

Trekking the Full Torres del Paine Circuit - SCPT

12 days: Santiago to Puerto Natales

What's Included

9-day/8-night camping and hiking excursion of the full circuit through Torres del Paine National Park. Porters to carry camping equipment and food. Extra porters to carry 3.75 kg of personal items (including sleeping bags).

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



Day 1 Santiago

Arrive in Santiago at any time. There are no planned activities so check into our hotel and enjoy the city. Your Chief Experience Officer (CEO) will hold a general briefing in the evening, normally between 7pm and 8pm (a note will be posted in the arrival hotel with details).

Santiago is Chile's largest city and capital, with internationally recognized vineyards and Andean ski resorts very close by. Explore the many museums and parks, and visit the vibrant neighbourhood of Bellavista to see some handicrafts and trendy cafés. Day trips include a trip to Valparaiso and Viña del Mar, Chile's premier beach resort, and to Isla Negra, Pablo Neruda's seaside home.

Although Santiago covers an immense area, the central core of the city is relatively small. It is a roughly triangular shaped region, bounded in the north by the Río Mapocho, in the west by the Via Norte Sur and in the south by the Avenida del Libertador General Bernardo O'Higgins (more commonly known as the Alameda). The apex of the triangle is the Plaza Baquedano, where O'Higgins forms a junction with two of Santiago's other main thoroughfares, Avenidas Providencia and Vicuña MacKenna.

The centre of this triangle is the Plaza de Armas, the chief plaza of Santiago, bounded on its northern side by the main post office and on the western side by the cathedral. The streets between the Plaza de Armas and O'Higgins are wall-to-wall shops, restaurants, snack and fast food bars, cinemas, expensive hotels and office blocks. The Presidential Palace, La Moneda, is on Avenida Moneda, facing the Plaza de la Constitución. Near the Plaza de Armas is the National Congress building. One of Santiago's main parks, Cerro Santa Lucía, is in the triangle facing O'Higgins. The other main park is Cerro San Cristobal, or Huelén, in the Mapuche tongue. It is a large hill that rises dramatically from the plain to the north of Avenida Providencia. Between this avenue and the mountain, on either side of the Avenida Pío Nono, is Santiago's 'Paris quarter', the barrio Bella Vista. Here you find beautifully landscaped parks and gardens, artists' colonies and impressive views over the city, including the snow-capped peaks of the Andes (when the weather and thick smog permit).

Day 2 Puerto Natales

Fly south into Patagonia to Punta Arenas and transfer by private van to Puerto Natales, our gateway to the nearby Torres del Paine National Park. Free evening to explore the town and prepare for the trek ahead.

Day 3 Trekking in Torres del Paine National Park (1L,1D)

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

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

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

Today our hiking starts with a transfer by van to Torres del Paine National Park. This two-hour journey through ranch country includes a stop in Cerro Castillo, the principal site of wool and meat exportation to Europe during the 1960s. Arrival at Torres del Paine Trek to the base of the Torres themselves, a spectacular hike to view the three pink granite towers that made the park famous.

Day 3

Approximate distance hiked: 16 km

Estimate hike time: 7 hours

Day 4 Trekking in Torres del Paine National Park (1B,1L,1D)

Today we start our trek around the Paine Massif. In the morning we will meet our porters, load up our gear and head out across ancient glacial moraines on the way to Camp Seron. The trail goes through Lenga forests where we often see Austral parakeets, several species of geese and the occasional guanaco and fox (trekking time 4 hrs). Lodging & dinner at Camp Seron

Day 4

Approximate distance hiked: 11 km

Estimate hike time: 4 hours

Day 5 Trekking in Torres del Paine National Park (1B,1L,1D)

It's an early breakfast before the hike to Lago Dickson, a glacial lake on the edge of the Southern Patagonia Ice Cap. We hike past bright blooming Notro bushes and make a stream crossing along the lake. A beautiful, leisurely hike (trekking time 6 hrs). Here we can take hot showers at the refugio and you can buy a cold beer!

