# **EXPLORE!**

### Book with confidence



# Why book this trip?

Combining the unique spectacle of the total solar eclipse with Patagonia's awe-inspiring mountain landscapes, this journey takes us to the tip of the world at the Tierra del Fuego National Park and through fields of glaciers in Calafate. Walk among emerald lakes fed by icy glaciers and towering mountain ranges home to guanaco and vicuna. Top off the trip by watching a total solar eclipse with a traditional Argentinian barbecue and a glass of malbec in hand.

- Solar Eclipse Witness this phenomenon in Piedra del Aguila, Argentina, with a local astronomer
- **Perito Moreno glacier** This magnificent glacier showcases the might of nature; get closer with an optional boat trip or a hike on the ice itself
- Buenos Aires Explore Argentina's diverse capital, including tango-filled La Boca, and Eva Peron's



# Itinerary

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

### DAY 1 - Join trip in Buenos Aires

Arrive in Buenos Aires, Argentina's capital, located on the southern shores of the Rio de la Plata. Since its founding by Pedro de Mendoza in 1536 the city has thrived on trade and its vibrant streets are filled with an eclectic mix of European architectural styles, with Spanish, French and Italian classicism rubbing shoulders with remnants of Victorian grandeur.

For those arriving on time our Leader plans to meet you in the hotel reception at 6pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no activities planned today, so you are free to arrive in Buenos Aires at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into either Aeroparque Internacional Jorge Newbery (AEP) or Ezeiza International Airport (EZE), a 30 minute or 1 hour drive respectively from our hotel. Should you miss the meeting, your leader will inform you of any essential information as soon as you catch up.

If your flight arrives earlier in the day, you could explore this lively city by wandering the city streets, admiring the impressive architecture and relaxing parks, or enjoy the traditional Porteno pastime of people watching from the many sidewalk cafes.



ACCOMMODATION: Hotel Principado (or similar)

### Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

### DAY 2 - City tour; afternoon at leisure

Today we will take a tour of the city, exploring the major landmarks around the Plaza de Mayo, site of the famous mass demonstrations by supporters of Juan Domingo Peron in 1945, organised by his wife Eva. We'll also visit the elaborate mausoleums of the famous Recoleta Cemetary, the final resting place of some of Argentina's most revered figures, including Eva Peron herself. Our tour will also takes us via Palermo Park and the colourful vibrancy of La Caminito in the La Boca district of the city. Settled originally by Italian migrants, the area is famed for its colourful houses and lively street performers. You can even come across the tango being performed on some street corners, highlighting the city's connection with this most Latin of dances. This evening we have an opportunity to enjoy something of Buenos Aires' dazzling nightlife and soak up the pulsating rhythms of one of South America's most captivating cities.



ACCOMMODATION: Hotel Principado (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

### DAY 3 - Fly to Ushuaia; free afternoon for glacier visits or penguin spotting

Today we transfer to the airport for the flight to Ushuaia, the world's southernmost city, spectacularly located on the Island of Tierra del Fuego at the very tip of the South American continent. Depending on the flight times, you may be departing in the very early hours for your internal flight. Beyond this remote port lies the Beagle Channel and then the open waters of The Drake Passage, where the deep rich waters of the Atlantic and Pacific Oceans converge amidst some of the most challenging seas on earth. This afternoon is free, flight time permitting. You may explore this remarkable city at the end of the earth and visit the Maritime Museum, housed in what was once the prison, to learn a little something about the

harsh realities of life on these unforgiving oceans. Alternatively you can take a half day trip out into the Beagle Channel itself to experience a little something of the power and majesty of these southern oceans or visit Harberton Estancia to see the Penguins. A trip to the nearby Glacier Martial affords some superb views out across the Beagle Channel to the Chilean islands beyond (weather permitting). NB - depending on the flight times to Ushuaia breakfast will be taken either at the hotel in Buenos Aires or in flight.



ACCOMMODATION: Villa Brescia Hotel (or similar)

### Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

### DAY 4 - Walks in Tierra del Fuego National Park

Tierra del Fuego translates as the Land of Fires and today we have time to explore the nearby national park. Separated from Patagonia by the waters of the Magellan Strait, Tierra del Fuego is a landscape of lakes, forest and tundra, set beneath an imposing backdrop of ragged mountain peaks. This morning we take a leisurely walk along a forest trail to Lapataia Bay, taking in the expansive views and hopefully coming across some of the abundant wildlife in the area. These peaks and valleys, filled with Lenga and Guindo trees which provide a rich haven for Patagonian grey foxes and condors. After lunch we return to Ushuaia and have a free afternoon to further explore the area.



