

# Footprint

## Adventures

*the way to go.....*



**Travel** Itinerary



### Coast to Coast

*Santiago to Rio (or V. Versa)  
(Chile, Argentina, Uruguay, Brazil)*

Spectacular National Parks, the vast wilderness of Patagonia, the awe inspiring Iguazu Falls and Rio's Carnival or New Year's Eve celebrations makes this trip ideal for hiking enthusiasts, outdoor lovers and party animals alike. This tour can be joined in either Rio or Santiago. For those joining in Rio the itinerary below should be followed in reverse. All Coast to Coast tours either arrive or depart Rio to coincide with Carnival or New Years Eve.

If you wish to arrive a few days before our tour departs or stay a few days after your trip has ended we can reserve accommodation for you in both cities including over the Carnival and New Years period.

**Day 1 - 6 (or days 46 - 51)** Leaving Santiago on the first day of the trip, we pass small villages and deep

blue lakes with mountains towering above us as we wind through Chile's Lake District. Pucon, an outdoors centre in its own right, will be our base for the next few days from where it is possible to organise whitewater rafting, skiing, water sports, horse riding and one and two-day hikes up nearby Villarrica Volcano. Ascending the Andes via some spectacular mountain passes we arrive in Bariloche, Argentina. This very popular holiday destination for Argentineans is the top ski resort on the continent and also has several hiking trails and a great nightlife.

**Day 7 - 14 (38 - 45)** For trips that depart Rio in January we are usually able to join the Camino Austral in Chile. Large parts of this road are only open in the summer months of January and February. It is a breath taking spectacle as we pass tree lined fjords and penetrate deep in to a land of spiralling volcanos and glaciers and camp next to rushing rivers and rainforest. For the rest of the year we continue in Argentina heading into the deep south on a good dirt road and enter the vast wilderness of Patagonia. The perpetual wind makes it difficult for trees and plants to grow, so for a while we are faced with endless grassland. However our long drive will soon be rewarded with the stupendous views that Los Glaciares NP provides - it also has the largest glacier in the world and here we have the option to take a boat ride up close to Moreno Glacier, almost 200 ft high. Torres del Paine NP is another area of outstanding beauty where huge granite cliffs dominate the landscape. A good way to explore the area is either hiking or by horseback.

**Day 15 - 24 (28 - 37)** We continue south towards the wild and hauntingly beautiful land at worlds end, the island of Tierra del Fuego. We cross by ferry and visit the most southerly town in the world Ushuaia, from where we can view the green waters of the Beagle Channel and the snow clad peaks beyond. We now cross to the Atlantic coast of Patagonia and visit one of the marine sanctuaries. Penguins, Sea Lions, Sea Elephants, Sea Birds and sometimes Whales can be seen. Following the excellent paved roads north along the coast we pass through some quite affluent towns. One, Puerto Madryn, was the landing place over a century ago for the first group of Welsh settlers that subsequently colonised and now farm the surrounding area. We traverse the vast Pampas

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grasslands, South America's cowboy country, where gun-toting gauchos on horseback look after vast herds of cattle.

**Day 25 - 32 (20 - 27)** We follow the coast to the Capital, Buenos Aires. A few days in this smart cosmopolitan city and you could be forgiven for thinking you were back in Europe. There is plenty to do, museums, horse racing, football matches, shopping, tango dancing for the confident, restaurants that serve the best steak in the world, and many plazas with cafes to sit and observe Argentinean life go by. From here we cross into the little known country of Uruguay and spend several days in the lively town of Colonia del Sacramento - with its excellent beaches and pleasant tree lined streets it is a welcome rest from the bustle of the previous few days. We drive up the Atlantic coast via the capital - Montevideo and past an endless succession of small bays, beaches and promontories.

**Day 33 - 38 (14 - 19)** We cross back into Argentina and visit El Palmar National Park, home to a wide variety of birds, mammals and reptiles. The region between Argentina and Paraguay was also the home to many Jesuit Missions built in the 16th century to convert the Guarany Indians. We visit the ruins of San Ignacio before crossing the border into Brazil, where we also cross from Spanish to Portuguese, and it is time to get our tongues around a new linguistic challenge! The Iguazu Falls form the natural border between Argentina, Paraguay and Brazil, higher than Niagara and wider than Victoria Falls they are an awe-inspiring place to spend the next three days. The lush tropical forest surrounding the falls has many walking trails leading to smaller hidden falls, ideal to refresh from the steaming heat and abounding with parrots, toucans, woodpeckers and colourful plants. Here you can also undertake a number of optional activities such as rafting, helicopter flights and mountain bike riding.

