



## **Torres del Paine - Full Circuit Trek**

11 days, Puerto Natales to Puerto Natales

Trip code SCFT

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group

- Camping and hiking excursion of the full circuit through Torres del Paine National Park with porters (9 days)
- All transport between destinations and to/from included activities

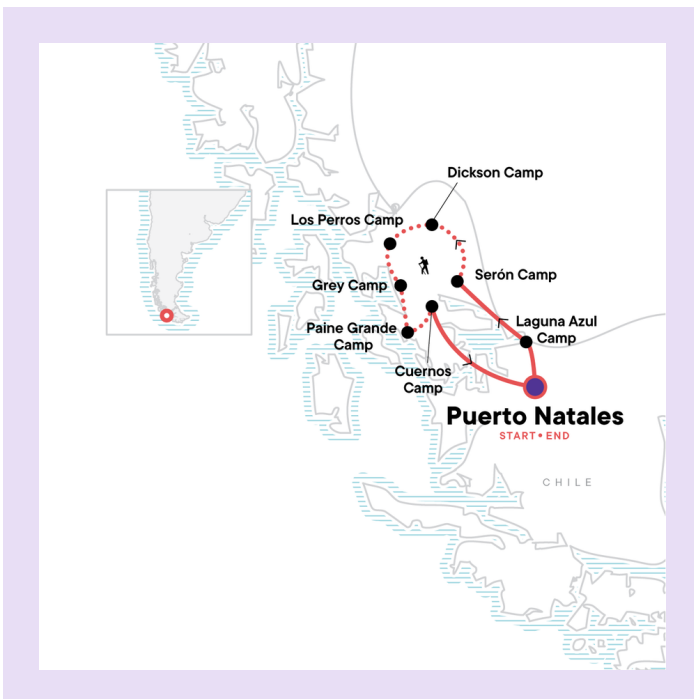
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one 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 September 14th, 2022 and onwards

## Itinerary

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**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

## Puerto Natales

Arrive at any time. If arriving into Punta Arenas in Chile, it is recommended to arrive prior to 14:00 to allow enough time to transfer to Puerto Natales for the welcome meeting. If arriving to El Calafate in Argentina, you will need to get there a day before and then take the bus to Puerto Natales today.

Please note the airport in Puerto Natales is small with limited flight connections. Most flights will be through Punta Arenas in Chile or El Calafate in Argentina, both of which would involve taking a public bus or transfer. Your welcome meeting normally starts sometime between 5 and 6pm (please see welcome note on arrival at the hotel) and then you will be able to rent equipment if you want to after. Please note rental shops normally close by 8 or 9pm, so you would need to be there by that time to guarantee being able to rent what you need.



### Accommodation

HD Natales (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.

## Puerto Natales/Laguna Azul Camp

Embark on a 9-day excursion within Torres del Paine NP, hiking the full Torres del Paine circuit known as the O circuit. Start the 130km (80.7 mi) route by trekking to the base of Las Torres to see the dramatic three towers and turquoise lagoon below.

The group will enter the park through the main entrance of Amarga Lagoon. The trail begins with a slope and a side view of the imposing Ascencio Valley and the river with the same name, passing through the famous “Windy Pass” to get to the first official stop at Refugio El Chileno.

From there the group will continue towards a forest of native Lenga trees before arriving to the glacial moraine. Here the last, and hardest, part of the trail starts as we will be gaining 300m of altitude in the last kilometer. Please note this last kilometer is steep and rocky, carrying hiking poles (available for rent in Puerto Natales) will really help make this section of trail more manageable. The last km takes around 1 hour, but it is SO worth it! The spectacular view of the three granite towers will be waiting at the top, where we will have lunch with a view! Return along the same trail and meet our driver who is going to take everyone to the first campsite, Laguna Azul.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Laguna Azul Campsite (or similar)

Campground



### Today's Activities

Private Vehicle

Puerto Natales - Torres del Paine

2h-2h30m

122km

Cross the pampas of Patagonia first on asphalt roads to Laguna Amarga, stopping for a quick break. Continue along the road and stop to take photos of the spectacular views! Keep an eye out for wildlife—guanacos, condors, geese, and other birds. Enter the Torres del Paine Welcome Center for a quick bathroom stop before starting the hike.

