

CHOLITAS, GAUCHOS & IGUAZU, (LZR)

La Paz to Rio De Janeiro 39 days, departing 05 Jan 2021



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TRIP OVERVIEW

Trip Style:	Overlanding
Route:	La Paz to Rio De Janeiro
Duration:	39 days
Transport:	Overland expedition vehicle, 4x4, Public bus, Boat, Canoe
	 40%  60%
Accom:	Hotels, Hostels, Campsites, Wild Camps

Physical Challenge:

EASY  HARD

Your itinerary may include easy-paced day walks, bike rides, and other activities that are not too strenuous.

Lifestyle Challenge:

EASY  HARD

You may be camping some of the time but the pace of the trip is fairly relaxed and the facilities and road conditions are generally of a high standard.

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ROUTE MAP



COUNTRIES VISITED

Argentina



Argentina is a vast country which has a staggering diversity of climates and landscapes. With vibrant cities, the pampas, the jungles and the wind-swept wilds of [Patagonia](#), it is a country with a very special character all of its own and a rich cultural heritage.

[Buenos Aires](#) is the vibrant capital of Argentina. Full of life and brimming with culture, music and art, with great local restaurants, local street markets and dances, Buenos Aires is the heart

Bolivia



Bolivia's major attraction is its wild natural beauty, with much of the country being very remote and off the beaten track! The country is divided into two distinct regions, the Amazon and the Altiplano, with the Yungas cloud forest regions in between the two.

and soul of Argentina and swings to the rhythm of the tango. Also home to some exquisite wine bars and an amazing nightlife, Buenos Aires is a must-see city while in South America!

STAY WITH REAL ARGENTINIAN COWBOYS

On the vast green pampas, the gauchos (Argentina's famous cowboys) spend their days riding their horses and protecting their cattle. Argentina is world-famous for the incredible quality of its beef and steaks, largely due to the huge pastures that the cattle have to roam on.

The north west of the country has some beautiful deserts full of multi-coloured rock formations and some magnificent wines are produced here around Salta and Cafayate. Also famous for its incredible wines is the region of [Mendoza](#), a serene town surrounded by the Andes, including Aconcagua, which at 6,962 metres is the tallest mountain in South America.

EXPLORE ARGENTINA'S PEACEFUL LAKE DISTRICT

Further south is Argentina's peaceful and beautiful lake district, and further still are the haunting moorlands of Patagonia. This beautiful area is known for its breathtaking and desolate landscapes, towering rugged mountains, magnificent lakes and beautiful glacial scenery. It is a great place for outdoor activities, such as trekking, horse riding, kayaking and mountain biking! At the far south is the remote island of [Tierra del Fuego](#) and the most southerly town in the world, Ushuaia.

Argentina is the home to some beautiful wildlife. The Península Valdés near Puerto Madryn is a protected area for whales, penguins and seals, and Patagonia is full of fascinating birdlife and wild guanacos.

CREATE MEMORIES AT MIGHTY IGUAZU FALLS

One of the great highlights of Argentina is the mighty [Iguazu Falls](#), on the border with Brazil. This incredible set of waterfalls is one of the world's largest, and one of the most spectacular sights in the world!

Argentina is a magnificent country full of buzzing culture, amazing landscapes and a wide variety of activities, and should be high on every traveller's wish list!

WILD, REMOTE AND BEAUTIFUL

Bolivia is a fantastic country for the outdoor enthusiast, with horse riding, trekking, mountain biking and jeep trips available in many of the areas we travel through. Its landscapes are truly remarkable, with its salt pans, high lakes, mountains and beautiful jungle making it a great destination for any traveller.

The dizzying heights of the city of La Paz are enough to take your breath away! With buildings that hug the side of the canyon, and the spectacular views of Mount Illimani, the city is over 3,650 metres above sea level and is one of the fastest growing in Latin America.