Day 39 - 46 (6 - 13) Next stop is Bonito where we can swim and snorkel in some of the clearest rivers and lakes in the world. Spectacular walks in the mountainous forests may reveal wildlife that includes monkeys, alligators and anaconda. We then journey on to the Pantanal region where we organise treks out into the vast wetlands which is home to over 600 species of birds and 350 kinds of fish, piranha being

common, as well as an abundance of reptiles and animals.

Day 47 - 51 (1 - 5) We now head to the coastal village of Parati. This unspoilt and picturesque town has remained fundamentally unaltered for three centuries. Cars have been banned from its cobbled streets that run down to the seashore, instead mountain bikes are used and are a good way to get around. Another great way to explore the secluded islands of this pristine coastline is taking a sailing trip in one of the traditional schooners. Our final drive takes us to the hedonistic playground of Rio de Janeiro, where the folk are raring to party out of their minds and live purely for the moment. The Carnival and New Years Eve celebrations are always chaotic, crowded and fun!

## What's Included

- Lake District
- Pucon
- Bariloche
- Los Glaciares Nat. Park
- Torres del Paine Nat. Park
- Tierra del Fuego
- Puerto Madryn - Welsh Settlement
- Pantanal and Bonito
- El Palmar Nat. Park
- Jesuit Missions
- Iguazu Falls
- All transport on Expedition Truck
- All accommodation fees
- Camping and cooking equipment
- Meals prepared by group - 50% approx
- Services of 2 Crew

## What's NOT Included

- International Flights
- Airport Taxes and Transfers
- Travel Insurance
- Visas
- Drinks
- Meals while in Hotels
- Tips and Optional excursions as listed.

## Optional Excursions - Excursion Price (£) Price (\$)

- White water Rafting in Pucon £18.00 \$30.00
- Horse riding in Lake district £24.00 \$40.00
- Villarica Volcano climb £20.00 \$35.00
- Moreno Glacier boat trip £24.00 \$40.00

- Ice trekking on Glacier £56.00 \$95.00
- Sea Trips on Beagle Channel (from) £24.00 \$40.00
- Rafting - Iguazu Falls £9.00 \$15.00
- Helicopter Flight over Iguazu Falls £40.00 \$68.00
- Pantanal excursions (from) £12.00 \$20.00
- Tickets to Rio Sambodrome £30.00 \$50.00
- Parati Boat cruise £6.00 \$10.00
- Bonito - 1 day snorkelling & guide £24.00 \$40.00

**Important:** Before you travel please check your **Tour Voucher** and **Arrival Information** for the latest joining instructions. This will be sent to you upon receipt of final payment.

**All itineraries are subject to change without prior notice.**

## South America - Essential Information Travelling Style

**CAMPING / OVERLAND TRUCK TRIP** - On our truck tours we stay in simple hotels, guesthouses or camp in both designated campsites, and desert or bush-camp using two person tents. We usually cook using gas stoves and take turns, so expect to cook about every 15 days or so. Driving days normally start around 8am and finish around 5pm with stops for lunch and buying of food, seeing local sights etc. We will not be travelling every day. The average group size is around 18 although our vehicles can carry a maximum of 23.

### Climate

In South America you will experience a wide range of conditions. From very cold temperatures and snow in the highlands and mountains of the Andes, to heavy rainfalls in the tropical jungle areas, to blazing sunshine on the coast, South America has it all.

### Spending Money and Local Payment

At the beginning of your trip the crew will collect the Local Payment in US Dollars Cash. For personal spending we suggest an average of \$150 per week. Personal spending requirements vary hugely depending on individuals. We cannot specify every cost, however, you need to allow for visas, drinks, occasional meals out, curios and local crafts, emails etc. Budget on optional side trips separately. Credit cards are only accepted in the main cities so you need to bring at least a third of your spending money in US Dollars cash and the rest in US Dollar Travellers Cheques.

### Health

Vaccinations - It is advisable to be vaccinated against Typhoid, Tetanus, Polio, Hepatitis A and Meningitis.

Consult your doctor about having Yellow Fever, Hepatitis B and Rabies shots. Malaria - The only areas we visit with a recognised malaria risk are the Amazon Jungle, The Pantanal and Iguazu Falls. You cannot be vaccinated against malaria but there are a number of preventative treatments. While some GPs are quite well-versed in tropical medicine and malarial prevention many are not! If you are not happy with the information your doctor has provided, contact a reputable travel clinic in your area or phone us and we can give you details of several clinics.

### Passport and Visas

At the time of printing, United Kingdom, Ireland and South Africa passport holders do not require visas for any of the countries we visit in South America. Australia, New Zealand, USA and Canada passport holders require a visa for Brazil only. Your passport must be valid for at least nine months from the start date of your trip and you will need one blank page for each country you intend to visit.