Torres del Paine Trek Day 1: Welcome Center of Torres del Paine to Base of the Towers

Torres del Paine National Park

7h-9h

22km

Be prepared to lose your breath - from the hike AND the gorgeous views! Hike the Torres del Paine trail to the base of the "torres" (towers) themselves. Enjoy the view of the three pink granite towers that make this park famous.

Distance travelled: 22km (14 miles roundtrip)

Time: 7-9 hours.

Elevation gain: 750m (2,460 ft.)

Day 3

## Torres del Paine/Camp Serón

Transfer by van to the Las Torres area. Today we start our trek around the Paine Massif. Head out across ancient glacial moraines on the way to camp Serón. The trail goes through Lenga forests where we can spot some wildlife. The hike today will be around 5 hours. Arrive to Camping Serón where the group will have dinner and rest up for tomorrow.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Seron Campsite (or similar)

Campground



### Today's Activities

Torres del Paine Trek Day 2: Welcome Center of Torres del Paine to Camp Serón

Torres del Paine - Camp Serón

5h-7h

19km

Trek all day through forests of Beech trees and view the Paine Chico Mountain in the distance before reaching the Northeastern part of the National Park. The hike today will be about 5 hours round trip and a total of 19 km. In the evening the group will return to the Camp Serón.

Distance travelled: 19km

Time: 5-7 hours.

Elevation gain: 400m (1,315 ft.)

Day 4

## Camp Serón/Lake Dickson Camp

Eat an early breakfast before the hike to Lago Dickson, a glacial lake on the edge of the Southern Patagonia Ice Cap. Hike past bright blooming Notro bushes and cross a stream along the lake. A beautiful, leisurely hike that will take around 6 hours today. Arrive at Camping Dickson and opt for a hot shower and a beer as a reward.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Campsite Dickson (or similar)

Campground



### Today's Activities

Torres del Pain Trek Day 3: Serón Camp to Dickson Camp

Serrano Camp - Lake Dickson Camp

6h-7h

18km

Hike from Serón Campsite to Dickson Campsite and enjoy amazing views of Lake Dickson and Glacier Dickson. Today's portion of the trek is rated as a moderate to challenging hike.

Distance travelled: 18km

Time: 6-7 hours.

Elevation gain: 720m (2,362 ft.)

Day 5

## Lake Dickson Camp/Los Perros Camp

Continue along the north side of the park to an incredible lookout point of Lake Dickson and the surrounding valley. Follow the trail through the tall forest to reach another lookout for Perros Glacier, well worth the climb.

Pack up and head out through pristine, old growth beech forest. Look and listen for the red-headed Magellanic woodpecker. Just before we arrive to camp, trek past the Perros glacier and enjoy fantastic close-up views of the ice and the lake. Spend the night camping at the base of Paso John Garner at Los Perros.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Los Perros Campsite (or similar)

Hotel



### Today's Activities

Torres del Pain Trek Day 4: Dickson Campsite to Los Perros Campsite

Lake Dickson Camp – Los Perros Camp

5h-6h

13km

Enjoy a day hiking through beech forest to the Perros Glacier, before arriving at the campsite at Paso John Garner.

Distance travelled: 13km

Time: 5-6 hours.

Elevation gain: 600m (1,968 ft.)

