

!  
x

Sorry! There are no remaining departures for "Patagonia Multisport" (SCAP), [but here are some similar trips](#).



## **Patagonia Multisport**

10 days, Santiago to Puerto Natales

Trip code SCAP

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Laguna Sofia cycling activity

- Grey Glacier kayaking
- Torres del Paine National Park excursion including hikes with expert mountain guides
- 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 January 1st, 2016 and onwards

## Itinerary

---



**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

## Santiago

Arrive at any time.

There is a lot to do and see in and around Santiago, so we highly recommend booking pre-nights if you want time to explore.

Santiago is Chile's capital and largest city, 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 shop for handicrafts and visit trendy cafés.



### Today's Activities

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. 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.

Day 2

## Santiago/Puerto Natales

Transfer to the airport in Santiago and fly to Punta Arenas. Continue on to Puerto Natales for the night.

Transfer to the airport in Santiago and fly to Punta Arenas before continuing on to Puerto Natales.

Enjoy a free evening to explore the coastal town.



### Today's Activities

Plane

Santiago - Punta Arenas

3h-4h

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

Private Vehicle

Punta Arenas - Puerto Natales

4h

250km

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

Free Time

Puerto Natales

Explore the coastal town of Puerto Natales at leisure, take in the views or wander through the streets.

Day 3

## Puerto Natales

Enjoy the morning cycling along the trails around Laguna Sofia. In the afternoon take some free time to explore the town and get prepared for the treks to come.

---



### Meals included

Breakfast

---



### Today's Activities

Sofia Lagoon Cycling

Sofia Lagoon

15km

Begin the cycling along the shores of Sofia Lagoon, with views across the Patagonian wilderness and the mountain peaks of Prat. Pause after 7km for some refreshments, before continuing along cross-country tracks.

Free Time

Puerto Natales

Explore the town or take a rest and prepare for the upcoming treks.

Embark on a 6-day excursion within Torres del Paine NP, hiking the famous 'W' Trek and camping under the stars. Start the 62km (38.5 mi) route by trekking to the base of Las Torres to see the dramatic three towers and turquoise lagoon below.

All five nights in Torres del Paine NP are spent camping. The campsites are near mountain refuges with access to shared bathrooms and dining facilities.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Private Vehicle

Puerto Natales - Torres del Paine

2h-2h30m

122km

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

W Trek (Day 1)

Las Torres Camp - Laguna Amarga Camp

9h-11h

16km

Hike through dense forest and mountain paths before making the ascent to the base of Las Torres. Trek for 4-5 hours there and another 4-5 hours back – it's oh-so-worth it! Then, take a 30-min transfer to Refugio Laguna Amarga (along with the duffels) and camp nearby.

Day 5

## Torres del Paine National Park

Wake up surrounded by breathtaking landscapes. After breakfast, continue hiking along the W route, crossing Paine River and passing through grassy fields. Stop at Lake Nordenskjöld and snap a photo of the mountains reflecting in the lake before reaching the campsite for the night.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

W Trek (Day 2)

Laguna Amarga Camp - Cuernos Camp

5h-6h

11km

Take in some amazing scenery on this stretch – light blue lakes contrast beautifully against the deep green forest. Test your endurance on a couple of uphill sections, but mainly enjoy a straightforward hiking day. Head to the spectacular campsite for the night near Cuernos Camp.

Day 6

## Torres del Paine National Park

Today hike to the French Valley lookout to see the mountain range spread across the National Park. Take in the dramatic, contrasting greens and greys on the landscape.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

W Trek (Day 3)

Cuernos Camp - Paine Grande Camp

8h-9h

24km

Enjoy breakfast in Cuernos. Hike first to the Italian camp, then set out to the French Valley Mirador. Here, soak in views that are absolutely amazing! Get a great view of the fresh glacier, where it's possible to see avalanches.

Day 7

## Torres del Paine National Park

The final day of the W Trek leads to Grey Lake and the lookout point for Grey Glacier. Gaze off into the distance admiring the scale of this immense glacier. Spend the afternoon kayaking on the lake out to Grey Glacier.

Please note, the kayak excursion is weather permitting. If it is unsafe to kayak, a Zodiac cruise following a similar route will replace the kayaking activity.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

W Trek (Day 4)

Paine Grande Camp - Grey Lake

3h-4h

11km

Hike to Grey Lake viewpoint before ending the hike. Enjoy amazing views across the lake. Glacier Grey makes a stunning background.

