and El Caminito (a cobblestone street lined with artist studios that's often used as an impromptu setting for tango performances). Or, if lucky, catch a match at fabled La Bombonera, the home stadium of the Boca Juniors' fútbol club (the crowd's excitement is electric!).

Day 2 Buenos Aires/El Chaltén

Fly to El Calafate and continue by bus to El Chaltén and Glacier National Park. En route marvel at the towering Andean mountains. Enjoy some free time in the town or head out on some short hikes.

Fly south to the province of Santa Cruz and the town of El Calafate before transferring overland to El Chaltén. Warm up for the upcoming hike with optional short treks to nearby lookouts or explore around town.

Plane

Buenos Aires - El Calafate 3h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Local bus

El Calafate - El Chaltén 3h-3h30m

Climb aboard, grab a seat, and enjoy the ride.

Free Time

El Chaltén Afternoon

Explore the city or head further afield.

Day 3 El Chaltén

Enjoy an included full-day guided hike through the scenic terrain of lakes, tree covered trails and of course snow covered mountains. If lucky get a glimpse of Fitz Roy.

Glacier National Park Guided Hike

El Chaltén 8h-9h Full Day

Enjoy a full day of hiking in Glacier National Park. See granite pinnacles spiraling upward from the third largest ice field on earth. Hike to Laguna de los Tres to fully appreciate majestic Cerro Fitz Roy/Chaltén (3,441m/11,290 ft) - it's probably the most famous and popular viewpoint of the mountain.

Meals included: Breakfast

Day 4 El Chaltén/El Calafate

Enjoy a free morning before heading to the quaint little town of El Calafate.

Local bus

El Chaltén - El Calafate 3h-3h30m 152km

Climb aboard, grab a seat, and enjoy the ride.

Free Time

El Chaltén Full Day

Enjoy free time any way you want. Hike to take in spectacular views or kick back and relax to gear up for the adventures yet to come.

Optional Activities - Day 4

Viedma Glacier Boat Trip

Lago Viedma

1050ARS per person

Enjoy a boat trip on Lake Viedma with a close-up view of Viedma Glacier -- it's a relaxing way to take in the gorgeous scenery.

Viedma Glacier Hike

Ventisquero Viedma

2475ARS per person

Enjoy a boat ride out to the glacier then head out on foot to explore the majestic beauty of the Viedma Glacier, a valley glacier in Glacier National Park. Have an unforgettable, up-close experience of this amazing natural wonder.

Meals included: Breakfast

Day 5 El Calafate

Travel to Perito Moreno Glacier for an included guided tour. Opt to take a boat ride on the lake and get different view of the stunning landscape and marvel at how large the glacier actually is up close.

Perito Moreno Glacier Tour

Perito Moreno Glacier

Get out there and explore the natural wonder that is the Perito Moreno Glacier, one of the world's few "advancing" glaciers. Head to the southern end of Los Glaciares National Park, where Moreno's 60m (197 ft) wall of ice sporadically chokes off the narrow "Canal de los Tempanos" (Iceberg Channel) creating a natural ice dam, which eventually explodes in a dynamic display of force.

Optional Activities - Day 5

Perito Moreno Glacier Boat Tour

Perito Moreno Glacier

25USD per person

Embark in the floating dock in the south arm of Argentino Lake, and navigate along the Iceberg Channel towards the front wall of the Perito Moreno Glacier where most of the ice calving takes place. This boat trip, which lasts approximately one hour, is one of the most popular excursions and is not to be missed.

Meals included: Breakfast

Day 6 El Calafate/Puerto Natales

Travel by bus into Puerto Natales to prepare for the upcoming days of included hikes with expert mountain guides.

Continue the journey south along an unpaved road to the border of Chile. Spend a relaxing evening in scenic Puerto Natales before heading into spectacular Torres del Paine National Park.

Explore the town, eat a hearty meal for energy, and rest well for the hike ahead. Do any last minute shopping here and rent all equipment required.

You can store belongings that you will not be require for the hike and a sleeping bag will provided. Any necessary hiking gear like poles, rain gear, etc can be rented in town.

