



## **Torres del Paine - The W Trek**

6 days, Puerto Natales to Puerto Natales

Trip code SCWT

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group

- Torres del Paine National Park camping and trekking excursion along the the "W Route" (3 nts)

- 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 30th, 2021 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.

Puerto Natales is the entrance way to Torres del Paine National Park. During the day, explore the town, eat a hearty meal for energy, and rest well for the 4-day hike ahead. Get any last-minute shopping done in Puerto Natales, and rent all equipment needed for the hike. Please note any belongings you will not need for the next three days of hiking will be stored at the hotel in Puerto Natales, where the group will return after the Torres del Paine trek.

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

Hotel Capitan Eberhard (or similar)

Hotel



### 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

## Puerto Natales/Laguna Azul Camp

Embark on a 4-day excursion within Torres del Paine National Park, hiking the famous W Trek. 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.



### 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.

W Trek - Day 1 (Laguna Camp)

Las Torres Camp - Laguna Azul Camp

7h-9h

22km

Hop on a private transfer and enjoy the two and a half hour drive to the entrance of Torres del Paine National Park. Stop at the Welcome Center and get ready to start the trek. Hike through dense forest and mountain paths before making the ascent to the base of Las Torres. Hike about 4 hrs in and 4 hrs back. Then, transfer to the campsite at the end of the day for some spectacular food and time to reflect on the first leg of the journey.

Locations: Hike from the Welcome Center to the Base of the Towers and back.

Distance travelled: 22km (14 miles roundtrip)

Time: 7-9 hours.

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



### Optional Activities - Day 2

### 5kg of Porter Assistance

Torres del Paine

Enjoy a more comfortable trekking experience with porter assistance for up to 5kg (11lbs) of personal gear. Your belongings will be packed in a dry bag and transported between campsites, allowing you to hike with only your daypack. This service is for carrying items only needed at camp, such as extra layers, sleepwear, toiletries, snacks, and other personal essentials. Maximum weight allowance is 5kg per traveller.

### 10kg of Porter Assistance

Torres del Paine

Enjoy a more comfortable trekking experience with porter assistance for up to 10kg (22lbs) of personal gear. Your belongings will be packed in a dry bag and transported between campsites, allowing you to hike with only your daypack. This service is for carrying items only needed at camp, such as extra layers, sleepwear, toiletries, snacks, and other personal essentials. Maximum weight allowance is 5kg per traveller.

Day 3

## Laguna Azul Camp/Cuernos Camp

Wake up surrounded by breathtaking landscapes. Enjoy breakfast with a view, pack your bag and jump in the van. Our drive today goes along the Paine river until we reach the Welcome Center in Torres del Paine NP. Be on the lookout to spot some wildlife! Once at the welcome center, meet the porters and continue hiking along the W route towards Cuernos Campsite. Stop at Nordenskjöld lake and enjoy the view before reaching Cuernos Camp.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Campsite Los Cuernos (or similar)

Campground



### Today's Activities

Private Vehicle

Laguna Azul Camp – Torres del Paine National Park

1h15m

30km

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

W Trek - Day 2 Welcome Center to Cuernos Camp

Laguna Azul Camp – Cuernos Camp

4h-5h

12km

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.

Location: Welcome Center to Cuernos Camp

Distance travelled: 12km (7.5 miles roundtrip)

Time: 4-5 hours.

Elevation gain: 175m (575 ft.)

Day 4

## Cuernos Camp/Paine Grande Camp

Today hike to the French Valley lookout to see the imposing French glacier hanging over Paine Grande mountain. Take in the dramatic, contrasting greens and greys on the landscape and enjoy a 360 view from above. Head to Paine Grande Campsite after crossing an eerie and beautiful forest of dead trees.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Campsite Paine Grande (or similar)

Campground



### Today's Activities

W Trek - Day 3

Cuernos Camp - Paine Grande Camp

8h-9h

19km

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

Locations: Hike to French Valley and Paine Grande Campsite

Distance travelled: 18km

Time: 6-7 hours

Elevation gain: 550m (1800 ft)

Day 5

## Paine Grande Camp/Puerto Natales

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. Hike back to Lake Pehoé and finish by taking a picturesque ferry ride across the lake enjoying the sense of accomplishment before returning to Puerto Natales for the night.



### Meals included

Breakfast | Lunch



### Accommodation

Hotel Capitan Eberhard (or similar)

Hotel



### Today's Activities

W Trek - Day 4 Paine Grande Camp to Grey Lookout

Paine Grande Camp - Lake Pehoé

4h

11km

Hike to Grey Lake viewpoint before ending the hike. Enjoy amazing views across the lake. Glacier Grey makes a stunning background. Head back to Paine Grande campsite to hop on a boat and cross lake Pehoé where a private van will be waiting to take you back to Puerto Natales.

Locations: Paine Grande Camp to Grey Lookout

Distance travelled: 11km (7 miles)

Time: 4 hours

Elevation gain: 400m (1,315 ft)

Boat

Lake Pehoé

45m

Climb aboard and get your float on.

Private Vehicle

Pudeto - 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

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- All transport between destinations and to/from included activities
- Torres del Paine National Park camping and trekking excursion along the the "W Route" (3 nts)

## What are the main highlights of this trip?

Trek the spectacular W Trek in Torres del Paine National Park, Snap a photo of the famous three towers of Las Torres, Marvel at Patagonia's pristine lakes and glaciers

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Trek the spectacular W Trek in Torres del Paine National Park, Snap a photo of the famous three towers of Las Torres, Marvel at Patagonia's pristine lakes and glaciers

## **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?**

All camping equipment for the Torres del Paine trek is provided and included in the cost of your trip. 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.

Please note altitude sickness is not a concern on this trek, the W Trek is under 1000m (3000 ft).

### **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.

## 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?

5 breakfasts, 4 lunches, 3 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, ferry, 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 (3 nts).

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

Nights 2-4: 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

Airport transfers from Puerto Natales Airport (PNT) can not be pre-booked on this itinerary. Please see Joining Instructions for more information.

### 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 115,000 CLP / 175 USD (3 hours travel time). There are also public transport options. 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 8000 CLP/ 12 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. 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 "W" trek is provided and included in the cost of your trip. A sleeping bag and mat are also provided. You may leave the bulk of your gear stored in Puerto Natales. While hiking you will only need to carry your daypack with supplies for the duration of each day. You must bring your own appropriate cold-weather sleeping bag and mat, or arrange for a local rental in Puerto Natales prior to setting out on the trek.

# 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

### Patagonia Optional/Useful Items:

- 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.) 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 (like, sleeping bag/ Tent/Thermal insulation mattress) for the Torres del Paine trek is provided and included in the cost of your trip. 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. All other camping equipment (tent and thermal insulation mattress) for the Torres del Paine trek is provided and included in the cost of your trip. You will be required to carry your own day pack, containing your personal sleeping bag and any extra items you may need for the campsites (such as pajamas, extra clothing, snacks, flip-flops, etc.). Any luggage not required for the hike can be safely 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?

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.

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:

Trekking Guides Torres del Paine: USD 40 (For the 3 days)

Porters Torres del Paine: USD 15

Camping Staff Torres del Paine: USD 5

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?

### Torres del Paine

- 5kg of Porter Assistance
- 10kg of Porter Assistance

## 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 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.