Torres del Paine - Full Circuit Trek - SCFT

11 days: Puerto Natales to Puerto Natales

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

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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.

VALIDITY: Valid for all trips departing June 2nd, 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 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.

Your Welcome Moment: Meet Your CEO and Group

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.

Accommodation

Hostal Los Pinos (or similar)

Hotel

Day 2 Puerto Natales/Torres del Paine

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.

Transfer by van to Torres del Paine NP. This two-hour journey through ranch country includes a stop in Cerro Castillo, the principal site of wool and meat exportation to Europe during the 1960s.

Trek to the base of the Torres themselves, a spectacular hike to view the three pink granite towers that make the park famous. Torre (Tower) Sur rises 2900m (9512 ft) above sea level, Torre Central is 2850m (9348 ft) high and Torre Norte measures 2600m (8528 ft). The Cuernos (Horns) del Paine, massive blocks of various rock layers visible from great distances, are as spectacular as the towers themselves.

Spend the next few days hiking and camping in this spectacular park, visiting the Towers, Grey Glacier and French Valley, before making your way back to Puerto Natales.

Private Vehicle
Cross the pampas of Patagonia first on asphalt roads to cerro Castillo, stopping for a quick break. Then, continue by dirt road and stop to take photos of the spectacular views! Keep an eye out for wildlife---guanacos, condors, geese, and other birds. Enter the national park and continue for another 30 minutes to the start point of the trek.

**Torres del Paine NP (Full Trek - Day 1)**

7h-8h 19km

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.

Meals included: Breakfast | Lunch | Dinner

**Accommodation**

**Campsite Laguna Amarga (or similar)**

**Day 3 Torres del Paine/Camp Séron**

Hike on relatively flat terrain through towering mountains following the river to Camp Séron. Enjoy the surrounding grassy plains and keep an eye out for wildlife before arriving at camp in the mid afternoon.

In the morning, meet our porters, load up the gear and head out across ancient glacial moraines around the Paine Massif toward Camp Séron. The trail takes us through Lenga forests where we often see Austral parakeets, several species of geese, and the occasional guanaco and fox.

**Torres del Paine NP (Full Trek - Day 2)**

Torres del Paine - Camp Séron5h-6h 19km

Trek four hours around the Paine Massif, through Lenga forests, and end up in a slightly flatter area in the north east of the part in Camp Séron.

Meals included: Breakfast | Lunch | Dinner

**Accommodation**

**Seron Campsite (or similar)**

**Day 4 Camp Séron/Lake Dickson Camp**

Head out along the north side of the national park, leading closer to the mountains. Follow the river to Lake Dickson. In the evening, relax and walk along the pebble beach, admiring the crystal clear glacier water.

Eat breakfast early, then hike to Lago Dickson, a glacial lake on the edge of the Southern Patagonia Ice Cap. Walk past bright red blooms of Notro bushes and cross a stream along the lake. Today’s trek is an epic eleven-hour traverse. At the campsite, take a hot shower and buy a cold beer!

**Torres del Paine NP (Full Trek - Day 3)**

Camp Séron - Lake Dickson Camp6h-7h 18km

Hike to Lago Dickson and enjoy a hot shower, cold beer, and great views at the campsite located on the shore.

Meals included: Breakfast | Lunch | Dinner

**Accommodation**

**Campsite Dickson (or similar)**

**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.
Torres del Paine NP (Full Trek - Day 4)
Lake Dickson Camp - Los Perros Camp 5h-6h 21km

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

Meals included: Breakfast | Lunch | Dinner

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. Take in the first view of Grey Glacier and gaze into the distance to take in its 270km² (104 mi²) 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.

Torres del Paine NP (Full Trek - Day 5)
Los Perros Camp - Grey Glacier Camp 8h-10h 21km

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

Meals included: Breakfast | Lunch | Dinner

Accommodation

Grey Campsite (or similar)
Campground

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.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Grey Campsite (or similar)
Campground

Day 8 Grey Glacier Camp/Paine Grande Camp

Hike along Lake Grey to appreciate different view points 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.

Torres del Paine NP (Full Trek - Day 7)
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.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Campsite Paine Grande (or similar)
Campground

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 Nordenskjöld. After six to eight hours, end the day at
Cuernos Camp for dinner and sleep.