EXPLORE BOLIVIA'S HIGH ALTIPLANO

There are many areas of natural beauty in Bolivia, with one of the most unbelievable and overlooked areas being the surreal and phenomenal coloured lakes and landscapes of the high Altiplano near Laguna Colorada. More famous and equally as stunning, the perspective-bending salt flats of Salar de Uyuni are an awe-inspiring natural wonder. At opposite ends of the country are the steamy jungles of Bolivia's Amazon region - teeming with wildlife and explored by boat, the area receives very few visitors despite its fantastic highlights.

Bolivia has some interesting towns to explore, such as the serene city of Sucre, the buzzing city of La Paz and the mining town of Potosí. There are some excellent activities to get involved with, such as trekking across the tranquil Isla del Sol on Lake Titicaca, exploring the silver mines of Cerro Rico, and of course mountain biking down the famous 'World's Most Dangerous Road' near La Paz!

Bolivia is truly one of South America's most beautiful spots and a highlight of many people's travels through the continent!

Brazil



Brazil has a totally different feel to it than the other Latin American countries. The only Portuguese-speaking country in South America, it positively vibrates with a unique and dynamic energy of its own.

Most overland visitors start in the dazzling city of Rio de Janeiro, Brazil's most famous city and home to the famous Christ the Redeemer statue and some of the world's most fantastic and atmospheric urban beaches such as Copacabana and Ipanema.

SEE PANTANAL'S LEGENDARY WILDLIFE

Brazil's wildlife is legendary, and there is no greater place to spot animals and birds in South America than the [wetlands of the Pantanal](#). Here, it's possible to go spotting for ocelots, jaguars, tapirs, jabiru storks, caiman, and many types of birds! The optional activities available in the region and the nearby eco-tourism capital of Bonito are as amazing as they are numerous, with boat trips, rafting, snorkelling through crystal-clear rivers, and caving being just a few of the many possibilities here.

RIO AND BEYOND

Further to the south is one of the greatest natural highlights in the world, the majestic [Iguazu Falls](#)! These colossal waterfalls are amongst the most impressive on the planet and a phenomenal sight on anyone's overland travels through South America!

Near to Rio de Janeiro you'll find the idyllic colonial towns of Paraty and Ouro Preto, once hugely important for gold trading back in colonial times, and each with their own serene

Chile



With some of the most diverse landscapes in the world, Chile is stunningly beautiful in so many different ways! From the driest deserts in the world in the northern Atacama region, to the lush wine regions near Santiago, to the lakes and forests of the Carretera Austral, to the huge glaciers and rugged mountains of Patagonia, this country has it all. Chile is dotted with lakes, volcanoes, rivers, and beaches, and there is always an exciting adventure to be found for the outdoor enthusiast.

TRAVEL OVERLAND THROUGH AMAZING LANDSCAPES

A visit to Chile has to include a trip to the vibrant capital of Santiago. This city sits in the country's central valley, a place full of amazing landscapes and a gorgeous Mediterranean-like climate. The city buzzes with culture and cuisine, and has some of the best live music to be found on the continent!

In the far north, you can spend time in the rugged deserts, moon-like valleys and stunning salt pans of the Atacama. The area is world-famous for its stargazing, and there are a plethora of thermal springs, geysers and volcanoes to discover.

In the south we visit the outdoor adventurer's paradise of Pucón, a wonderland of adventure activities such as white-water rafting, canyoning, and trekking up the stunning Villarica volcano that looms over the town.

EXPLORE PATAGONIA'S NATIONAL PARKS

In the far south of Patagonia we find one of the world's most spectacular National Parks, Torres del Paine. Its twisted mountains, rock towers, lakes, and amazing glaciers make the area one of the most stunning locations in South America and a wonderful place for trekking and horse riding.

atmosphere today. In the interior, we will explore the bizarre futuristic capital city of [Brasilia](#), a fascinating and somewhat unusual highlight of the country.

Further inland we find the incredible landscapes of the Chapada dos Guimarães National Park, dotted with stunning caves and waterfalls and providing some fantastic walking opportunities.