Local bus

El Calafate - Puerto Natales 5h-6h 362km

Climb aboard, grab a seat, and enjoy the ride.

Border Crossing (Argentina - Chile)

Cancha Carrera - Arroyo Guillermo 1h

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Meals included: Breakfast

Day 7 Puerto Natales/Torres del Paine

Start exploring Torres del Paine by trekking to the base of Las Torres to see the dramatic three towers and turquoise lagoon below.

Private Vehicle

Puerto Natales - Torres del Paine 2h

Cross the pampa Patagonica first on asphalt roads to Cerro Castillo, stopping for a quick break. Continue by dirt road with some photo stops -- views here are beautiful! Start checking for wildlife -- lots of guanacos and (likely) condors, geese, and other birds as well. Enter the national park and continue for another 30 mins to the start point of the trek.

Torres del Paine Trek Day 1

Torres del Paine 9h-11h Full Day 18km

Leave early and go by van to Torres del Paine National Park. Head with the group to the base of Las Torres campsite - a local guide will lead the way and the CEO will act as sweep, keeping everyone together. Hike about 4-5 hrs in and 4-5 hrs back - it's oh-so-worth-it! Transfer to the campsite at the end of the day for some spectacular food and time to reflect on the day.

Meals included: Breakfast | Lunch | Dinner

Day 8 Torres del Paine

Cross lake Pehoe by ferry and trek to the French Valley, from the lookout point see the mountain range spread across the National Park. Take in the dramatic, contrasting greens and greys on the landscape.

Ferry

Torres del Paine 30m-45m Morning

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Torres del Paine Trek Day 2

Torres del Paine 8h-10h Full Day 24km

Hop on a ferry and cross the lake to trek into the French Valley. Enjoy another full day of spectacular scenery and physical exertion.

Meals included: Breakfast | Lunch | Dinner

Day 9 Torres del Paine/Puerto Natales

Enjoy the last day in Torres del Paine NP and hike to Grey Lake and the lookout point for Grey Glacier. Gaze off into the distance admiring the scale of this immense glacier. In the afternoon return to Puerto Natales.

Torres del Paine Trek Day 3

Torres del Paine 4h-5h Morning 11km

Lace up your boots for one last day of trekking in this gorgeous region. Make your way to the Glacier Grey lookout and back. After, catch the ferry and head back to Puerto Natales.

Ferry

Torres del Paine 30m-45m

Get to the next spot on your route aboard a convenient and efficient ferry boat.

Private Vehicle

Torres del Paine - Puerto Natales 2h-2h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

Day 10 Puerto Natales/Ushuaia

Take a bus south to Punta Arenas and cross into Argentina by bus, arrive in Ushuaia, 'the end of the earth'.

Local bus

Punta Arenas - Ushuaia 12h 831km

Head to the Magellan Strait before hopping on a ferry for 20-30 mins, re-board the bus on arrival to Tierra del Fuego. Stock up on snacks and settle in - it's a long journey. Cross the border, after a couple of hours, change to a van and continue on to Ushuaia.

Border Crossing (Chile)

San Sebastián

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Meals included: Breakfast

Day 11 Ushuaia

Enjoy a free day to explore Ushuaia. Opt to hike to Laguna Esmeralda, get face to face with Martial Glacier, or visit Tierra del Fuego National Park.

Breeding season for the penguins is from November to March.

Free Time

Ushuaia

Enjoy a free day to explore the end of the world.

Optional Activities - Day 11

The Maritime Museum and Prison at the End of the World Museum

Ushuaia

300ARS per person

Visit the Navy Museum, which was previously the Recidivist Prison. Learn about two different histories of seafarers and prisoners who both arrived at "the end of the earth."

Beagle Channel Cruise to Isla Martillo

Ushuaia

Leave the local port and head to the famous Les Eclaireurs Lighthouse. See rock cormorants and sea lions sharing a cliff-side resting spot. Visit Bird Island to see king and imperial cormorants and Isla de Los Lobos to spot plenty of seals. Finally, reach Isla Martillo to spot Magellanic Penguins, before returning to Ushuaia

Horseback Riding Ushuaia

Ushuaia 3h-4h

850ARS per person

Ride around Ushuaia on horseback for amazing views of the landscape.

