

Argentina Multisport - SAMS

15 days: Buenos Aires to Buenos Aires

What's Included

- Hands-On: Mendoza Cycling Wine Tour, Mendoza
- Full-day hike to Aconcagua first camp (Mendoza)
- Full-day rafting and barbecue lunch (Bariloche)
- Laguna de los Tres full-day guided hike (El Chaltén)
- Class II/III rafting
- Perito Moreno Glacier guided tour (El Calafate)
- Internal flights
- All transport between destinations and to/from included activities

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 June 2nd, 2016 - September 4th, 2017

Itinerary

Day 1 Buenos Aires

Arrive at any time.

Pre nights are recommended to fully enjoy this vibrant city and take part in the optional activities available.

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

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.

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.

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/Mendoza

Board a flight bound for the wine region of Argentina and explore the laid-back city of Mendoza.

The impressive snow-capped Aconcagua looms in the background of this laid-back city, drawing adventure seekers and wine enthusiasts alike. Famed worldwide for the high quality wine produced in this region, Mendoza makes the perfect base to discover wine country. Enjoy the slow pace of this desert town with large parks, charming plazas, and lively evenings where locals mill about outside the many cafés, bars and restaurants on offer on Avenida Arístides.

Plane

Buenos Aires - Mendoza2h

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

Free Time

Mendoza

Wander the leafy streets and peek into shops, stop at a local café or explore one of the nearby parks.

Meals included: Breakfast

Day 3 Mendoza

Spend the day cycling through vineyards and stop at wineries en route to sample the world-famous Malbec. In the evening, wander the streets of bustling Mendoza.

Hands-On: Mendoza Cycling Wine Tour

Explore Mendoza wine country by bike, visit two different vineyards and wineries. Enjoy half a day of tastings, history, and wine culture, make sure to try the famous Malbec. Delight your tastebuds as you learn more about the region and the people who call Argentina home.

Meals included: Breakfast

Day 4 Mendoza

Head out early and drive into the mountains; trek to Aconcagua's first camp taking in views of the largest mountain in the Americas en route.

The highest peak outside of the Himalayas, Aconcagua, stands 6962m (22841ft) tall. Located roughly 3hrs from Mendoza, Aconcagua Provincial Park is the start point of the trek. Head toward the heart of the Andes, trek through unique landscapes and take in breathtaking views of Aconcagua en route to the camp.

Private Vehicle

Mendoza - Aconcagua Provincial Park3h

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

Aconcagua Hike

Aconcagua Provincial Park 5h-6h

Arrive in Aconcagua Provincial Park and start the trek toward the immense mountain towering above. The first half of the trek winds uphill through a deep valley, reaching 3400m (11,200 ft), stop along the way to take in the spectacular views of the neighbouring Andes. During the trekking season, the mountain will be filled with mountaineers preparing to climb Aconcagua, the highest mountain in the Americas.

Private Vehicle

Aconcagua Provincial Park - Mendoza 3h

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

Meals included: Breakfast | Lunch

Day 5 Mendoza

Enjoy a free day to explore Mendoza before taking an overnight bus to Bariloche.

Free Time

Mendoza

Get a handle on Argentine cooking, try out a few more wines or hang out at a local café.

Overnight bus

Mendoza - San Carlos de Bariloche 19h

Curl up and catch a snooze en route to the next stop.

Optional Activities - Day 5

Whitewater Rafting Mendoza

Mendoza

Whitewater raft down the Mendoza River, one of the best places for rafting in Argentina. While most of the year the river is calm, in the summer the melting snow from the Andes streams into the river, creating Class IV and V rapids.

Cooking Class

Mendoza

Visit a popular winery and enjoy a cooking class followed by gourmet lunch. Learn how to prepare empanadas and "carnes asadas" (grilled meat) and other dishes made from fresh meat and produce grown right in Mendoza. Good food, great wine. Who needs anything more?