RIO CARNIVAL

Rio is particularly famous for its huge annual party - the incredible Rio Carnival. The celebration of Mardi Gras (6 weeks before Easter) is a great Brazilian tradition - the whole city goes wild for a full 7 days in a whirlwind of music and colour. We have a range of packages that get you to the heart of the action!

To learn more about Rio Carnival and see all the optional activities available around carnival time, see our [Rio Carnival 2019 Optional Extras Booklet \(PDF\)](#)

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DAILY ITINERARY

Day 1: La Paz (Tue 05 Jan)

Border information: if you are joining in La Paz, you will most likely enter Bolivia at La Paz El Alto International Airport (IATA code: LPB).

Welcome to La Paz, Bolivia's seat of government and the highest administrative capital in the world! There will be an important group meeting at 6:00pm at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

Please note that many of the options listed below will only be possible for those with extra time in La Paz before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring La Paz.

A note on altitude: If you are joining in La Paz, we strongly recommend arriving at least 24 hours before the trip begins to allow additional time to acclimatise.

In La Paz we will stay in a good hotel in the historical centre.

Hotel for the night: Estrella Andina

Estrella Andina

Avenida Illampu 716

Zona El Rosario

La Paz

Bolivia

Tel - +591 2245 6421



About La Paz:

Bolivia's largest city of La Paz is spectacularly located lying huddled in a canyon basin, hiding from the harsh conditions of the surrounding altiplano. It is a fascinating city - the old town and more expensive neighbourhoods at the bottom of the canyon in the centre, surrounded by sprawling shanty-towns which extend up the slopes of the bowl, merging into the huge Aymara district of "El Alto" back on the plains, a suburb of La Paz that has grown to be a city in its own right.

The city skyline is dominated by the snow-capped peaks of Mount Illimani, a staggeringly beautiful backdrop that leaves many visitors stunned when they catch their first glimpse of the city as they descend into the canyon. The old town is full of markets and winding cobbled streets full of people in traditional Aymara clothing selling anything and everything you could ever think of, including dried llama foetuses on sale in the witch's market!

There are plenty of other activities to do in La Paz, including the famous downhill bike ride through the Yungas on the 'world's most dangerous road'!

Day 2: La Paz (Wed 06 Jan)

Today we have a free day to enjoy La Paz

In La Paz we will stay in a good hotel in the historical centre.

Activity

Approximate Cost

Downhill "gravity assisted" mountain biking from La Paz to Coroico USD 125

Guided tour to explore Tiahuanacu Inca Ruins BOB 220

Take a trip out to the mountain resort of Chacaltaya and the other-worldly landscape of the Moon Valley near La Paz BOB 130

Take a guided tour of the main sights and viewpoints around La Paz BOB 150

Discover Bolivia's history, art, and culture in some of La Paz's many museums such as the San Francisco Museum and the Museum of Ethnography BOB 20

Day 3: Potosí (Thu 07 Jan)

Today we will leave La Paz behind and head to the colonial mining town



of Potosí, the highest town in the world, and once famous for the area's abundance of silver!

Tomorrow morning will be free to explore Potosí, and there will be a chance to visit the infamous silver mines of Cerro Rico near to the town.

In Potosí we will stay in a friendly local hotel.

Estimated Drive Time - 530km / 9 hours (please note that all drive times given here are the approximate number of hours that the truck will be in motion only, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors - flexibility is essential on any overland trip!).

Activity

Approximate Cost

Head down into the tunnels of the Potosi silver mine

BOB 110

Visit the the Casa de la Moneda museum in Potosí, to learn all about its colonial past and the silver that once flowed from the area

BOB 60

About Potosí:

Potosí is a colonial mining town, founded in the 16th Century after the Spanish discovered huge silver deposits in the nearby Cerro Rico mountain. Situated at over 4,000m altitude, high up on the Bolivian altiplano, the city can claim to be one of the highest in the world.

