

## End Of The Earth - SAPE

15 days: Buenos Aires to Buenos Aires

### What's Included

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Excursion to Moreno Glacier, Day hike to look-out of Mt Fitzroy in Glacier National Park, 2-night camping/hiking excursion to Torres del Paine National Park, Tour of Otway Penguin Colony (seasonal), Beagle Channel Cruise.

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 1st, 2013 - December 31st, 2013

### Itinerary

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#### Day 1 Arrive Buenos Aires

Arrive at any time. As there are no planned activities, check into the hotel and enjoy the city.

There is much to do in this vibrant metropolis, including visiting the many museums, theatres and historical areas. Known as the 'Paris of the Americas,' Buenos Aires is a vibrant city full of life. Be sure to visit the districts of La Boca, Recoleta, and San Telmo, or catch a tango show at one of the many famous tanguerías or tango houses. Wander the pedestrian walkways and see some dancing in the streets. Whatever you do, Buenos Aires is sure to leave lasting memories.

The capital city of Argentina, Buenos Aires is the ultimate cosmopolitan city. Travellers find that it has more in common with the cities of Europe than the rest of South America. Nearly 40 per cent 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 artists' displays. La Boca was originally settled by the successive waves of immigrants that contribute to the capital's unique character. Its brightly coloured walls and buildings draw Porteños and tourists alike. Posh Recoleta, with its cafés, 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.

After exploring the city, settle your weary feet and enjoy a drink in one of the many sidewalk cafés and restaurants and you can begin to understand the contemplative Argentine way of life. Try the succulent bifé and parrilladas, as it may be your last chance. Dig in and enjoy!

### **Day 2-3 El Chaltén / Glacier National Park**

Fly south to the Province of Santa Cruz and the town of El Calafate before transferring overland to El Chaltén. Enjoy 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). Free day to explore the town. Return to El Calafate in the late afternoon of Day 4.

Argentina is the second giant of South America, with a landscape nearly as varied as its people. Modern and sophisticated, cosmopolitan Argentina has much more in common with Europe than with the rest of its neighbours. But if Buenos Aires is the heart of the country, Patagonia and the southern Pampas in Santa Cruz Province are its soul. Luckily, 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 and well-maintained trails, though there are some more challenging sections. Parque Nacional Los Glaciares has some of the most spectacular natural sights you will see in your lifetime.

The town of El Chaltén is 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.

Approximate Distance: 2082km

Estimated Travel Time: 4 hours 30 minutes (By flight)

### **Day 4-5 El Calafate / Perito Moreno Glacier**

Return to El Calafate, on the shores of Lago Argentino. Drive west towards the lofty peaks takes us to the dynamic Moreno Glacier, within Glacier National Park. We may spot condors, rheas, eagles or flamingos en route, but the real star of the day is the glacier itself, located at the southern terminus of Glacier National Park. Sliding down from atop the southern continental ice field, Moreno's 60m (197 ft) wall of ice sporadically chokes off the narrow Canal de los Tempanos (Channel of Ice Bergs) creating a natural ice dam, which eventually explodes in a dynamic display of force.

The Southern Patagonian ice field, the third largest on the planet (after Antarctica and Greenland) is the source of all the area's glaciers, including Moreno, Onelli, Viedma and Upsala. Moreno Glacier, this massive river of frozen water and huge chunks of ice moves down constantly crashing into the lake waters below. Very dynamic, Moreno is one of the very few glaciers left in the world that is in equilibrium. It is simply enormous: 1 km (half a mile) wide and 60m (196 ft) high.

Approximate Distance: 152km

Estimated Travel Time: 3 hours

### **Day 6-9 Puerto Natales / Torres del Paine National Park (2B, 2L, 2D)**

Continue the journey south along the unpaved road to the border of Chile. Spend a relaxing evening in scenic Puerto Natales before the trip to spectacular Paine National Park. Spend the next two nights camping among the dramatic granite pillars that dominate the landscape. From the campsite, take day hikes to observe some of the striking scenery of this protected area, home to a variety of animal and plant life. Return to Puerto Natales on the afternoon of day 9.

The granite Towers of Paine make a sudden and dramatic appearance on the horizon in the midst of a flat, dry, wind-swept plain. 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.

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 will 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. 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 remains visible to this day, with large areas of burnt forest and charred logs. More land was added to the park in 1962 and the name was changed to its present one. The Torre (Tower) Sur rises 2900m (9512 ft) above sea level, the Torre Central is 2850m (9348 ft) high and the Torre Norte measures 2600m (8528 ft). The Cuernos (Horns) del Paine, massive blocks of various rock layers and visible from great distances, are as spectacular as the towers themselves.