Day 6

## Los Perros Camp/Grey Glacier Camp

Today is the toughest day of the O trek, start with an uphill climb for 2-3 hours, passing over the highest point. The beginning of the trail is through forest, but once you reach 800m of altitude, the path starts to get rocky and may become a little slippery. Take in the first view of Grey Glacier and gaze into the distance to take in its 270km<sup>2</sup> (104 mi<sup>2</sup>) spread. Climb vertical ladders and pass a suspension bridge en route to Grey Camp.

This is the biggest day yet as we climb over Paso John Garner and hike down through thick forest directly above the massive Grey Glacier. Once on the pass, look out over rugged, glaciated peaks, and the Southern Patagonia Ice Cap – a view not to be missed! The glacier stretches out below like a giant white highway. To get to the Grey Glacier Camp, there is a big descent of approximately 1700m through the forest.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Grey Campsite (or similar)

Campground



### Today's Activities

Torres del Pain Trek Day 5: Los Perros Camp to Grey Glacier Camp

Los Perros Camp – Grey Glacier Camp

8h-10h

18km

Hike for a full day over Paso John Garner, above the imposing Grey Glacier and the Southern Patagonia Ice Cap.

Distance travelled: 18km

Time: 8-10 hours.

Elevation gain: 1000m (3,280 ft.)

Day 7

## Grey Glacier Camp

Enjoy the day exploring Grey Lake and Grey Glacier. The spectacular scenery is a highlight of the trek with the back drop of snow-capped mountains and floating pieces of piercing blue glacier. The afternoon is free for resting and exploring the area. Opt for a short trek along the west side of the Grey Glacier.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Grey Campsite (or similar)

Campground



### Optional Activities - Day 7

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 8

## Grey Glacier Camp/Paine Grande Camp

Head out on an optional morning kayak on the coast of Lake Grey with amazing views of Grey Glacier and its icebergs. Later, hike along Lake Grey to appreciate different viewpoints of the glacier. Hike to join the famous W Trek and end at Lake Pehoé. Relax at Paine Grande Camp and share trekking stories with the other hikers.

Cross a high plateau overlooking Grey Lake and see icebergs and views across Grey Glacier on the way to Lake Pehoé. Pehoé means "hidden lake" in the Tehuelche language. The afternoon is free to relax at Lodge Paine Grande and enjoy the area. At night, enjoy a pisco sour cocktail in the bar overlooking Paine Grande & Los Cuernos mountains.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Campsite Paine Grande (or similar)

Campground



### Today's Activities

Torres del Pain Trek Day 7: Grey Glacier Camp to Paine Grande Camp

Grey Glacier Camp - Lodge Paine Grande

5h

11km

Head for Lake Pehoé and soak in the incredible views across the glaciers and mountains that fill up this national park. Enjoy a relaxing evening under the Cuernos del Paine.

Distance travelled: 11km

Time: 5 hours.

Elevation gain: 400m (1,300 ft.)



## Optional Activities - Day 8

Grey Lake Kayaking Excursion

Grey Lake

170000CLP

Glide through the crystal clear waters and blue icebergs of Grey Lake. Take in the views from your kayak, as your explore all the lake has to offer.

Day 9

## Paine Grande Camp/Cuernos Camp

Hike to the French Valley lookout to see the mountain range spread across the national park, take in the contrasting greens and greys of the landscape.

Continue the trek to the French Valley. Surrounded by hanging glaciers and an amphitheater of granite walls and spires, this is the most beautiful valley in the park and one of the most unique in the world. After, trek out of the valley to the extraordinary turquoise Lake Nordenskjold. After six to eight hours, end the day at Cuernos Camp for dinner and sleep.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Campsite Los Cuernos (or similar)

Campground



### Today's Activities

Torres del Pain Trek Day 8: Paine Grande Camp to Cuernos Camp

Paine Grande Camp - Cuernos Camp

8h-9h

17km

Trek through the French Valley, surrounded by glaciers, before continuing to beautiful Lake Nordenskjold and Reugio Cuernos.

Distance travelled: 17km

Time: 8-9 hours.

Elevation gain: 500m (1,640 ft.)

