



## **Patagonia Hiking**

9 days, Buenos Aires to Buenos Aires

Trip code SACC

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Laguna de los Tres full-day guided hike (El Chaltén)

- Loma del Pliegue Tumbado Guided Hike
- 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 October 1st, 2025 and onwards

# Itinerary

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## Itinerary Notes

We recommend bringing USD in cash for the Argentinean portion of this tour as it is easier than using a credit card or withdrawing ARS from an ATM. USD currency is accepted in travel agencies for booking optional activities.

**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Buenos Aires

Arrive at any time.

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

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



### Accommodation

Up America Plaza (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.



### Optional Activities - Day 1

Teatro Colón Tour

Buenos Aires

25USD

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

10USD

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.

## Buenos Aires Bike Tour

Buenos Aires

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.

Meeting place: Cerrito 1128

Please note the bike tour begins at 10 AM. We advise booking a pre-night in order to arrive on time for this pre-sold optional activity. If you choose to arrive the day of the bike tour, please ensure your flight lands no later than 8 AM to ensure enough time to make it to the arrival point.

Day 2

## Buenos Aires/El Chaltén

Enjoy an early transfer to the airport to fly to El Calafate and continue by private vehicle to El Chaltén and Los Glaciares National Park. En route marvel at the towering Andean mountains. Enjoy some free time in the town or head out on a short hike.

Fly south to the province of Santa Cruz and the town of El Calafate before transferring overland to El Chaltén. Often referred to as the trekking capital of Argentina, El Chaltén is the gateway to Cerro Fitz Roy and Cerro Torres, two of the most beautiful peaks in Patagonia.

Enjoy free time to warm up for the upcoming trek, opt to take a short hike to a nearby lookout or explore around town.

The luggage restrictions for all Aerolineas Argentinas flights are 15kg (33 lbs) for checked baggage and 8kg (17 lbs) for carry-ons. No organic food is allowed as Patagonia is a protected area. Bags will be checked upon arrival in El Calafate.



### Meals included

Breakfast



### Accommodation

Fitz Roy Inn (or similar)

Hotel



### Today's Activities

Plane

Buenos Aires - El Calafate

3h30m

Trade the urban pulse of Buenos Aires for the raw grandeur of Patagonia as you fly south to El Calafate.

The luggage restrictions for all Aerolineas Argentinas flights are 15kg for checked baggage and 5kg for carry-ons. No organic food is allowed as Patagonia is a protected area. Bags will be checked upon arrival in El Calafate.

Private Vehicle

El Calafate - El Chaltén

3h-3h30m

Climb aboard, grab a seat, and enjoy the ride on your private transportation.

Free Time

El Chaltén

Head out into the national park and start exploring beautiful Patagonia.

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## Optional Activities - Day 2

Los Glaciares National Park Short Hike

El Chaltén

30USD

Take a hike and get up close to Fitz Roy and Cerro Torre, Los Glaciares National Park's iconic peaks, and set your eyes on some exquisite glacial lakes.

Day 3

## El Chaltén

Enjoy a full-day guided hike to the Loma del Pliegue Tumbado viewpoint for spectacular 360° views. Unlike other trails, this trek doesn't descend into a valley; instead, it climbs to provide one of the most breathtaking panoramic views of the entire El Chaltén region. This trek takes you along one of the less-traveled trails in the National Park, offering unparalleled panoramic views.



### Meals included

Breakfast



### Accommodation

Fitz Roy Inn (or similar)

Hotel



### Today's Activities

Loma del Pliegue Tumbado Guided Hike

El Chaltén

9h

19km

Enjoy a full day of hiking in Los Glaciares National Park. Hike to the Loma del Pliegue Tumbado viewpoint to fully appreciate the majestic Cerro Fitz Roy and Cerro Torre, the extensive Patagonian steppe, and the impressive Lago Viedma. The Loma del Pliegue Tumbado is a chain of three round rocky peaks at 1,340m (4,396 ft), 1,420m (4,659 ft), and 1,550m (5,085 ft). On its northern flank runs the Fitz Roy River and on the south is the Túnel River. Continuing west, you reach the impressive Cerro Solo.

Distance travelled: 18.8 km / 11.7 miles

Duration: 9 hours

Elevation gain: 1,132m (3,714 ft.)

Terrain: some portions of the trail can be quite steep with loose rocks, boulders, and soil.

This trail features a continuous ascent of approximately 1,100 meters (3,610 feet), culminating at a viewpoint around 1,500 meters (4,920 feet) above sea level. Due to its elevation, lack of tree cover, and full exposure to wind, a windproof jacket and warm clothing are essential. Even in mid-summer, light snowfall is not uncommon.