ACCOMMODATION: Villa Brescia Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

### DAY 5 - Fly to Calafate, the gateway to the Glaciares National Park

Leaving Ushuaia this morning, we fly north to Calafate, an unassuming little community situated on the southern shores of Lago Argentino, which has been declared the national capital of the glacier region and the gateway to Los Glaciares National Park. We aim to land in the early afternoon, but as flight schedules can change we have the afternoon at our leisure to explore. For those who wish (and time permitting), there is the opportunity to visit the Laguna Nimez Reserve, an important birding area situated over a variety of different habitats from wetland to the Patagonian steppe. Flamingos are the most famous resident, but there are many self-guided trails to follow and discover the hides, lookouts and viewpoints of the reserve.

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ACCOMMODATION: Hainen (or similar)

### Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

### DAY 6 - Full day to discover the Perito Moreno glacier

Today we have a full day visit to the awe-inspiring Perito Mereno Glacier, a highlight which ranks as one of South America's most magnificent sights and arguably one of the world's greatest spectacles. Fed by the vast expanse of the Southern Patagonian Ice Field, the glacier covers some 250 square kilometres and presents us with an impressive list of statistics. It stretches over 30km and at its deepest point is over 700m thick. It is advancing at a rate of 700 metres per year, but is estimated to calve off great chunks at probably the same rate, meaning that it has remained pretty much stationary for nearly a century. All in all it is a natural masterpiece of quite spectacular majesty. Whilst at the glacier, there will be the chance to either trek on the ice (an age limit of 65 years applies due to National Park regulations) or take a boat ride to get closer to the glacier face.



ACCOMMODATION: Hainen (or similar)

## Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

### DAY 7 - Free day in Calafate; optional catamaran trip or traditional estancia visit

We have a free day to spend exploring some of Calafate's less visited parts, a peaceful way to discover more of its majestic landscapes. Take a 4x4 vehicle up to approximately 1000m above sea level and explore the Laberinto de las Piedras, a rock formation that dates back 85 million years to the Cretaceous period, as well as getting magnificent views of the Andes and Lake Argentino. On a clear day, you can see all the way to Mount Fitz Roy in Chalten.

Alternatively, take the day to visit a traditional Patagonian estancia (ranch) on the south side of the Los Glaciares National Park. Explore this working ranch depending on what activities need doing that day, working with the horses to round up sheep, or watching the gauchos demonstrate their horse-handling skills.

Your final option is a catamaran trip through the spectacular iceberg-filled waters of the Argentino Lake, weaving through the immense expanses of ice to view the multiple glaciers on show here. The Spegazzinni Glacier is the highest, towering at over 130m out of the water - a giant shelf of toothpaste-blue ice.

These optional excursions will all be shared with other passengers from around the world, not necessarily travelling with our group.



ACCOMMODATION: Hainen (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

### DAY 8 - Fly to Bariloche and drive to Villa la Angostura, in the Argentinian Lake District

Flying north today we land in the Argentinian Lake District at Bariloche, before taking the 1.5 hour drive to the small town of Villa la Angostura. This resort town comes alive in both summer and winter, when hikers and skiiers alike come to make the most of its mountains and alpine-esque scenery and chocolate-box wooden lodges.

We'll spend the drive taking in the views of the immense Lake Nahuel Huapi, a glacial lake whose crystal-

clear blue waters spread out like fingers into the Patagonian mountainsides, creating branches that are dotted with small tree-covered islands and surrounded by snowy peaks. After stopping at several viewpoints We arrive in the late afternoon and will have the evening free to explore.



ACCOMMODATION: Atardeceres del Lago (or similar)

### Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

### DAY 9 - Eclipse Day. Watch the solar eclipse with a local astronomer

A total eclipse of the sun will take place today, 14 December 2020. We will be driving to the town hall of Piedra del Aguila (a rustic countryside estancia on the banks of the Limay River), approximately a 2.5 hour drive from Villa la Angostura. We aim to have the estancia just for our groups, although this may change prior to departure at the discretion of the local municipality.

We will have a local astronomer with us to provide expert information and to answer any questions that you may have, as well as providing eclipse glasses for you to watch the phenomenon safely. We'll be having lunch at the country house - a traditional Argentinian 'asado' style barbecue.

The Moon orbits the Earth almost 13 times a year, and an eclipse happens if it lines up exactly with the Earth and the Sun. Solar eclipses occur at New Moon, when the Moon is between Earth and the Sun. Lunar eclipses occur at Full Moon, when Earth is between the Sun and the Moon. A total eclipse of the sun occurs when the moon appears the same size as the sun, thus completely obscuring the light.

Eclipses do not take place every month because the orbits of the Moon and Earth are tilted at an angle. Most of the time, the line-up is not precise enough for an eclipse. When an eclipse is total, the solar corona can be seen as a white halo around the black disk of the Moon.

Near the beginning and end of total eclipses, the thin, visible slice of the Sun appears broken up into blobs of light. These blobs are called 'Baily's beads' after the British astronomer Francis Baily. They happen because the edge of the Moon is not smooth but jagged with mountain peaks. When just one bead is visible, the effect is often likened to a diamond ring.

The partial eclipse will begin at approximately 11.45am, with totality at 13.08pm, after which point we will return to our accommodation in Villa la Angostura.