Day 6 San Carlos de Bariloche

Arrive late afternoon to Bariloche, an outdoor enthusiast's dream come true in the Lake District of Argentina. Relax by Nahuel Huapi Lake or wander the streets and pop into artisanal chocolate shops

Towering snow-capped peaks surround Lake Nahuel Huapi, creating the perfect photo at every turn, it's hard to deny that Bariloche is a photographer's paradise. There is plenty to see and do no matter the season. Winter draws skiers and snowboarders from near and far to carve through the excellent snow cover. In summer, hikers and mountain bikers abound taking advantage of the many trails to explore in the area. If that's not enough, Bariloche is Argentina's chocolate capital offering chocolate of all kinds to delight the senses.

Free Time

San Carlos de Bariloche

Get out and explore this stunning national park!

Meals included: Breakfast

Day 7 San Carlos de Bariloche

Depart early in the morning for rafting on Class II/III rapids. Enjoy the thrilling ride and navigate down the river to the Chilean border. En route stop for a traditional barbecue lunch before returning to Bariloche.

Bariloche Rafting

San Carlos de Bariloche

Grab a paddle, strap on your helmet, and head down the Class II/III rapids of the Manso River towards the Chilean border. Take a rest from paddling and take in the beautiful scenery around the emerald waters before rewarding your hard work with an "Asado Patagónico" (Patagonian barbecue).

Meals included: Breakfast | Lunch

Day 8 San Carlos de Bariloche/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.

Plane

San Carlos de Bariloche - El Calafate 1h45m-2h

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.

Meals included: Breakfast

Day 9 El Chaltén

Enjoy a full-day guided hike to Laguna de los Tres and if the weather cooperates, a clear view of the Fitz Roy peaks. En route, take in the gradual changes in terrain from tree covered trails to exposed alpine landscapes.

Laguna de los Tres is the most popular trek in El Chaltén and for good reason. On a clear day, the view of Cerro Fitz Roy and the sparkling teal lake below are spectacular. The gradual start to the trek provides time to appreciate the stunning landscape and ease into the challenging trekking ahead. Although the 400m (1,312 ft) incline to reach the lake is taxing, the reward is well worth the effort.

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 10 El Chaltén

Explore one of El Chaltén's many trekking routes. Opt to explore the Laguna Torre trail to spot the dramatic Cerro Torre, hike to Laguna Capri or head up to the Condor Mirador to enjoy great views of the town.

Free Time

El Chaltén

Explore the region by foot and hike one of the many trails around El Chaltén.

Optional Activities - Day 10

Cerro Torre Valley Hike

El Chaltén 6h-7h

Hike through the Cerro Torre Valley (Los Glaciares National Park; grade: easy to moderate) to Torre Lake and Glacier for a close view, weather permitting, of the awesome spires that make up Cerro Torre (3,102m/10,178 ft) and its neighbours. A treacherous cap of ice known to climbers as "the mushroom" tops this slender needle of granite. Stop by the lake for some relaxation upon your return.

Laguna Torre Hike

El Chaltén 5h-6h

Enjoy easy hiking on this trek to Laguna Torre. Traverse glacial valleys, passing through serene beech forest, to arrive at awe-inspiring views of Cerro Torre's peaks of granite and ice.

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.

Meals included: Breakfast

Day 11 El Chaltén/El Calafate

Jump into a raft and enjoy the thrilling ride through Glacier National Park. Watch the mountains fade into the distance and paddle down Class III rapids. Afterwards, head to the quaint little town of El Calafate, and opt for a hearty dinner to refuel.

El Chaltén Rafting

El Chaltén 4h

Get ready to navigate Patagonia by raft, enjoy the spectacular scenery and watch the landscape change from mountain peaks to vast canyons, but don't forget to paddle!

Local bus

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

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

Meals included: Breakfast

Day 12 El Calafate

Enjoy free time, take a leisurely hike to Laguna Nimez or explore the souvenir shops and restaurants in town.

Home to the immense Perito Moreno Glacier, the quaint alpine town of El Calafate is the perfect base for exploring the nearby glaciers. Los Glaciares National Park, the most renowned in Argentina, was created in 1973 to preserve this vast glacial area encompassing the Upsala Glacier and the incredible Onelli Bay.

