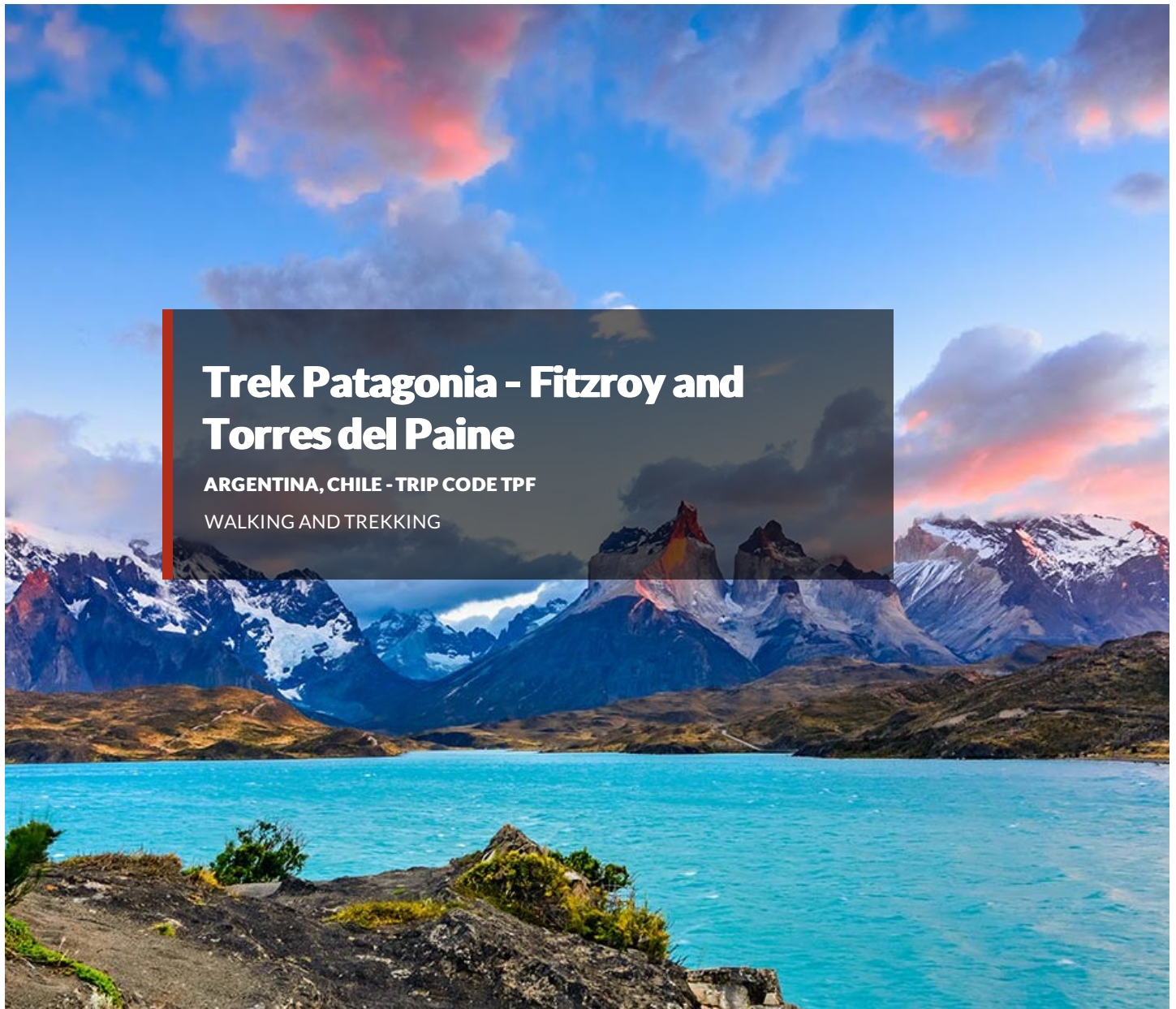


EXPLORE!



