

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

PATAGONIA

Torres del Paine to Santiago



October 6 - 15, 2019

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TRIP HIGHLIGHTS

- ▶ Explore the grounds of the Nibepo Aike Ranch amid a backdrop of icy blue waters and towering mountains
- ▶ Ride on horseback along the borders of Los Glaciares National Park
- ▶ Experience Torres del Paine National Park on foot, by bike, or by kayak
- ▶ Go puma tracking with an expert wildlife guide
- ▶ Taste renowned Chilean wines in the Casablanca Valley

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1: arrive Buenos Aires, transfer to your hotel
- Day 2: fly to El Calafate, explore Nibepo Aike
- Day 3: morning hike, afternoon options - horseback riding, biking, sheep shearing
- Day 4: hike the Perito Moreno Glacier, afternoon at leisure
- Day 5: transfer to Torres del Paine, settle in at EcoCamp, soak in the incredible view
- Day 6: hike for a full day in Torres del Paine National Park, relax at camp
- Day 7: optional activities - hiking, biking, boat rides, or relax at camp
- Day 8: transfer to Punta Arenas, fly to Santiago, explore the city on your own
- Day 9: experience a full day in Santiago with a guide, dinner at a local restaurant
- Day 10: tour and tasting at two wineries, farewell lunch, fly back to the US

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your adventure in depth

DAY 1

Sunday
10/6/19

Arrive in Buenos Aires

Welcome to Buenos Aires! The capital of Argentina is also its largest city. Often referred to as the “Paris of South America” it is the most visited city in South America. The city has 48 districts called barrios (neighborhoods) and the streets are based on a rectangular grid pattern, making it easy to navigate yourself.

Pick-up and Transfer You will be met at the airport and transferred to your hotel.

Accommodations

Recoleta Grand Hotel

Meals Included

meals on your own

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DAY 2

Monday
10/7/19

Buenos Aires to El Calafate

El Calafate is a town in Patagonia, located on the southern border of Lake Argentino. The name is derived from the calafate, a small bush with yellow flowers and purple berries commonly found in Patagonia. The town was founded in 1927 but did not grow until the National Park was created in the 1940s. Tourism to this area has been growing steadily every year.

Fly to El Calafate

Head to the airport as a group and fly to El Calafate. Enjoy lunch on your own on the way.

Nibepo Aike

You'll be met by your local guide and transferred to your lodge. Settle into your room, and then learn about the activities over the next few days. The order of the activities might change a bit based on the farming activities and the weather.

Lunch

Enjoy a fabulous lunch at Nibepo Aike and taste many local specialties.

Sheep- Shearing Demonstration

Enjoy a sheep-shearing demonstration this afternoon at the estancia. One of the farm-hands will teach you about wool, and do a live shearing demonstration. Feel the wool and experience what it's like to be in close contact with the sheep.

Dinner

Enjoy dinner as a group.

Accommodations

Nibepo Aike

Meals Included

breakfast, dinner

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DAY 3

Tuesday
10/8/19

El Calafate

El Calafate is the gateway to Los Glaciares National Park. Located in the Santa Cruz province, Calafate was declared a World Heritage Site by UNESCO in 1981. The name refers to the giant ice cap in the Andes that feeds 47 large glaciers. Los Glaciers is the best place in South America to see glaciers in action. Massive blue icebergs are launched into Lake Argentino with a thunderous splash.

Morning Hike

After breakfast, head out as a group on a hike from the lodge. Explore this fantastic landscape on foot and take in the stunning views.

Optional Afternoon Activities

After lunch at the lodge, you have some choices this afternoon - go on a horseback ride, take a bike ride, observe a shearing demonstration, or try your hand at some farm work! All of the options are sure to be unique.

Accommodations

Nibepo Aike

Meals Included

breakfast, lunch, dinner

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DAY 4

Wednesday
10/9/19

El Calafate

The most impressive wildlife in the park is the birds. The many lakes offer an ideal habitat to black-necked swans, Chilean flamingos, the Andean Condor, Darwin's Rhea, and a variety of ducks and geese. Mammals include the Argentine grey fox, the austral hog-nosed skunk, and the guanaco.