Day 5

Approximate distance hiked: 24 km

Estimate hike time: 7 hours

Day 6 Trekking in Torres del Paine National Park (1B,1L,1D)

Today we pack up and head out for a hike that is one of our personal favorites through pristine, old growth beech forest. We almost always see the incredible red-headed magellanic woodpecker. Just before we arrive to our camp we will trek past glacier Perros with fantastic close up views of the glacier and its lake. We spend the night camping at the base of Paso John Garner at Los Perros.

Day 6

Approximate distance hiked: 11 km

Estimate hike time: 5 hours

Day 7 Trekking in Torres del Paine National Park (1B,1L,1D)

Today is our biggest day of hiking as we climb over Paso John Garner and down through thick forest directly above the massive Glaciar Grey. Once on the pass we look out over rugged, glaciated peaks and the Southern Patagonia Ice Cap – a view not to be missed! The Grey Glacier stretches out below us like a huge white highway.

Day 7

Approximate distance hiked: 13 km

Estimate hike time: 5 hours

Day 8 Trekking in Torres del Paine National Park (1B,1L,1D)

After breakfast we start the 5-hour hike which continues descending towards Lake Grey through lenga forest where every so often a terrace appears looking out over Glacier Grey and the Southern Patagonia Ice Cap. The afternoon is to relax in this peaceful surrounding.

Day 8

Approximate distance hiked: 11 km

Estimate hike time: 5 hours

Day 9 Trekking in Torres del Paine National Park (1B,1L,1D)

Today we will cross a high plateau overlooking Lago Grey with its icebergs, and with views across the Grey Glacier on our way to Lago Pehoe. Pehoe means "hidden lake" in the Tehuelche language. The afternoon will be free to relax at Lodge Paine Grande and enjoy the area. Lodging and dinner is at Lodge Paine Grande where you can enjoy a pisco sour in the bar that overlooks Paine Grande & Los Cuernos mountains in the beautiful evening light.

Day 9

Approximate distance hiked: 11 km

Estimate hike time: 3-4 hours.

Day 10 Trekking in Torres del Paine National Park (1B,1L,1D)

We continue trekking today to the French Valley. This valley is the most beautiful in the park and one of the most unique in the world, its surrounded by hanging glaciers and an amphitheater of granite walls and spires. After we trek out of the valley, we will continue to the extraordinary turquoise Lake Nordenskjold, where Refugio Cuernos is located (trekking time 6-8 hrs). Lodging and dinner will be here.

Day 10

Approximate distance hiked: 18 km

Estimate hike time: 6-8 hours

Day 11 Trekking in Torres del Paine National Park (1B,1L)

Trek along Lake Nordenskjold and below the hanging glaciers of Mount Almirante Nieto, to the reach Hosteria Las Torres, where our van awaits us. Transfer to Puerto Natales.

Day 11

Approximate distance hiked: 13 km

Estimate hike time: 5-6 hours

Day 12 Puerto Natales

Depart at any time.

What's Included

9-day/8-night camping and hiking excursion of the full circuit through Torres del Paine National Park. Porters to carry camping equipment and food. Extra porters to carry 3.75 kg of personal items (including sleeping bags).

Highlights

Soak up the stunning scenery of Torres del Paine National Park, watch the ice floes of the Grey Glacier, trek through incredibly diverse scenery through the mountains, visit the best of cosmopolitan Santiago

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

1. Please also note that this tour hikes the full circuit Torres del Paine, staying at different campsites each night. As such, all travellers will need to carry their backpacks (containing all belongings) with them for the duration of the hike. (Note: only personal belongings are carried; you do not need to carry any of the provided items (tents, sleeping mats, food, cooking apparatus, etc). Porters can be hired to assist with the carrying of belongings. Porters can carry a maximum of 15kg and the cost is \$75 USD per day (9 days). Please advise us at the time of booking if you would like us to arrange porters for your hike.

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 15, avg 6

Meals Included

8 breakfasts, 9 lunches, 8 dinners.

Meals

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

Meal Budget

Allow USD90-120 for meals not included.

Transport

Plane, van, 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 correct passport information in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

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 (3 nts), camping (8 nts).