Ushuaia Helicopter Ride

Ushuaia

2300ARS per person 5400ARS per group

Sore above Ushuaia, admire the natural beauty of the landscape and gaze out at the towering mountains.

Meals included: Breakfast

Day 12 Ushuaia

Enjoy another free day to explore the area. Opt to take a boat cruise on the Beagle Channel to see penguins at Isla Martillo or enjoy a hike in Tierra del Fuego National Park.

Free Time

Ushuaia Full Day

Enjoy another day to explore the end of the world.

Optional Activities - Day 12

Ushuaia Helicopter Ride

Ushuaia

2300ARS per person 5400ARS per group

Sore above Ushuaia, admire the natural beauty of the landscape and gaze out at the towering mountains.

Birdwatching

Keep your eyes peeled and binoculars ready to spot some amazing birds.

Tierra del Fuego National Park Visit

Ushuaia

75USD per person

Explore this stunning coastal national park extending 630 sq km. We'll take care of the transport, the park entrance fee, and take you to scenic lookouts in the southern portion of the park. Pass Valle Rio Pipo on the way to Austral Fueguino train station, opt to take the End of the World train before visiting Lago Roca and Bahía Lapataia. Keep an eye out for a variety of birdlife and spectacular colours in the fall.

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Ushuaia 3h-4h

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Meals included: Breakfast

Day 13 Ushuaia/Buenos Aires

Fly to Buenos Aires. Opt for a tango show and dinner.

Plane

Ushuaia - Buenos Aires 3h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Optional Activities - Day 13

Tango Dinner Show

Buenos Aires

80USD per person

Discover the passion of tango. Watch the pros step and slide around the dance floor while you dine on a traditional Argentine dinner. Get lost in the music, savour the sensuality, and see why this traditional dance continues to ignite the senses of locals and visitors alike.

Buenos Aires Bike Tour

Buenos Aires

33USD per person

Experience this vibrant city cruising around on a bicycle with a local Argentine. Bike, helmet, knowledgeable tour guide, they've got it all taken care of, just come along for the ride and take in the many historical sights on offer. Discover Plaza de Mayo, San Telmo, colourful Caminito, and the working class neighbourhoods where Tango was born.

Teatro Colón Tour

Buenos Aires

250ARS per person

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Buenos Aires Guided City Tour

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La Boca Neighbourhood Visit

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20-100ARS per person

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Meals included: Breakfast

Day 14 Buenos Aires

Depart at any time.

Optional Activities - Day 14

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Meals included: Breakfast

What's Included

El Chaltén and Glacier National Park hike (full-day). Perito Moreno Glacier guided tour. Torres del Paine National Park excursion including hikes with expert mountain guides. Internal flights. All transport between destinations and to/from included activities.

Highlights

Trek in Glacier and Torres del Paine national parks, marvel at Perito Moreno Glacier, visit the "end of the Earth" in Ushuaia, savour the scenery in Patagonia and sophistication in Buenos Aires

Dossier Disclaimer

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Itinerary Disclaimer

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

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

Max 16, avg 12

Meals Included

12 breakfasts, 2 lunches, 2 dinners

Meals

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

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 CEO will be able to suggest favourite restaurants during your trip. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

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

Transport

Public bus, van, plane, boat, hiking.

Local Flights

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.

Please Note: Aerolineas Argentinas allows 1 piece of luggage that weighs up to 15kg on internal flights. If luggage is overweight, the airline charges 650 ARS at check-in (approx. 35 USD).

Solo Travellers

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

Hotels (11 nts), camping (2 nts).