Hike the Perito Moreno Glacier

Head out this morning for a glacier hike. Drive to the pier where you will meet your boat for a 20 minute ride across the Rico Arm, enjoying breathtaking views of the Perito Moreno glacier's front wall. Disembark on the opposite shore, where specialized bilingual mountain guides welcome you and lead you to a small shelter. Follow your guides along the lake's shore towards the edge of the glacier. Once on the ice you will be outfitted with crampons and taught how to use them.

Take a 90-minute hike along a circuit that introduces you to the fascinating landscape of the glaciers: streams, small lagoons, gullies, cravasses, and plenty of ice formations of the most incredible blues. The ice surface over which you walk is irregular, but firm and safe. Enjoy explanations about flora, fauna, and general glaciology of the region. After the walk, a stroll through the forest brings you back to the shelter.

Relax This Afternoon

This afternoon you can choose another activity offered by the ranch, or just kick back and relax.

Accommodations
Nibepo Aike

Meals Included
breakfast, lunch, dinner

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DAY 5

Thursday
10/10/19

El Calafate to Torres del Paine

Crossing into Chile today, Torres del Paine is a national park that encompasses mountains, glaciers, lakes, and rivers. The Torres del Paine are the three distinctive granite peaks of the Paine mountain range, which extend up to 8,200 feet.

Transfer to Torres del Paine

You'll be picked up at Nibepo Aike and transferred to Torres del Paine, known for its unforgettable hiking. This drive will take about six hours.

Settle in at Camp

Settle in at your camp in Torres del Paine. You'll be staying in Geodesic dome rooms with shared bathroom facilities.

Enjoy the View

The view from your camp is of incredible mountain peaks. Relax and soak it all in this afternoon.

Accommodations

EcoCamp

Standard Dome

Meals Included

breakfast, lunch, dinner

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DAY 6

Friday
10/11/19

Torres del Paine

Although native tribes like the Kaweskar have been coming to Torres del Paine for thousands of years (the name Paine actually is an indigenous word that means “blue”), European visitors like Lady Florence Dixie first started coming to see the area in the late 1880s, starting a flow of tourism that is now one of the main economies in the region.

Full-Day Hike Begin the day driving across the park, admiring the view of Paine Grande’s snowy peaks and the black, granite, horn-like spires of Los Cuernos. As you walk along the shores of the stunning Lake Pehoe, you will see the furious Salto Grande waterfalls where the water from Lake Nordenskjold cascades down into Pehoe. The van will drive you south to a beach along the shores of glacial Lake Grey. Begin your hike to Cerro Ferrier, a fairly steep route taking you through a fairytale-like Magellanic forest where you might spot the Huemul, the endangered South Andean deer. Hike uphill for about an hour and a half to reach a breathtaking lookout that will offer us a unique perspective of the Paine Massive, Grey Glacier and some of the most famous lakes of the National Park. Hike back to Grey Beach and head back to EcoCamp to enjoy a relaxed evening.

Hiking: 7.5 miles, 3.5 hours, difficulty: hard

Dinner Have dinner in the Community Dome, which consists of the Dining Domes, the Bar Dome, a reading area, and an outdoor patio. This is a wonderful place to relax after an active day and get to know your fellow AdventureWomen travelers.

Accommodations

EcoCamp
Standard Dome

Meals Included

breakfast, lunch, dinner

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DAY 7

Saturday
10/12/19

Torres del Paine

Torres del Paine is home to a diverse array of wildlife, including 26 species of mammal and over 100 species of bird, as well as unique flora. EcoCamp does everything they can to leave them in peace and not disrupt their environment, including keeping structures as low impact as possible, and using raised wooden walkways to not disturb animal and plant life.