Whilst in Potosí you can arrange to visit a mine that is still being worked, which offers a challenging and yet fascinating insight into how mining has shaped the history and culture of this town. Entering a dark maze of tunnels you will descend to four levels below, down to the work face where miners use hammers, chisels and dynamite, more reminiscent of the 1800s than the 21st Century, to dig out the remaining metal. Most of the silver here is long gone - it's tin the miners are looking for now. If you do choose to head down into the mines it's become a custom to take the miners gifts of dynamite, fuses and coca leaves in exchange for their stories of how their working conditions have not changed in centuries. Life is harsh for all who work here, but the mines have now all been organised into co-operatives and so at least today the men have a say in their own future. You should note that visiting these primitive mines is not for everybody as it is pretty tiring, you will be in enclosed spaces and it can be dangerous.

Back in the city of Potosí itself, the winding streets are worth a wander. The town has a bit of an air of fading grandeur, many of it's beautiful colonial buildings and plazas having seen better days, but it's a fascinating place to explore nevertheless. You can also visit the "Casa



de la Moneda", the old mint, which is a great place to learn more about Potosí's history and the story of the mines.

Day 4: Uyuni (Fri 08 Jan)

Today we will spend the morning in the village community stay of Salinas de Garci Mendoza before continuing our drive to Uyuni, the gateway to the incredible salt flats of the Salar de Uyuni.

In Uyuni we will stay in a friendly hotel, famous for serving the highest pizzas in the world!

Estimated Drive Time - 2-3 hours.

About Uyuni:

Arriving in Uyuni feels a bit like you've reached the end of the road, which in many ways is true. This remote small town sits on the edge of the high altiplano, a wilderness that extends for hundreds of kilometres towards the border with Argentina and Chile - so it's hardly surprising that the town can have a bit of a wild-west feel about it.

Uyuni is of course best known for being the gateway to the Bolivian salt flats known as the "Salar de Uyuni". Also nearby is the Train Cemetery, a graveyard for the carcasses of old steam engines that have been left here to rust - an other-worldly and eerie sight set in the bright altiplano sunshine against the background of the distant Salar.

Day 5: Salar De Uyuni (Sat 09 Jan)

Today we will venture out onto the salt flats of the Salar de Uyuni, spending a full day exploring this phenomenal location by jeep and on foot. En route we will explore the nearby train graveyard and the cactus-filled 'Fish Island', and take all the time we need to get plenty of perspective-bending photographs!

Activity

Take jeeps out onto the dazzling Uyuni Salt Flats

Approximate Cost

Included in Kitty

About Salar De Uyuni:

The Salar de Uyuni is a truly unforgettable sight, and a landscape quite unlike anything you'll have seen anywhere else in the world! The Salar de Uyuni is a dazzling dry lake of over 12,000 sq. kms, made of blinding white interlocking salt crystals. It is the world's largest salt pan, and is a bright white expanse that stretches as far as the eye can see - when there's a little bit of water on the flats, it reflects the bright blue sky of the altiplano perfectly, acting like a mirror and making the horizon disappear!

Day 6: Bolivian Altiplano (Sun 10 Jan)

Today we will head off across the wilds of the Altiplano, a surreal



and desolate desert landscape that stretches all the way into Chile. We will make plenty of stop for photographs on the way and at the end of the day we aim to cross the border into Chile, making camp soon afterwards.

Tonight we will bush camp in a remote spot with no facilities!

Estimated Drive Time - 7-8 hours.

Activity

Approximate Cost

Take the epic journey across the Altiplano - an incredible high-altitude adventure through a surreal desert landscape, taking in bizarre rock formations and stunning lakes.

Free

About Bolivian Altiplano:

The high Altiplano stretches hundreds of kilometres from the small town of Uyuni out across the borders with Argentina and Chile. This is real wilderness - there are no roads up here, just a few tracks to follow, and you're more likely to see a flamingo or llama than another human being!