My Own Room Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Nights 7-8: Torres del Paine National Park.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

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 \$45 USD and can be arranged from the official counter inside the Arrivals area.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative 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. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

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 CEO (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

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Buenos Aires, Argentina

During office hours (Weekdays 9am-6pm Local Time)

From outside Argentina: +54 11 2150 2581

From within Argentina, but outside of Buenos Aires: 011 2150 2581

After hours Emergency number

From outside Argentina: +54 9 11 3425 0380

From within Argentina, but outside of Buenos Aires: 011 15 3425 0380

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

Most people automatically assume that the weather is hot in South America, but in Patagonia the temperature can feel quite cold, especially at night. We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

Camping equipment for the Paine trek is provided and included in the cost of your trip. A sleeping bag and mat are also provided. You may leave the bulk of your gear stored in Puerto Natales. While hiking you will only need to carry your daypack with supplies for the duration of each day

Checklist

Available for Rent:

- * Walking poles (3000 CLP per day)
- * Windproof rain jacket (4000 CLP per day)
- * Windproof rain pants (2000 CLP per day)

Cold Weather:

- * Long-sleeved shirts or sweater
- * Scarf
- * Warm gloves
- * Warm hat
- * Warm layers

Documents:

- * Flight info (required) (Printouts of e-tickets may be required at the border)
- * Insurance info (required) (With photocopies)
- * Passport (required) (With photocopies)
- * Required visas or vaccination certificates (required) (With photocopies)
- * Vouchers and pre-departure information (required)

Essentials:

- * Binoculars (optional)
- * Camera (With extra memory cards and batteries)
- * Cash, credit and debit cards
- * Day pack (Used for daily excursions or short overnights)
- * Ear plugs
- * First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- * Flashlight/torch (Headlamps are ideal)
- * Fleece top/sweater
- * Footwear
- * Hat
- * Locks for bags
- * Long pants/jeans
- * Moneybelt
- * Outlet adapter
- * Personal entertainment (Reading and writing materials, cards, music player, etc.)
- * Reusable water bottle
- * Shirts/t-shirts
- * Sleepwear
- * Small travel towel
- * Sunglasses
- * Toiletries (Preferably biodegradable)
- * Watch and alarm clock
- * Waterproof backpack cover
- * Windproof rain jacket

Patagonia Trekking:

- * Day pack (30 litres is a good size)
- * Pack liners to waterproof bags
- * Sleeping bag liner/sleep sheet (sleeping bag and sleeping mat are provided on the trip)
- * Windproof rain gear

Trekking:

- * Gloves
- * Hat
- * Hiking boots/sturdy walking shoes
- * Hiking pants (Convertible/Zip-off and quick dry recommended)
- * Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets.)
- * Socks (Trekking socks (woollen or synthetic, not cotton).)
- * Thermal base layer (Woollen or synthetic, not cotton.)
- * Walking poles (Highly recommended.)

Warm Weather:

- * Sandals/flip-flops
- * Shorts/skirts (Longer shorts/skirts are recommended)
- * Sun hat/bandana
- * Swimwear

Note: All other camping equipment for the Torres del Paine trek is provided and included in the cost of your trip. 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.

Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Laundry

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 and Entry Requirements

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 6 of this tour. The border name is Paso Dorotea and borders the cities of El Calafate and Puerto Natales.

The second crossing is the border between Chile and Argentina on Day 11 of this tour. The border name is San Sebastian and borders the cities of Punta Arenas and Ushuaia.

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.

Money Exchange

The currency in Argentina is the Argentine Peso (ARS) and in Chile, the Chilean Peso (CLP).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

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 dollar cash and cards is best. Please bear in mind that cost of living in the southern cone countries (Argentina, Brazil, Chile) is much higher than the rest of South America, and in the case of Argentina, more comparable with Europe. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

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

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!

Departure Tax

USD \$18

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 CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO 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.

Optional Activities

Please see the itinerary for information on optional activities and estimated pricing.

Health

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 CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

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/

Trip Specific Safety

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, traveller's cheques and cash you won't be using immediately within the hotel's safety deposit box. Most Porteños are honest and genuinely helpful and friendly, but be safe and enjoy the city!

Medical Form

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.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

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

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

Trip Specific Responsible Travel

This tour travels through the pristine wilderness of Patagonia. It is still possible to drink from the streams and the areas visited are free of litter. We ask that you help to keep it that way. Bring reusable water-bottles, rechargeable batteries and be sure not to leave any litter anywhere that you visit, including cigarette butts and any form or paper. Subsequent visitors to the area will thank you.

Planeterra-The G Adventures Foundation

The Planeterra Foundation planeterra.org is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs so 100% of your donation will bring opportunity to people in need.

Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that 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. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

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/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.