Optional Activities

Today you can choose your activities. Some possibilities are:

Drive & Walk Western Lakes, Glacier Grey Boat Ride

Walking: 0.5 miles, 1 hour, difficulty: easy

Lazo Weber Hike

Walking: 7.5 miles, 5 hours, difficulty: medium

Sarmiento Lake & Fauna Trail

Walking: 6 miles, 5 hours, difficulty: easy

Pehoe Lake Boat Ride & French Valley Hike

Walking: 11 miles, 6 hours, difficulty: medium

Towers Base Hike

Walking: 14 miles, 9 hours, difficulty: hard

Accommodations

EcoCamp

Standard Dome

Meals Included

breakfast, lunch, dinner

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DAY 8

Sunday
10/13/19

Torres del Paine to Santiago

Santiago is a dynamic and contemporary metropolis located in the heart of Chile's fertile central valley. Chile's capital is a vibrant city full of character, with a thriving arts culture, trendy restaurant scene, and lively nightlife.

Fly to Santiago

Transfer to Punta Arenas airport and fly to Santiago this morning.

Afternoon at Leisure

Take this afternoon to explore Santiago. Lunch and dinner are on your own so you can try some of the many fabulous restaurants. Ask your guide for a recommendation!

Accommodations

Luciano K Hotel

Meals Included

breakfast

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DAY 9

Monday
10/14/19

Accommodations

Luciano K Hotel

Meals Included

breakfast, dinner

Santiago

Embraced on all sides by mountains – the mighty Andes to the east and the smaller coastal range to the west – on a clear day Santiago boasts one of the most incredible city scenes in the world. Old-world colonial mansions and eclectic neighborhoods transition seamlessly to the skyscrapers of “Sanhattan” in a captivating fusion of tradition and modernity.

Explore Santiago

Enjoy a tour highlighting Santiago’s most important historical sites, including the downtown area surrounding the Plaza de Armas and the La Moneda Presidential Palace. You will also pass by the Mercado Central, one of Chile’s largest fresh seafood markets and stroll by the many bustling stalls to see the tremendous variety available from Chile’s bountiful sea.

Visit some of the lesser-known barrios of Santiago including República and Concha y Toro, which were historically privileged neighborhoods and home to Santiago’s high society. There will be time to walk around and take photos of the varied styles of architecture dating back to the 19th and early 20th century. Continuing through the cobblestoned Lastarria neighborhood, walk through the Parque Forestal and pass by the Bellas Artes Museum. For a panoramic vista of the city, visit the top of Cerro San Cristobal Hill, 984 feet above the city.

Dinner

Enjoy a delicious dinner in a local restaurant.

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DAY 10

Tuesday
10/15/19

Santiago and Depart

Chile's move toward cool-climate viticulture began 25 years ago when innovative winemakers dared to suggest planting in the pre-coastal region of Casablanca Valley. Chardonnay continues to reign, but Sauvignon Blanc and Pinot Noir – two of Chile's most attention-grabbing varietals – are on the rise. In general, parts of Casablanca Valley are similar to California's wine-producing regions. More specifically, the climate of Casablanca is comparable to the Californian wine region of Carneros.

Villard Wines Your first visit will be to Villard Wines, one of Casablanca Valley's premium boutique wineries. Villard was founded in 1989 by Thierry Villard, and is still run by this French-Chilean family, which prides itself on making traditional, elegant wines. With mineral rich terroir cooled by Pacific breezes, they are known for their whites, Chardonnay and Sauvignon Blanc, their Pinot Noirs. Perhaps their most unusual wine (for Chile) is the L'assemblage Gran Vin, a blend made with Cabernet Sauvignon, Syrah, Mourvèdre, Petit Verdot, and Grenache. Enjoy a tour and tasting.

Farewell Lunch Sit down and have a farewell lunch as a group at a local restaurant near the town of Casablanca.