Joining Hotel

Santiago
Hotel Riviera
Miraflores 106
Santiago de Chile, Chile
Tel: Int. Dialing Code + 56 2 633-1176
Fax: Int. Dialing Code + 56 2 633 5988

Joining Instructions

Santiago's International Airport is Arturo Merino Benitez, located 26 km from the city, about a 45 minute drive. One way to get to the city is by taxi, the approximate cost is \$50 USD (25,000 CLP). There is an exchange desk in the airport, however the rate is usually quite poor. There is no counter for official taxis; you can try your hand at bargaining with the driver or pay the metered fare, which is a little more expensive. Alternatively there are a number of airport shuttle buses to certain points in the centre of the city, especially along the Alameda. A shuttle bus can take you to Los Heroes subway station for approximately \$8, then take the subway 3 stops to the Estacion Santa Lucia, which is closest to Hotel Riviera.

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 you cannot locate the G Adventures Representative for your pre-booked airport transfer within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel. A taxi to the centre costs approximately \$50 USD (25,000 CLP) but you will need to look for taxi on exit from the luggage area as there is no official counter for taxis. Please keep your receipt and your CEO or G Adventures Representative will refund the cost of the taxi. If your taxi driver does not speak English and you do not speak Spanish, simply show driver the hotel address to simplify communications.

Note: It is very common for taxis to try and deceive passengers that are not used to the exchange rate so please be very careful.

SANTIAGO AIRPORT "LANDING FEE": Please be advised that Chile's international airport in Santiago charges a steep arrival fee to people of certain nationalities. At the time of writing, this fee was \$132 USD for Canadians, \$100 USD for US citizens, and \$30 USD for Australian citizens; there is currently no fee for EU or New Zealand citizens. This is payable immediately upon arrival before proceeding through immigration. Once this fee is paid, it is valid for the duration of the passport. Please check with your local embassy/consulate for the exact amounts.

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 Chief Experience Officer (CEO) will leave a Welcome Note in the hotel lobby with details of the Welcome Meeting time on Day 1. It is usually around 7pm. In this meeting you will meet other tour participants and receive information about general and specific aspects of the trip. 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 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

Finishing Point Instructions

Although the tour finishes in Puerto Natales, you might find more convenient international flight options from Punta Arenas.

If you are flying out of Punta Arenas at the end of your trip, your CEO can help you with booking transport from Puerto Natales back to Punta Arenas. A taxi should cost approximately 80,000 CLP / 171 USD (3 hours travel time). There are also public transport options. Bus Sur and Pacheco Buses each have 4 buses per day running this route and travel time is 3.5 hours. Bus tickets cost about 4500 CLP/ 10 USD per person.

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.

All camping equipment for the Paine trek is provided and included in the cost of your trip, apart from a sleeping bag, hiking poles, waterproof overpants and gaiters. You can bring these items with you or rent them in Puerto Natales. You may leave the bulk of your gear and anything not needed while on the trek in storage in Puerto Natales. A good size daypack is essential.

Checklist

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash
- Credit or debit card (see personal spending money)
- G Adventures vouchers and trip details
- Any entry visas or vaccination certificates required
- Camera and film
- Reading/writing material
- Binoculars
- hand sanitizers/ antibacterial wipes
- Cover for backpacks
- Pocketknife
- Flashlight
- Concealable money belt
- Fleece top
- Windproof/waterproof jacket
- Small towel and swim wear
- 4 shirts/t-shirts
- Sun hat
- 1 pair of shorts
- 2 pairs of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/ sturdy walking shoes
- Sport sandals - Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- First-aid kit(should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, DEET bug repellent, extra prescription drugs you may be taking).
- Sleeping bag (please note if you don't have a sleeping bag, one can be rented locally for \$6 USD per day)
- Hiking poles, waterproof overpants, gaiters (you can bring these with you or rent them in Puerto Natales)

You will have porters to carry camping equipment and food. You will also have extra porters to carry 3.75 kg of personal items per passenger, including sleeping bags. The porters will give you a bag to store these items. You will need to carry your daypack everyday which will be approximately 5 -10kg. Items you will need to carry in your day pack include: water, lunch for the day, an extra layer of clothing and any other personal items.

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

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 Chile is 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 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.

Also at the end of each trip if you felt your local mountain guide did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$5-\$10 USD per person, per day can be used.

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 ratings for trip specific information. G Adventures reserves the right to exclude any traveler 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/

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.

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 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: 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.

Planeterra-The G Adventures Foundation

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

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

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.

Travel Forum - The Watering Hole

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