Please take the following into account: The last 500 meters to the summit are very exposed to wind and cold, and the terrain is somewhat unstable. However, this is the point that offers the true 360-degree view. If we have an experienced group, they might discuss attempting the approach with the

guide. I would recommend marking the viewpoint sign as the arrival point, where the views are absolutely panoramic and conditions are safe.

This trek offers views of these mountains from their south/southeast side, a unique perspective compared to the typical east-side views. While most hikers head to Laguna Torre or Laguna de los Tres for mountain vistas, the views from here are truly unforgettable.

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.



## Meals included

Breakfast



## Accommodation

Fitz Roy Inn (or similar)

Hotel



## Today's Activities

Los Glaciares National Park Guided Hike

El Chaltén

10h

24km

Enjoy a full day of hiking in Los Glaciares 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) – one of the most famous and popular viewpoints of the mountain.

Distance travelled: 24km/15 miles.

Duration: 10 hours.

Elevation gain: 1040m (3412 ft.)

Terrain: some portions of the trail can be quite steep with loose rocks, boulders, and soil.

Day 5

## El Chaltén/El Calafate

Explore one of El Chaltén's many trekking routes. Opt to explore the Laguna Torre trail to spot the dramatic Cerro Torre, hike to Chorrillo del Salto Waterfall, or head up to the Condor Mirador to enjoy great views of the town. Afterwards, head to the quaint little town of El Calafate, and opt for a hearty dinner to refuel.



### Meals included

Breakfast



### Accommodation

Hosteria Posta Sur (or similar)

Hotel



### Today's Activities

Free Time

El Chaltén

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

Private Vehicle

El Chaltén - El Calafate

3h-3h30m

152km

Climb aboard, grab a seat, and enjoy the ride on our private G Adventures transportation.



### Optional Activities - Day 5

Cerro Torre Hike to El Chaltén

El Chaltén

30USD

7h-8h

18km

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.

Chorrillo del Salto Hike

El Chaltén

30USD

7km

Enjoy an easy hike to see a waterfall hidden in National Park Los Glaciares. Trek around native forest alongside amazing views of de las Vueltas River.

Distance travelled: 7km

Time: 3 hours

Condor and Eagle Lookout

El Chaltén

30USD

1h-2h

6km

Also known as Mirador de los Cóndores y Mirador de las Águilas. It's one of the shortest hiking options in the area, enjoy a lighter hike to a viewpoint often overflowed by condors with spectacular panoramic views of the town and the mountains. Detour to another viewpoint to admire the Viedma lake and the steppe.

Distance: 6km

Duration: 1-2 hrs

Day 6

## 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. Explore the different metallic walkways that will bring you directly to a spectacular view over the glacier and be amazed by every angle.

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 1,505km<sup>2</sup> (935 mi<sup>2</sup>), 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.



### Meals included

Breakfast



### Accommodation

Hosteria Posta Sur (or similar)

Hotel



### Today's Activities

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.

Please note this tour does not include walking on top of the glacier.



### Optional Activities - Day 6

Perito Moreno Glacier Boat

Perito Moreno Glacier - El Calafate

80USD

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.

Day 7

## El Calafate

Enjoy free time, take a leisurely hike to Laguna Nimez, explore the souvenir shops and restaurants in town, choose to experience a full-day ranch experience, or opt to go on an adventure activity in the Patagonian landscape.

Home to the immense Perito Moreno Glacier, the gaucho inspired cozy 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. Opt to take navigation to see other glaciers in the region or go horseback riding in the Patagonian steppe.

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.



### Meals included

Breakfast



### Accommodation

Hosteria Posta Sur (or similar)

Hotel



### Today's Activities

Free Time

El Calafate

Enjoy free time to explore town and the surrounding area.



### Optional Activities - Day 7

Laguna Nimez

El Calafate

15USD

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.

Day 8

## El Calafate/Buenos Aires

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, or pre book an evening Tango experience! 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!



### Meals included

Breakfast



### Accommodation

Up America Plaza (or similar)

Hotel



### Today's Activities

Free Time

Buenos Aires

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

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.



### Optional Activities - Day 8

Tango Dinner Show

Buenos Aires

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.

Day 9

## Buenos Aires

Depart at any time.

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### Meals included

Breakfast



## Optional Activities - Day 9

La Boca Neighbourhood Visit

Buenos Aires

10USD

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!).

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Meeting place: Cerrito 1128

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## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Laguna de los Tres full-day guided hike (El Chaltén)

- Loma del Pliegue Tumbado Guided Hike
- Internal flights
- Perito Moreno Glacier guided tour (El Calafate)
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Catch a glimpse of Mt Fitz Roy, marvel at Perito Moreno Glacier, savour the scenery in Patagonia, enjoy the vibrant city of Buenos Aires.

## Itinerary Notes

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## What are the main highlights of this trip?

Catch a glimpse of Mt Fitz Roy, marvel at Perito Moreno Glacier, savour the scenery in Patagonia, enjoy the vibrant city of Buenos Aires.