Trek Patagonia - Fitzroy and Torres del Paine

ARGENTINA, CHILE - TRIP CODE TPF

WALKING AND TREKKING

Why book this trip?

On this trekking holiday in Patagonia explore the spectacular mountain areas of Fitz Roy and Torres del Paine. Trek through the heart of Los Glaciares National Park to the magnificent Fitz Roy Massif, and hike the 'W Trek' from Lago Grey to the iconic Paine Towers.

- **'W' Trek** - Complete the most famous hiking route in Patagonia
- **Perito Moreno Glacier** - Discover this towering ice wall with the option to walk on the glacier
- **Mount Fitz Roy** - View the striking Fitz Roy skyline from Laguna de los Tres



INCLUDED MEALS
Breakfast: 13
Lunch: 7
Dinner: 5



TRIP STAFF
Explore Tour
Leader(s)
Camp Crew
Driver(s)
Local Guide(s)



TRANSPORT
Bus
Ferry
Flight
Public Bus



ACCOMMODATION



WALKING GRADE:
Moderate To
Challenging



GROUP SIZE:
10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

Trip information

Country information

Argentina

Climate

Argentina has a climate that ranges from subtropical in the north to cold in the temperate south. The Andes has erratic rainfall and flash floods from December to May. From June to September spring like sunny days temper the cold nights.

Time difference to GMT

-3

Plugs

3 Pin Flat

Religion

Predominantly Roman Catholic.

Language

Spanish is the main language throughout this region, along with a number of indigenous dialects, of

Chile

Climate

The best time to visit is spring (Sept-Nov) and autumn (March- April). Between June and September the heat in the northern part of the country is less intense. Remember rain can fall at any time of the year and the weather is changeable in the mountains. Easter Island has a tropical climate so is likely to be quite hot and humid. It can also rain there in the evenings and become chilly.

Time difference to GMT	Plugs	Religion
-4	2 Pin Round	Predominantly Roman Catholic.
Language		
Spanish, Aymara, Rapanui.		

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities, or take time to relax, the choice is yours.

Buenos Aires - Tango show US\$70 and US\$120 with dinner; Fiesta Gaucha Don Silvano - US\$190, Tigre Delta cruise US\$95

Chalten - Visit Lago del Desierto US\$70; Half day rafting Rio de Las Vueltas US\$110

El Calafate - Perito Moreno Ice trek - (ages 65 and under due to Glaciares National Park regulations) US\$133 without transfers, US\$150 inc. transfers ; Perito Moreno boat trip US\$22

Argentina is undeniably an expensive destination to visit, and the costs of these optional excursions do show that. However, please remember that at certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in.

In Torres del Paine hotel they charge 19% interest on the use of Chilean Pesos.

Clothing

Bring light and comfortable clothing that can be layered according to the temperature. The weather conditions in the mountains can be changeable, and it can become cold, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier and are recommended as a base layer, and walking trousers are preferable to trousers of heavier material such as jeans. A waterproof jacket is essential at all times in case of rain and wind.

- Breathable wind and waterproof jacket (you may also wish to bring waterproof trousers)
- T-shirts
- Long sleeved tops
- Midlayer Fleece/pullover
- Thick sweater/fleece jacket: A thick sweater or fleece jacket is necessary as nights can be cold. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece

- Insulated jacket
- Sunhat
- Long trousers
- Shorts (if you prefer to walk in them)
- Thermal underwear: Comfortable around camp and much more practical (and warmer) to sleep in than pyjamas.
- Gaiters: especially in November and December but due to unpredictability of weather any time of year could be necessary
- Swimwear and towel
- Socks (liner and thicker pair)
- Gloves, scarf & hat: Especially useful around camp in the morning and in the evening. Worth bringing two pairs - one fleecy for warmth and one pair that is waterproof and windproof

Footwear

We recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

You will need to take one main piece of baggage and a daypack.