### Starting and Ending your Trip

Quito, Lima, La Paz, Santiago and Rio de Janeiro are the start and finish points of our tours in South America. We recommend arriving a couple of days before your trip starts in order to acclimatise and give yourself a free day. Most people also give themselves a few days at the end of their trips to experience the cities our trips finish in and chill out before travelling on to their final destinations. We can advise you of places to stay and on getting around these cities. We can also reserve accommodation in Rio during Carnival and New Year.

**Quito**, Only 25 kilometres south of the equator it would be easy to imagine a city basking in intense tropical heat. However, at a height of 2850m (9350ft) it has a climate more similar to spring in southern England. The city was founded by the Incas and is set in a hollow below a towering volcano and surrounded by mountains. The old quarter is characterised by steep, narrow, cobbled streets. The restaurants here are cheaper and more likely to serve local dishes. If you are lucky you will find one serving Cuy, one of the national dishes of baked guinea pig. Quito also has many museums and 16th and 17th century churches, well worth visiting.

**Lima**, Like Quito has a mild climate. It was at one time the chief city of Spanish South America. With an estimated 8 million people inhabiting Lima it has a



vibrant and varied atmosphere and is a great place to spend a couple of days. There are quite a few interesting and informative museums as well as cathedrals and churches in the old colonial part of the city to visit.

**La Paz**, the highest capital in the world lies in a steep canyon. The view from the air as you fly in is dramatic, with snow covered Mt. Illimani at 6400m towering almost 3000m above the city. It has interesting markets selling local cuisine and ethnic crafts including jumpers and woollen garments made from Alpaca, llama and Vicuna wool. There are a number of festivals in La Paz and we try and time our visits to coincide with some of these.

**Santiago**, is essentially a modern city of 5 million people. A smart underground metro, well kept parks and cleanliness and efficiency are the things that strike a visitor on arrival. There are a number of very informative museums with pre-colonial and post-colonial history. Santiago is a pleasant and safe place to spend a few days.

**Rio de Janeiro** is visually, one of the most stunningly beautiful cities in the world. The Corcovado

(hunchback) mountain and the Sugar Loaf dominate the skyline. This and the giant white sweep of Copacabana beach overlooking the azure Guanabara Bay, provide the 'cariocas', as Rio's citizens are known, with the setting for the explosive, frenetic sensuality of the annual 'carnival'.

### Carnivals and Festivals

Fiestas (festivals) are a fundamental part of life for most Latin Americans. Arriving in a city or village during one of these inevitably frenetic celebrations is an experience you will always remember. However be prepared for some serious partying and a hangover the size of the Amazon! There are too many fiestas to mention but where possible your tour leaders will always try and incorporate one during your trip. Among the most notable celebrations are News Years Eve on Copabana Beach and the annual 'carnaval' which takes place the weekend before Ash Wednesday in towns and villages across the continent. The biggest 'carnaval' is in Rio which we visit each year on our Kingdoms and Carnivals and Coast to Coast trips.

### Local Customs

People in the countries we visit are usually extremely friendly and helpful. Most Latin Americans, if they can afford it, take pride in their clothes and appearance and it is appreciated if travellers make an effort to do like wise. Buying clothing locally can help you look less like a tourist. In the more remote Andean regions ask before photographing people as this may cause offence

Average Day and Night Time Temperatures (°C)   Average Monthly Rainfall (Millimetres)												
Temp Day-Night (°C) Rainfall (mm)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
BUENOS AIRES, 25 metres (Argentina)	29-17	28-17	26-16	22-12	18-9	14-5	14-6	16-6	18-8	21-10	24-13	28-16
	29	21	109	89	76	61	56	61	79	86	84	99
LA PAZ, 3632 metres (Brazil)	16-6	16-6	17-6	17-5	17-4	16-1	17-1	17-1	17-2	18-3	18-4	18-5
	114	107	66	33	13	8	10	13	28	41	48	94
RIO, 15 metres (Brazil)	29-24	29-23	28-22	27-21	25-19	24-18	24-17	24-18	24-18	26-20	26-20	28-22
	125	122	130	107	99	53	41	43	66	79	104	137
QUITO, 2818 metres (Ecuador)	22-8	22-8	22-8	21-8	21-8	22-7	22-7	23-7	23-7	22-7	22-7	22-8
	99	112	142	175	137	43	20	31	69	112	97	79
SANTIAGO, 520 metres (Chile)	29-12	29-13	27-9	23-7	18-5	14-3	15-3	17-4	19-6	26-9	26-9	26-11
	3	3	5	13	64	84	76	56	31	15	8	5
LIMA, 137 metres (Peru)	28-19	31-19	28-19	27-17	26-16	20-14	19-14	19-13	20-14	26-16	26-16	26-17
	3	0	0	0	5	5	8	8	8	3	3	0
CUZCO, 3310 metres (Peru)	20-7	21-7	21-7	22-4	21-2	21-1	21-1	21-1	22-4	22-6	23-6	22-7
	163	150	109	51	15	5	5	10	25	66	76	137