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ACCOMMODATION:

Atardeceres del Lago (or similar)

### Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

### DAY 10 - Hike up Cerro Dormilon and eat a typical Argentinian lunch

Today is a real chance to experience Patagonia's outdoor charms, by hiking up the Cerro Dormilon mountain. This is only accessible by water, and we begin our journey by sailing across the Nahuel Huapi Lake to 'Brazo Rincon', disembarking in a private dock, belonging to the Poblacion Martinez, a family of old settlers in Villa la Angostura. We'll be welcomed across with a typical Argentinian drink of mate before preparing us to ascend. The hike has a total ascent and descent of approximately 280m, and should take us around five hours to complete, including a stop for a picnic lunch. Starting in forest, we quickly pass through onto a more scrub-like and almost volcanic landscape. The views from the summit are simply astounrding - the lake sparkles with blue and aquamarine tinges, and there are extensive panoramic views across the surrounding mountains.

After our descent, we are treated to a slap up traditional 'asado' on the lakeside beach, with meats being roasted typically around a fire or on a barbecue, washed down with a variety of the country's famous wines. Afterwards, we sail back across the lake for our final evening in Villa la Angostura.

ACCOMMODATION: Atardeceres del Lago (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

### DAY 11 - Fly to Buenos Aires and free afternoon

We fly to Buenos Aires this morning, arriving in the early afternoon. As flight schedules are subject to change, we have left the afternoon free to explore the city, perhaps revisiting some of our favourite spots

or reflecting on our journey with a couple of glasses of Argentinian malbec.



ACCOMMODATION: Hotel Principado (or similar)

**Grade: Comfortable Hotel** 



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

### DAY 12 - Trip ends in Buenos Aires

The trip ends after breakfast at our hotel in Buenos Aires.

There are no activities planned today, so you are free to depart from Buenos Aires at any time. If your flight is departing later in the day, luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from either Aeroparque Internacional Jorge Newbery (AEP) or Ezeiza International Airport (EZE).



MEALS PROVIDED: BREAKFAST

# **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	Plugs	Religion
+4 PT	3 Pin Flat	Predominantly Roman Catholic.

### Language

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

### **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.

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.

Day 2 or Day 11: Buenos Aires - Tango Show/Dinner US\$ 120, without dinner US\$ 70. Day 3: Ushuaia - Boat excursion on Beagle Channel US\$ 42; Day 3: Ushuaia - Beagle Channel Catamaran inc. Penguins viewing US50; Day 3: Ushuaia - Estancia Harberton and Isla Martillo US\$144 + US\$20 entrance fee (all boat trips have an additional 20 pesos harbour tax); Day 3 or 4: Ushuaia - End of the World Museum US\$15 Day 6: El Calafate - Boat trip to view Perito Moreno glacier US\$22 Day 6: El Calafate - Perito Moreno Ice Trek (ages 65 and under due to Glaciares National Park regulations) US\$133 without transfers, US\$150 inc. transfers Day 7: El Calafate - Calafate balconies 4x4 excursion US\$80 inc. lunch Day 7: El Calafate - Estancia visit US\$60 inc. lunch Day 7: El Calafate - catamaran navigation on the Rios de Hielo US\$111 inc. lunch + \$25 transfers

# Clothing

December is just coming into summer in the southern hemisphere, but Patagonia's weather is very changeable - it can go from strong sun one day to high winds the next. Sunblock is essential, as well as a rain jacket and sturdy shoes to walk in. On the eclipse day you will be outside with the astronomer for part of the day, so pack layers, and both a sunhat and warm hat in order to prepare for all weathers.

## Footwear

Comfortable and sturdy walking shoes or boots with good ankle support and tread are useful for the walks. Trainersandals for relaxing in.

# Luggage

15Kg

# Luggage: On tour

One main piece of baggage and daypack.

Total allowance for your international flight: 44lb/20kg. Luggage limit for domestic flights is 15kg. We are returning to the same hotel in Buenos Aires, so you are able to leave items of luggage there if you wish.

Remember you are expected to carry your own luggage so don't overload yourself.

# Equipment

Eclipse glasses will be provided for you in Argentina. We advise you bring a water bottle for day to day use.

# 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\$ 65, approx. 2,900 Argentine Pesos for group tipping

## 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. You may wish to take additional USD cash in order to pay for optional excursions, which is not dispensed by ATMs in Argentina.

### 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 Checks

### **Transport, Accommodation & Meals**

### **Transport Information**

Boat, Flight, Minibus

### Accommodation notes

In Villa la Angostura you will have 3 nights in a hotel made up of differing cabins and rooms. Here you may be in a multi-share cabin or apartment for four people, or a cabin for two people. Single supplements are still available. The room allocations will very much depend on the final make up of the bookings - how many solo travellers we have as well as couples or friends travelling together. As much as possible we will endeavour to make the four-bed cabins single-sex only.

#### **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.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

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 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.

## 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 traveling 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 traveling 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 traveling.