Main Baggage

Recommend that this is lockable

Daypack

Your daypack should be at least 30 litres capacity. During the course of a trekking day, you will not have access to your trek kit bag, which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daypack should be large enough to carry your day things including: waterproofs, fleece, long trousers (if walking in shorts), warm hat and gloves, sun hat, suncream, water bottle(at least 1 litre bottle), tissues and your packed lunch. Camera equipment can be heavy so think carefully when deciding what to take. Please note that in the Fitzroy area you will also be carrying your overnight things for two days / one night.

Trek Kit Bag (provided at the hotel in Puerto Natales)

In Torres del Paine your main bag will stay at with our local ground suppliers and you will be given a trek kit bag in which to put your kit for the W circuit. Your trekking clothing and equipment should be packed into the kit bag which is to be carried by local porters. In Puerto Natales there is time to re-organise your luggage, the weight limit for this is 5kg and advice on how to pack will be given at the trek briefing.

Internal flights

The baggage limit for the internal flight between Buenos Aires and El Calafate is 15kg. If you exceed the limit you are able to pay for the excess locally at the airport, this is approximately \$20.

Equipment

- Sunglasses
- Sunhat
- High factor sun cream: Patagonia is very near the ozone layer hole. A combination sunblock/lipsalve is ideal for facial protection.
- Small Torch (with spare batteries and bulb). Often a head torch is the most practical option as it allows you to have both hands free
- Camera
- Sleeping bag liner (fleece will add warmth)
- Walking poles (recommended)
- Personal toiletries: Essentials are toothbrush/paste, biological soap and a small towel. 'Wet Wipes' and hand sanitiser gel are recommended
- Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.
- Insect repellent
- Small waterproof dry bag (for items such as your mobile phone)
- Dry/plastic bags: Useful for separating things out in your kitbag and keeping things dry in both your kitbag and day sack
- Waterproof Cover for Rucksacks: Can be useful to offer extra protection for your bags against rain.
- Reusable water bottle (minimum 1 litre). The camp staff will provide plenty of water each day with which to fill your own bottle. Get 15% discount on a Water-to-Go bottle www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore
- It's worth bringing a portable power pack or a solar charged device

Tipping

Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$ 60, approx. 2'650 Argentine Pesos for group tipping

For all non-included services and meals on your trip please tip independently at your discretion.

Argentina

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track

may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£11	£20	£3-4	£2

Foreign Exchange

Local currency

Argentine Peso (ARS)

Recommended Currency For Exchange

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the ARS is approximately ARS 57 to the British Pound. You may wish to take extra USD cash as most optional excursions need to be paid in USD cash (not dispensed by ATMs in Argentina or Chile). Please check on line for up to date information

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

Available in Buenos Aires. In Patagonia some cards with Chip and Pin do not work in the ATM machines. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques

We do not recommend Travellers Cheques

Chile

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£13	£20	£3.00 - 4.00	£2

Foreign Exchange

Local currency

Chilean Peso (CLP)

Recommended Currency For Exchange

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the CLP is approximately CLP 880 to the British Pound. We recommend you take some emergency cash in USD as the GBP exchange isn't very good. Notes should be in good condition otherwise they may not be accepted. Please check on line for up to date information

Where To Exchange

Tour Leader will advise on arrival

ATM Availability

ATMs can be found in the major towns and cities for cash withdrawals in CLP. Always have some cash back up as they are not always reliable

Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques

We do not recommend Travellers Cheques

Transport, Accommodation & Meals

Transport Information

Bus, Ferry, Flight, Public Bus

Accommodation notes

Day three at Poincenet Camp shared two-man tents are provided, along with sleeping bags and mats. There is also a kitchen tent, dining tent and a latrine. However there is no running water at this camp location so washing facilities are limited. It can also get very cold so bring warm clothes.