## Is there a disclaimer I should read before booking this trip?

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

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

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.

## **Are there Itinerary notes?**

We recommend bringing USD in cash for the Argentinean portion of this tour as it is easier than using a credit card or withdrawing ARS from an ATM. USD currency is accepted in travel agencies for booking optional activities.

## **What important notes should I be aware of before the trip?**

### **1. COMBO TRIP**

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

### **2. LUGGAGE**

Please Note: Aerolineas Argentinas allows 1 piece of checked luggage that weighs up to 15kg (33 lbs) and 1 carry-on that weighs up to 8kg (17 lbs) on internal flights. If luggage is overweight, the airline charges ARS \$15,000 at check-in (approx. 20-25 USD) up to a max of 23 kgs per piece. Luggage over 23 kgs is not allowed for internal flights.

### **3. YELLOW FEVER**

It may be required to show a Yellow Fever certificate upon entering the country visited. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.

## **What is the role of the group leader during this trip?**

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.

## **How large will the group be?**

Max 16, avg 12

## **What meals are included in this trip?**

8 breakfasts

## **What are the meals like on this trip?**

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.

## **What are the modes of transportation on my trip?**

Private vehicle/van, plane.

## **Are local flights included in the cost of the trip?**

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 (33 lbs) on internal flights and 1 carry-on that weighs up to 8kg (17 lbs). If luggage is overweight, the airline charges ARS \$15,000 at check-in (approx. 20-25 USD) up to a max of 23 kgs per piece. Luggage over 23 kgs is not allowed for internal flights.

## **Is there an extra cost for travelling solo?**

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.

## **Where will we stay during the trip?**

Hotels (8 nts).

## Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## What are the joining instructions?

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

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

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 on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

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.

## Who should I contact in case of an emergency?

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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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 Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650

After hours Emergency number: +51 99 758 2712 (WhatsApp Available)

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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 information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

# What should be on my packing list?

## Documents:

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

## Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

## Hiking Essentials:

- Day pack (30 litres is the recommended size)
- Fleece top/sweater
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Long-sleeved shirts or sweater
- Reusable water bottle
- Sandals/flip-flops
- Scarf (Scarf/Buff/Neckwear)
- Snacks
- Socks (Trekking socks (woollen or synthetic, not cotton))
- Sport t-shirts (Cotton/Dri-Fit)
- Sunglasses
- Thermal base layer
- Toiletries (Preferably biodegradable)
- Towel
- Walking poles ((Available for rent, highly recommended))
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket
- Waterproof backpack cover

**Optional/Useful packing list:**

- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Ear plugs
- Locks for bags
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Sleeping bag liner/sleep sheet

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- 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.

## When can I do my laundry on this trip?

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.

## What are the visas and entry requirements for my trip?

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 is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## **What should I consider when planning my personal expenses and discretionary spending for this itinerary?**

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.

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

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 Patagonia (Argentina/Chile) is much higher than the rest of South America. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We recommend bringing USD in cash for the Argentinean portion of this tour as it is easier than using a credit card or withdrawing ARS from an ATM. USD currency is accepted in travel agencies for booking optional activities.

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 of 100 or 50 USD 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)

## **How much emergency money should I bring on this trip?**

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!

## **Do I need to pay a departure tax?**

Most airlines include departure tax in the cost of the ticket. If this is not included then it should be mentioned in your flight booking confirmation

## Should I be tipping on my trip?

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 an opportunity to tip the local guides or drivers we use. Tips are in cash, either in local currency or USD. Please find next the suggested tips for this trip:

Kayak Guides: USD 10

Trekking Guide Laguna de los Tres: USD 10

3-day driver in Calafate: USD 5

Perito Moreno Glacier local guide: USD 10

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 \$10 USD per person, per day can be used.

## What activities are optional on this trip?

### Buenos Aires

- Teatro Colón Tour (25USD per person)
- La Boca Neighbourhood Visit (10USD per person)
- Buenos Aires Bike Tour
- Buenos Aires Guided City Tour
- Tango Dinner Show

### El Chaltén

- Los Glaciares National Park Short Hike (30USD per person)
- Chorrillo del Salto Hike (30USD per person)
- Cerro Torre Hike to El Chaltén (30USD per person)
- Condor and Eagle Lookout (30USD per person)

### Perito Moreno Glacier

- Perito Moreno Glacier Boat (80USD per person)

### El Calafate

- Laguna Nimez (15USD per person)

## **Are there any health considerations I should know before travelling?**

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.

# What do I need to know to about safety and security on my trip?

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/)

## What are the trip specific safety considerations?

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!

## What rules should I know before joining this trip?

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.

## Is travel insurance required for my trip?

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. 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.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects 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.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

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.

## How old must I be to join this trip?

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.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, 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.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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 the operator. 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.

## 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.