Day 10

## Lake Nordenskjöld/Puerto Natales

The concluding day of the O circuit continues along Lake Nordenskjöld. Take in the final views of Torres del Paine, reflect on the last nine days and relish in the sense of accomplishment before heading back to Puerto Natales.

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



### Meals included

Breakfast | Lunch



### Accommodation

HD Natales (or similar)

Hotel



### Today's Activities

Torres del Paine Trek Day 9: Cuernos Camp to Hotel Las Torres

Cuernos Camp - Torres del Paine

5h

13km

Follow the trail past Lake Nordenskjöld and Mount Almirante Nieto before ending the trek at Hosteria Las Torres.

Distance travelled: 12km

Time: 5 hours.

Elevation gain: 300m (900 ft.)

Private Vehicle

Puerto - Puerto Natales

2h30m

104km

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

Depart at any time.

The airport in Puerto Natales is small with limited flight connections. Many onward flight connections will be through Punta Arenas in Chile or El Calafate in Argentina which would involve taking a public bus or transfer of 3-4 hours, if you are flying out of one of these airports we recommend flying out in the afternoon to allow for travel 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
- All transport between destinations and to/from included activities
- Camping and hiking excursion of the full circuit through Torres del Paine National Park with porters (9 days)

## **What are the main highlights of this trip?**

Soak up the stunning scenery of Torres del Paine National Park, Watch the ice floes of the Grey Glacier, Trek through incredibly diverse scenery

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## **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.

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

This tour hikes the full circuit of Torres del Paine, staying 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 have porters to carry camping equipment and food. You will also have extra porters to carry a total of 5 kgs/11 pounds of personal items per passenger, included within this 5 kgs/11 lbs is your sleeping bag which weighs 2.5 kg/5.5 lbs. 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 5 kg carried by the porters. Porters can be hired to assist with the carrying of belongings. Extra porters can be hired to assist with the carrying of belongings, each porter can carry a maximum of 15kg. Please ask us at the time of booking if you would like to pay to arrange extra porters for your hike

## 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?

10 breakfasts, 9 lunches, 8 dinners

## 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?

Van, 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 (2 nts), camping (8 nts).

## Do any exceptions apply to Rooming or “My Own Room” on my tour?

Nights 2-9: Torres del Paine National Park. Only the nights in Puerto Natales will be in a single room.

## 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.

From Puerto Natales airport (PNT), you can take a taxi directly to the city centre.

As there are only a few flights per week to Puerto Natales, you may find it more convenient to arrive to Punta Arenas airport (PUQ), as there is daily flights. From Punta Arenas airport, it is around a 3 hour drive to Puerto Natales. You can take a taxi from the airport or an airport bus service (Bus-Sur).

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.

Please make sure to keep the stamped immigrations receipt you receive when you arrive into Chile. This receipt is required when leaving Chile.

## 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?**

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 190.000 CLP/240 USD (3 hours travel time). Bus Sur has 7 buses to the airport per day and travel time is 3.5 hours. Buses Pacheco also have a couple of buses per day. Tickets cost about 10.000 CLP/13 USD per person and operate between 7am and 7pm, some days there is a later bus at 9pm as well. (<http://bussur.com/?lang=en>)

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.

All camping equipment for the Paine trek (including your sleeping bag/tent/mat) is provided and included in the cost of your trip, apart from 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.

# 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)

## 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)

## 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)
- 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
- 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  
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. All other camping equipment for the Torres del 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 only available in the city of Puerto Natales. Please note that campsites don't have laundry facilities. 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 the cost of living in Chilean Patagonia 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 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!

## 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.

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.

## What activities are optional on this trip?

### Grey Glacier Camp

- Grey Glacier Ice Hike  
(230000CLP per person)

### Grey Lake

- Grey Lake Kayaking Excursion  
(170000CLP 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 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.

## 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 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: 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.

## 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.