Day 8

## Torres del Paine National Park

Enjoy a free day in Torres del Paine National Park for optional activities. If you are still looking for more trekking, opt to head out on a hike or explore Grey Glacier on a glacier trek.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Free Time

Torres del Paine National Park

Enjoy free time in Torres del Paine for some further exploration



### Optional Activities - Day 8

Grey Glacier Ice Hike

Grey Glacier Camp

230000CLP

5h-6h

Get an introduction to ice axes and crampons, and join an expert local guide for a hike across this frozen landscape. Study the cracks, crevasses, and ice ridges and get up close and personal with Grey Glacier. Walking on this immense glacier is an experience you won't soon forget.

Reach the west side of the Grey Glacier on a zodiac boat. Enjoy a short trek to get to the glacier and start the amazing walk on top of it. The guide will do the safety talk first and provide all the necessary equipment. The walk on the glacier will last for about 3 hours, and you will be able to observe cracks, rivers, lagoons and tunnels with their different tones of blue.

Day 9

## Torres del Paine National Park/Puerto Natales

Continue trekking to Lake Pehoé and finish by taking a picturesque ferry ride across the lake enjoying the sense of accomplishment.

---



### Meals included

Breakfast

---



### Today's Activities

Boat

Lake Pehoé

45m

Climb aboard and get your float on.

Private Vehicle

Lake Pehoé - Puerto Natales

1h30m

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

Day 10

## Puerto Natales

Depart at any time.

---



### Meals included

Breakfast

---



### Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Laguna Sofia cycling activity
- Grey Glacier kayaking
- Torres del Paine National Park excursion including hikes with expert mountain guides
- Internal flights
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Trek in Torres del Paine National Park, cycle out to Laguna Sofia, kayak alongside the Grey Glacier, bike among the peaks of Patagonia

## What are the main highlights of this trip?

Trek in Torres del Paine National Park, cycle out to Laguna Sofia, kayak alongside the Grey Glacier, bike among the peaks of Patagonia

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

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.

## 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.

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

Whilst in Torres del Paine, this tour stays at different campsites each night. As such, all travellers will need to carry backpacks with personal items with them for the duration of the hike. You will be able to leave your big bags at the hotel in Puerto Natales and just take what you need with you for the trek. You will have porters to carry camping equipment, sleeping bags and food. You will also have extra porters to carry a total of 2.5 kg of personal items per passenger. 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 over the 2.5 kg carried by the porters.

### LUGGAGE

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

## What is the group leader like?

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, 5 lunches, 5 dinners

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

Public bus, van, bike, plane, kayak, boat, hiking.

## 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 (4 nts), camping (5 nts).

## What are the joining instructions?

Santiago's International Airport is Arturo Merino Benitez, located 26 km from the city, about a 45 minute drive. The approximate cost of a taxi is \$50 USD (25,000 CLP). There is a counter within the airport where you can take an official taxi.

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

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

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

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

## 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 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 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?

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

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.

You could also consider flying from El Calafate in Argentina. If flying from El Calafate, please bear in mind that there are normally only public buses leaving early in the morning from Puerto Natales. The journey takes about 6 hours and involves a border crossing, so we would recommend booking a flight after 4pm.

## **Are there any additional packing suggestions I should consider?**

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.

Camping equipment for the Paine trek is provided and included in the cost of your trip. A sleeping bag and mat are also provided.

# What should be on my packing list?

## Available for Rent:

- Walking poles (6000 CLP per day)
- Windproof rain jacket (4000 CLP per day)
- Windproof rain pants (5000 CLP per day)

## Cold Weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat
- Warm waterproof jacket

## Documents:

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

## Essentials:

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

### **Hiking/Trekking:**

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

### **Patagonia Trekking:**

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

### **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.  
Note: All other camping equipment for the Paine trek is provided and included in the cost of your trip. Porters will carry 2.5kg of your personal gear for you while on the hike. You will be required to carry only what you need for the day in your day pack. Any luggage not required for the hike will be left at the hotel in Puerto Natales.

## **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 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](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!

## What activities are optional on this trip?

### Grey Glacier Camp

- Grey Glacier Ice Hike  
(230000CLP per person)

## 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 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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

## 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 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.