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.

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 "geografia 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. Discover magnificent trekking country within this last region, where guanacos, ñandues (rheas), condors, pink flamingos and magellanic 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. Camping equipment (except as noted previously) is provided, as are all meals (and cook), during the Paine trek. Hikes are moderate to difficult, along clearly marked trails. Participants should be prepared for hikes ranging in duration from 5-8 hours per day and unpredictable weather. A gold mine of undiscovered destinations and surprises, this country and its friendly and hospitable people will no doubt make a mark on your memories and leave you with a smile.

Approximate Distance: 362km

Estimated Travel Time: 5-6 Hours (Depending on Border)

#### Day 7

Approximate distance hiked: 16 km

Estimate hike time: 8-9 hours

#### Day 8

Approximate distance hiked: 24 km

Estimate hike time: 6-8 hours (depending on how far you go into the valley)

#### Day 9

Approximate distance hiked: 11 km

Estimate hike time: 4 hours

#### **Day 10 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. Chile's southernmost city, it is the capital of the 12th region (Magallanes). Discoveries of offshore oil and gas, as well as a burgeoning adventure tourism industry have fuelled 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.

An hour's drive 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 keep an eye out for rheas, flamingos, and a variety of other birds. Foxes and skunks occasionally make an appearance as well. Return to Punta Arenas for the night, with some time to explore this charming city.

Approximate Distance: 240km

Estimated Travel Time: 4 hours

#### **Day 11-13 Ushuaia / Beagle Channel**

Returning to Argentina, head to the province of Tierra del Fuego and Ushuaia, the southernmost city in the world, on the shores of the Beagle Channel. Ushuaia actually means "the bay facing westward" in the language of the original Yamaná inhabitants. Once a penal colony for political prisoners as well as hardened criminals (the presidio was disbanded in the 1940s), Ushuaia is now a major tourist attraction, particularly for people cruising to Antarctica. The town of 70 000 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.

Ushuaia is our base for a cruise along the Beagle Channel (named after Darwin's expedition vessel) to observe the marine wildlife amongst its small islands and inlets. Explore this picturesque town before returning to end the tour in cosmopolitan Buenos Aires.

Approximate Distance: 831km

Estimated Travel Time: 12 hours (Depending on Border)

#### **Day 14 Buenos Aires**

Return flight to Buenos Aires for a final night on the town.

Approximate Distance: 2974km

Estimated Travel Time: 4 hours 40 minutes (By flight)

## Day 15 Depart Buenos Aires

## What's Included

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Excursion to Moreno Glacier, Day hike to look-out of Mt Fitzroy in Glacier National Park, 2-night camping/hiking excursion to Torres del Paine National Park, Tour of Otway Penguin Colony (seasonal), Beagle Channel Cruise.

## Highlights

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Trekking in Glacier National Park and Torres del Paine, marvelling at Perito Moreno Glacier, visiting the 'end of the earth' in Ushuaia, savouring scenery in Patagonia and sophistication in Buenos Aires.

## 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 12.

## Meals Included

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2 breakfasts, 2 lunches, 2 dinners.

## 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 CEO 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.

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## Meal Budget

Allow USD360-475 for meals not included.

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## Transport

Public bus, van, plane, boat.

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## 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.

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## 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.

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## Accommodation

Hotels (12 nts), camping (2 nts).

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## My Own Room Exceptions

Nights 7-8: Torres del Paine National Park.

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## Joining Hotel

Plaza San Martin Suites  
Suipacha 1092 (C1008AAV)  
Buenos Aires, Argentina  
Tel: +54 11 5093 7000

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## 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 \$25 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.

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 CEO 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 CEO 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 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

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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 5252 3602

From within Argentina, but outside of Buenos Aires: 011 5252 3602

After hours Emergency number

From outside Argentina: +54 9 11 3425 0380

From within Argentina, but outside of Buenos Aires: 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: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

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

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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 the use of a duffel bag or backpack, whichever you find easiest to carry. A good size daypack is also essential.

All other camping equipment for the Paine trek is provided and included in the cost of your trip. You may leave the bulk of your gear stored in Puerto Natales. Hikes are loops out of a base camp and you will only need to carry your daypack with supplies for the

duration of each hike.