The only way to cross the altiplano is by travelling in a specialist expedition vehicle like one of our overland trucks. The crossing is an adventurous one - travelling across the high-altitude dirt tracks can be challenging and rough, and the trip from Uyuni to San Pedro De Atacama normally takes a couple of days - but it's without a doubt one of the most unforgettable journeys you'll ever make, as the landscape here is out of this world. Wild and remote, the high altiplano is made up of barren semi-desert open plains dotted by streams and lakes, many of which appear vividly coloured due to the mineral deposits in the water. The lakes are flanked by the impressive volcanic peaks of the high Bolivian Andes, which are awe-inspiringly beautiful and undoubtedly some of the most spectacular mountain scenery you'll ever see.

You'll also pass a few remote villages, inhabited by Quechua farmers who try their best to eke out a living up here from the rough pasture, grazing a few llamas and alpacas. The altitude here is considerable and it can be very cold and windy. When travelling here you should be prepared for the cold temperatures, and it is worth making sure you have a really good quality sleeping bag.

Day 7 to 8: San Pedro De Atacama (Mon 11 Jan to Tue 12 Jan)

Border information: Exit Bolivia and enter Chile at Ollague

After breakfast we will break camp, and drive through the stunning Reserva Nacional Alto Loa on the Chilean part of the Altiplano, stopping off en route for photographs. Afterwards descending down to San Pedro de Atacama.

Estimated Drive Time - 7-8 hours.

On the following day we will have a free day to explore the incredible highlights of the Atacama desert surrounding San Pedro. In the evening we will take an included trip out to the extraordinary Moon Valley, where we will hopefully see an incredible sunset. At night we will also have the chance to go stargazing, in one of the world's premier regions for astronomy (please note that this is only possible when there is not a full moon).

In San Pedro de Atacama we will stay in a centrally located hostel.

Please note: The weather in this region can be unpredictable and has been known to close the road to the border. On these occasions we will take an alternate route across the Altiplano, crossing into either Chile or Argentina at a different border point. Your Tour Leaders will keep you informed of any changes that may be necessary.

Special Event Notice: On 2nd July 2019 there will be a Solar Eclipse. Trip code: ZZB190626B departing La Paz on 26th June 2019, will experience a 77% eclipse during their stunning day drive across the Altiplano towards San Pedro de Atacama.

Activity	Approximate Cost
Explore the dramatic landscape of the Moon Valley	Included in Kitty
Observe the night skies at a Chilean observatory	CLP 20000
Experience the incredible El Tatio geysers in the mountains high above the Atacama Desert	CLP 30000
Hire a bike to explore the incredible deserts surrounding San Pedro de Atacama at your own pace	CLP 5000
Discover the incredible deserts of San Pedro on horseback	CLP 13500
Visit the incredible salt plains of the Salar de Atacama, and take a swim in the salty pools of Laguna Cejar	CLP 15000
Take a tour of the stunning Lagunas Altiplánicas, backdropped by the incredible deserts and volcanic scenery of the region	CLP 35000

Relax in the blissful natural volcanic hot springs of Puritama, in the hills above San Pedro CLP 15000

Discover some of the interesting ancient ruins near San Pedro, and the artifacts found in the area, on an archaeological tour CLP 25000

Head out for an exciting sand-boarding excursion in the sand dunes of the Atacama Desert USD 30

About San Pedro De Atacama:

San Pedro is a small oasis town in the Atacama desert in northern Chile. It's a quirky little place - low-lying adobe buildings line the narrow streets, leading to a sleepy tree-lined plaza that's home to a pretty white-washed church and a fascinating small museum with some interesting mummies and various other Indian artifacts.

Pleasant though the town is, the real attraction here is the phenomenal surrounding landscapes and scenery. Perhaps most well known is the unusual desert landscape of "Moon Valley", just a short distance outside San Pedro, where other-worldly rock formations, unusual layer-cake landscapes and huge dunes combine to create some incredible views. The sunsets here can be amazing, the changing light turning the stone and sand a kaleidoscope of different colours, so the end of the day is definitely the best time of day to visit.