When camping at the refuges on the W-Trek shared two-man tents are provided (and pre-erected), along with sleeping bags and mats. You will have use of shared bathroom facilities with hot water showers (separate communal shower blocks for male and females) and use of the communal dining room at the refuges, where meals will be taken. Meals are held at fixed times and there is a small shop selling basic items. The refuges have electricity and heating, there are plugs to charge devices however these are often used first by the hikers staying the dorms. In high season the refuges can be very busy.

Essential Information

Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Please note we require a photocopy of your passport 3 month pre departure.

It is essential that you provide Explore with a photo copy of your passport at the time of booking, as this will be required in order to confirm accommodation.

Argentina: Visas are not required for UK, US, Canadian, Australian and New Zealand citizens.

Please note Australian passport holders will need make a payment called the 'reciprocity fee' in advance of travel to enter Argentina. This currently costs US\$ 100. This payment needs to be made online at <http://www.migraciones.gov.ar/accesible/templates/reciprocidad/reciprocidad.htm> The receipt generated at the time of online payment must be printed and given to local immigration authorities together with your passport.

Chile: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens.

Other nationalities should consult the relevant consulate.

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive

approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information.(Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website:

<http://www.cic.gc.ca/english/visit/eta.asp>

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at

an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

1200

Argentina

Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and

specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Yellow fever is only recommended for those travelling to Iguazu falls. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Chile

Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, diphtheria, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue Fever and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Walking and Trekking information

DAILY DISTANCES

Day 1	4km	4hrs
Day 2		
Day 3	10km 6km	6/3hrs
Day 4	18km	7hrs
Day 5	4km	2hrs
Day 6		
Day 7	6km 2km	4/1hrs
Day 8	21km	8hrs
Day 9	17km 4km	7/2hrs
Day 10	19km	7hrs
Day 11	15km	6hrs
Day 12	4km	3hrs
Day 13		
Day 14		

Optional Walks



Map showing New 2020 Itinerary

Walking grade

Moderate to challenging

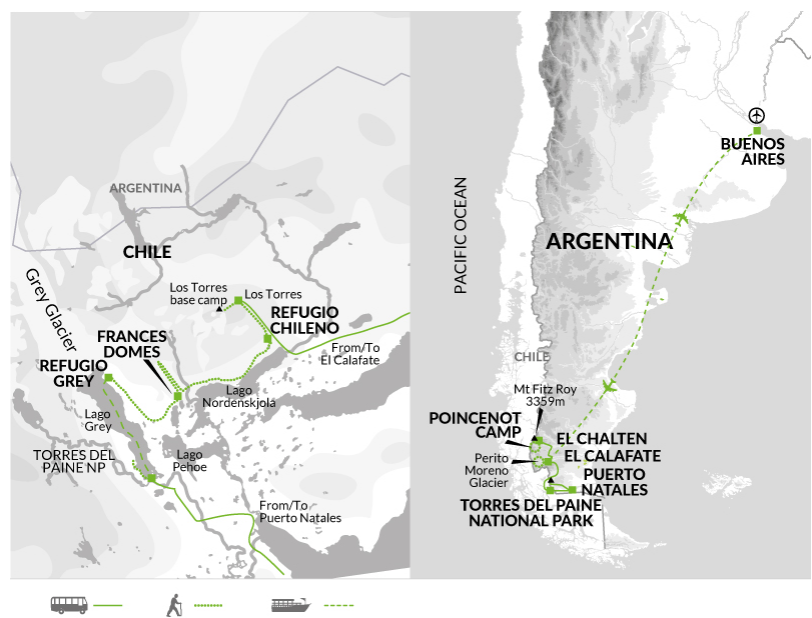
Trek details

Trek on 9 days for between 2 and 8 hours. Maximum altitude of 1,200m.

Max walking altitude (m)

1200

Additional Information



Reviews

 <p>AWARD WINNING EXPLORE LEADERS</p>	 <p>PRICE GUARANTEE PROMISE</p>	 <p>AIRPORT TRANSFERS</p>
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