The main strip of this tiny town is lined with small wooden shops, browse for souvenirs, chocolates, or stop in one of the restaurants for a rest.

Free Time

El Calafate Full Day

Enjoy free time to explore town and the surrounding area.

Optional Activities - Day 12

Laguna Nimez

El Calafate

100ARS per person

Visit Laguna Nimez Reserve, a bird sanctuary protecting prime avian habitat. Spot flamingos, upland geese, silvery grebe, red-gartered coots and many other species found in the area.

Meals included: Breakfast

Day 13 El Calafate

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

Argentino Lake, discovered in 1873, is the southernmost of the four water sheets produced by the Pleistocene Glaciation. With its fjords and fingers it covers 1,505km² (935 mi²), and is considered one of the most breathtaking lakes in the world.

The Perito Moreno Glacier is an imposing river of ice, 2.7km (1.7 mi) wide by 55m (180 ft) high, which descends from the continental ice field to the Canal de los Tempanos.

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 13

Perito Moreno Glacier Boat

Perito Moreno Glacier

30USD per person

Get a closer look at the sheer magnitude of the impressive Perito Moreno Glacier. Head out on the glacial lake for spectacular views of the south wall. Keep your camera at the ready, this won't be an experience you'll soon forget, but you'll want to capture it just in case.

Meals included: Breakfast

Day 14 El Calafate/Buenos Aires

In the afternoon, fly back to the vibrant city of Buenos Aires.

Fly to the capital city of Argentina, Buenos Aires, the city of Tango! Enjoy a drink in one of the many sidewalk cafes and restaurants. You'll soon begin to understand the contemplative Argentine way of life.

Get together for one last meal--and a final bottle of wine. This will be your last chance to try Argentina's succulent bife and parrilladas, so dig in and enjoy!

Plane

El Calafate - Buenos Aires 3h-3h30m

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

Free Time

Buenos Aires

Take a city tour, visit La Boca or people watch from a trendy café.

Optional Activities - Day 14

San Telmo Visit

San Telmo

Free

Take a step back in time visiting charming San Telmo, one of Buenos Aires' oldest barrios (neighbourhoods). Stroll along cobblestone streets and discover colonial architecture, museums, churches, and one-of-a-kind finds in the local antique shops. The barrio's weekend market and street artists' displays are must-sees and highlights for many visiting the capital.

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!).

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.

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.

Meals included: Breakfast

Day 15 Buenos Aires

Depart at any time.

Optional Activities - Day 15

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.

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Meals included: Breakfast

What's Included

Hands-On: Mendoza Cycling Wine Tour, Mendoza. Full-day hike to Aconcagua first camp (Mendoza). Full-day rafting and barbecue lunch (Bariloche). Laguna de los Tres full-day guided hike (El Chaltén). Class II/III rafting. Perito Moreno Glacier guided tour (El Calafate). Internal flights. All transport between destinations and to/from included activities.

Highlights

Cycle through Mendoza's wineries and enjoy a tasting, Get your adrenaline pumping while rafting, Catch a glimpse of Mount Fitz Roy, View the impressive Perito Moreno Glacier, Savour the scenery in Patagonia, Enjoy the hustle and bustle of 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.

Important Notes

LUGGAGE

Please note that Aerolineas Argentinas allows 1 piece of luggage that weighs up to 15kg on internal flights. For every extra kilo the airline will charge \$10 per kg at the time of check-in.

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

13 breakfasts, 2 lunches

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.

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. For every extra kilo the airline will charge \$10 per kg at the time of check-in.

Solo Travellers

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (13 nts), overnight bus (1 nt).

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.

There is also a bus company 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 costs about \$13 USD (80 ARS). Their counter is at the customs exit.

There are exchange facilities in the Banco de la Nacion at the airport with 1.5% commission, ATM Visa and Mastercard facilities available. There are many official places to exchange money in centre of the city.

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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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

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.

Checklist

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: 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.

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).

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!

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that 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 leaders 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.

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 group leader has 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.

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.