## Checklist

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- \* Passport (with photocopies)
- \* Travel insurance (with photocopies)
- \* Airline tickets (with photocopies)
- \* USD cash
- \* Credit or debit cards (see personal spending money)
- G Adventures vouchers and trip details
- \* Any entry visas or vaccination certificates required
- \* Camera and memory card
- \* CD/MP3 player
- \* Reading/writing material
- \* Binoculars
- \* Cover for backpacks
- \* Inner sheet (for sleeping bag)
- \* Fair sized daypack
- \* Wool hat, mitts or gloves (preferably water proof)
- \* Strong plastic bags to help keep gear dry
- \* Sleeping bag (this can also be hired locally for approximately \$8USD/day-these are high quality and warm)
- \* Anti-inflammatory tablets (e.g. Ibuprofen)
- \* Thermal underwear
- \* Fleece top
- \* Windproof/waterproof jacket and pants (water-proof pants can be hired locally for approximately \$3US/day)
- \* Small towel and swim wear (swim only required if choosing to go to spa for optional activity)
- \* 4 shirts/t-shirts
- \* Sun hat
- \* 1 pair of shorts
- \* 2 pairs of long trousers
- \* 1 pair hiking pants/track pants (Convertible quick-dry pants that zip into shorts are recommended for the trek in Torres del Paine.)
- \* Hiking boots
- \* Sport sandals
- \* Sun block
- \* Sunglasses
- \* Toiletries (biodegradable)
- \* Watch or alarm clock
- \* Refillable water bottle - the water from the streams in this area and from the taps in the hotels is potable and bringing a reusable water bottle helps to reduce waste in this pristine area.
- \* Pocket knife
- \* Small flashlight
- \* First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhoea, re-hydration powder, extra prescription drugs you may be taking).

NB - Argentine plugs have two angled slits and may or may not have one round hole and are 220v. Please be sure to bring an adaptor to be able to use the plugs. We recommend that you bring rechargeable batteries as there are not many facilities for properly disposing of batteries.

## 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.

ARGENTINA'S "RECIPROCITY FEE":

Effective January 7, 2013 all US, Canadian and Australian citizens are required to pay a reciprocity tax in order to enter Argentina. This reciprocity tax must be paid in advance online with a credit card. Cash at the border or airport is not accepted.

#### ONLINE PAYMENT FORM:

<https://virtual.provinciapagos.com.ar/ArgentineTaxes/>

#### INSTRUCTIONS:

[http://www.migraciones.gov.ar/pdf\\_varios/reciprocidad/Online\\_payment\\_instructions.pdf](http://www.migraciones.gov.ar/pdf_varios/reciprocidad/Online_payment_instructions.pdf)

#### COSTS:

US citizens: 160USD, valid for 10 years

Australian citizens: 100USD, valid for 1 year

Canadian citizens: 75USD for one entry and re-entries from bordering countries within 3 months; OR 150USD for a multiple entry visa valid for 5 years.

This trip crosses the border between Argentina and Chile on Day 7 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 12 of this tour. The border name is San Sebastian and borders the cities of Punta Arenas and Ushuaia.

## Spending Money

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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

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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](http://www.xe.com)

## Emergency Fund

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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

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USD \$18

## Tipping

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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

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Buenos Aires:

Tango Show 410 ARS  
Hop on Hop off Bus 140 ARS  
Tigre tour 200 ARS  
Fiesta Gaucha 250 ARS  
Coast train \$10 USD  
Teatro Colón \$5 USD  
City tour \$20 USD

El Calafate:

Boat at the Perito Moreno 90 ARS  
Tour at Estancia 400 ARS  
Mountain bike rental \$10 USD/hour  
Horseback riding \$40-60 USD

El Chaltén:

Horseback riding \$30-40 USD (half day)  
Trip: Laguna del Desierto \$40 USD

Punta Arenas:

Tour Fuerte Bulnes \$6 USD  
Museum entrance \$2 USD

Ushuaia:

Mountain Bike 80ARG  
Horseback riding \$60 USD  
Estancia Harberton \$100 USD  
Ski lift \$5 USD (return)  
Entrance museum \$7 USD  
Bus to Park entrance \$20 USD (return)  
(Tierra del Fuego Nat'l Park)  
Entrance to Spa \$40 USD

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 CEO 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, 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**

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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.

## Trip Specific Responsible Travel

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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

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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)

## Feedback

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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](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

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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/](http://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.

## Travel Forum - The Watering Hole

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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).