Torres del Paine NP (Full Trek - Day 8)
Paine Grande Camp - Cuernos Camp 8h 21-24km
Trek to the French Valley, surrounded by glaciers, before continuing to beautiful Lake Nordenskjöld and Reugio Cuernos.

Meals included: Breakfast | Lunch | Dinner

Accommodation
Campsite Los Cuernos (or similar)
Campground

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.

Torres del Paine NP (Full Trek - Day 9)
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.

Private Vehicle
Torres del Paine - Puerto Natales 2h-2h30m
Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast | Lunch

Accommodation
Hostal Los Pinos (or similar)
Hotel

Day 11 Puerto Natales
Onward travel should be booked no earlier than 4:00pm.

The airport in Puerto Natales is small with limited flight connections. Most 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 time to get to these airports.

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

Meals included: Breakfast

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.

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

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

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 kg of personal items per passenger, included within this 5kg is your sleeping bag which weighs 2.5 kg. 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. 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.

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 16, avg 12

Meals Included

10 breakfasts, 9 lunches, 8 dinners

Meals

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.

Transport

Van, boat, hiking.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your correct passport information in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers
We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

**Accommodation**

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

**My Own Room Exceptions**

Please note that if you have booked the “My Own Room” option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Nights 2-9: only the nights in hotels in Puerto Natales will be in a single room.

**Joining Hotel**

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

**Joining Instructions**

If you are arriving to Puerto Natales airport, you can take a taxi into town for approximately 25,000 CLP (38 USD).

As there are only a few flights per week to Puerto Natales, you may find it more convenient to arrive to Punta Arenas airport, which is 3 hours away from Puerto Natales but has daily flights.

A taxi from Punta Arenas is approximately 115,000 CLP / 175 USD (3 hours travel time). There are also public transport options. Bus Sur has 7 buses from the airport per day and travel time is 3.5 hours. Bus 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](http://bussur.com/?lang=en))

**Arrival Complications**

We don’t expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

**Emergency Contact**

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

**AIRPORT TRANSFER**

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

**EMERGENCY CONTACT NUMBERS**

**G Adventures Office Buenos Aires, Argentina**

During office hours (Weekdays 9am-6pm Local Time)
From outside Argentina: +54 11 2150 2581
From within Argentina, but outside of Buenos Aires: 011 2150 2581

After hours Emergency number
From outside Argentina: +54 9 11 3425 0380
From within Argentina, but outside of Buenos Aires: 011 15 3425 0380

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 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

**Finishing Point Instructions**
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). 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.

**What to Take**

Most people automatically assume that the weather is hot in South America, but in Patagonia the temperature can feel quite cold, especially at night.

All camping equipment for the Paine trek is provided and included in the cost of your trip, apart from 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.

A sleeping bag and mat are provided.

**Packing List**

Available for Rent:
- Walking poles (3000 CLP per day)
- Windproof rain jacket (4000 CLP per day)
- Windproof rain pants (2000 CLP per day)

Cold Weather:
- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

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

Essentials:
- 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, band aids/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
- 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
- Toiletries (Preferably biodegradable)
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket
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

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.)

Warm Weather:
* Sandals/flip-flops
* Shorts/skirts (Longer shorts/skirts are recommended)
* 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.

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.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

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.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The currency in Chile is the Chilean Peso (CLP).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money, a combination of US dollar cash and cards is best. Please bear in mind that cost of living in the southern cone countries (Argentina, Brazil, Chile) is much higher than the rest of South America, and more comparable with Europe. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD $200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!
Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels.

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

Optional Activities

No optional activities

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical ratings for trip specific information. G Adventures reserves the right to exclude any traveler from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks in 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/

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their
participating insurer, the level of coverage and emergency contact telephone number.

**Planeterra-The G Adventures Foundation**

The Planeterra Foundation [planeterra.org](http://planeterra.org) is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating programs 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.

**Dollar-a-Day Program**

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

**Feedback**

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

**Newsletter**

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](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](http://www.gadventures.com/newsletters/) to learn more about how to give back and support the people and places we love to visit.

**Minimum Age**

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.

**International Flights**

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.