Kingston Winery Stop at Kingston Winery for a tour and tasting. Since its first vintage in 2003, Kingston has been turning heads with its small production of Pinot Noir, Syrah, and Sauvignon Blanc. While coastal Casablanca is known for its white wines, Kingston is pioneering the production of cool-climate, artisan-style reds.

Transfer to the Airport Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

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Accommodation Details

Recoleta Grand Hotel

Recoleta Grand Hotel is a boutique hotel in Buenos Aires, located near the main shopping boulevards featuring fashionable boutiques, restaurants, cafes, galleries, and gorgeous belle epoque architecture. Its luxurious, modern rooms are decorated with stylish furnishings and the hotel has been granted an Eco-Friendly Certification.

Nibepo Aike

Nibepo Aike is an estancia (farmstead) that retains the essence of the original Patagonian estancias in the Argentine Patagonia. It is located within Los Glaciares National Park on the banks of the Southern Arm of Lago Argentino. Covering an area of almost 30,000 acres, it stretches as far as the border with Chile.

EcoCamp

Located within Torres del Paine National Park and sitting at the base of the Torres themselves, EcoCamp provides a unique lodging experience in this remote, southern part of the world. This sustainable accommodation, complete with green technology, is made up of various domes with charming interior designs and wood fired ovens. Wholesome, healthy meals are prepared each day by the on-site chef and vegetarian options are available too. An added bonus is the yoga dome which guests can use to stretch and relax after a day's adventure.

Luciano K Hotel

Luciano K is a small, boutique hotel located in the heart of the eclectic Lastarria neighborhood, known for its gastronomic scene and cultural activities and events. The hotel was originally designed by the architect Luciano Kulczewski in the 1920's and was not only the tallest building in Chile at that time, but was also the first building complete with an elevator and central heating. The glamour and elegance of the 1920's really shines through in Luciano's architecture and design. Additionally, the hotel has a bar, restaurant, heated swimming pool on top of a roof top terrace covering 300 meters; providing incredible views of the city.

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Included/Not Included

Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ All ground transportation throughout the trip
- ▶ All activities as listed in the itinerary
- ▶ Entrance fees
- ▶ Bottled water while on day tours
- ▶ English-speaking guides throughout the trip
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare
- ▶ Domestic airfare
- ▶ Meals not specified in itinerary
- ▶ Alcoholic beverages, unless otherwise specified
- ▶ Items of a personal nature
- ▶ Gratuities

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Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before July 8, 2019.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Argentina or Chile, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the pages about Argentina and Chile.

Money:

The currency of Argentina is the Argentine Peso, and the currency of Chile is the Chilean Peso. US Dollars are not accepted. Credit cards are accepted in most larger shops and in cities. ATMs are in larger cities only.

Suggested Gratuities: We will send specific gratuity suggestions closer to departure.

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Arrive: Arrive in Buenos Aires, Argentina (EZE) on October 6, 2019

Depart: Depart Santiago, Chile (SCL) on October 15, 2019 after 8:00pm.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at www.theadventurewomenstore.com - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

Weather is always unpredictable in the mountains - dress accordingly. You will want outdoor clothing and gear to be safe and comfortable, and some nicer outfits for your time in Buenos Aires and Santiago. You should be prepared for many different weather conditions - dress in layers!

Clothing and Gear:

- Duffel bag or small suitcase
- Daypack with rain cover
- Medium-weight waterproof hiking boots or shoes (make sure they are broken in!)
- 1 pair sandals
- Comfortable shoes for evenings
- Gore-Tex/waterproof jacket
- Gore-Tex/waterproof pants
- 1 medium weight fleece sweater/jacket to layer under rain shell
- 3-4 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 2-3 pairs of pants
- 1-2 pairs of shorts
- 1 bathing suit
- 5-7 pairs underwear
- 4-5 pairs of wool hiking socks
- 1 wool or fleece hat
- 1 pair wool or fleece gloves
- 1-2 nicer sets of clothes
- Sleepwear

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2 spare passport photos in case your passport is lost or stolen
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF

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Essentials Continued:

- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a