There are a whole host of other activities on offer here, from star-gazing and visiting the Atacama salt flats, to horse-riding and mountain-biking in the surrounding countryside. The town itself is also a pleasant place just to kick-back and relax, with some good bars and restaurants thanks to the developing tourist-trade.

Day 9: Purmamarca (Wed 13 Jan)

Border information: Exit Chile at Paso Jama, enter Argentina at Paso Jama.

Today we will have a long drive day to cross the mighty Andes, cross the border into Argentina, and reach the beautiful village of Purmamarca next to the aptly-named 'Hill of Seven Colours'

In Purmamarca we will camp in a local campsite.

Estimated Drive Time - 8-10 hours.

About Purmamarca:

The tiny and atmospheric town of Purmamarca is stunningly located in the Quebrada de Purmamarca valley in the far northwest of Argentina at the base of the Andes. It is a beautiful desert village which is nestled in the spectacular valley opposite the Cerro de los Siete Colores (Hill of

the Seven Colours), a colourful rainbow-coloured mountain face.

Day 10: Salta (Thu 14 Jan)

Today we will drive to the beautiful colonial city of Salta, where we will have time to freely explore on arrival.

In Salta we will stay in a local hotel or guesthouse.

Estimated Drive Time - 3-4 hours.

About Salta:

Salta is an attractive town in the north west of Argentina. Nicknamed "Salta la Linda" (or "Salta the Beautiful"), the city is well known as being a stunning town in a beautiful area. Home to some fantastic colonial architecture, the old town centres around the main plaza which is lined with cafes and restaurants, a great place to independently explore and soak up the serene Argentine atmosphere.

To get a better view of the city and surrounding area you can take a cable-car from Parque San Martín up to the Cerro San Bernardo viewpoint overlooking the city, and the many churches and the cathedral are also worth a visit. Salta is also home to some fantastic museums, making it a good place to learn a bit more about Argentinian history and culture.

Day 11: Salta (Fri 15 Jan)

Today we will have a free day to explore the town of Salta, visit its many museums, or explore the beautiful surrounding hills on foot or by mountain bike. We will also have the chance to take the cable car to the viewpoint on San Bernardo Hill overlooking the town, taking in some of the incredible mountain scenery nearby.

Activity	Approximate Cost
Time to explore the colonial city of Salta and local area	ARS 40
Take the cable car up to the top of San Bernardo Hill, and take in the breathtaking views out over the city of Salta below	ARS 200
Explore the beautiful mountains and forests near Salta on a mountain biking trip	ARS 1300

Day 12: Salta (Sat 16 Jan)

Today we will have a short morning drive to a campsite in Cabra Corral, a small village south of Salta where we have the opportunity to go rafting or zip-lining!

Tonight we will continue our drive a short distance to wild camp in the stunning mountains nearby, or camp at the rafting base in Cabra Corral if preferred.

Estimated Drive Time - 2-3 hours.

Activity	Approximate Cost
Get the adrenaline pumping with some white water rafting in Salta	ARS 950
Fly through the stunning valleys above the Juramento river on an exciting 4-cable zip-lining course	ARS 750

Day 13 to 14: Cafayate (Sun 17 Jan to Mon 18 Jan)

Today we will drive through the spectacular rock formations of the Quebrada de las Conchas, and reach the serene town of Cafayate.

Estimated Drive Time - 4-5 hours.

This small unassuming town is the centre of one of Argentina's principal wine producing regions, famous for the quality of its Torrontes and Tannat wines! Over the next two days we will have the opportunity to go to a few of the vineyards nearby to see how the wine is made, and of course to try them!

In Cafayate we stay at a campsite with good facilities.

Activity	Approximate Cost
Discover the bodegas and stock up on wine in Cafayate	ARS 150
Visit the impressive rock formations of 'El Amphiteatro' and 'La Garganta del Diablo' en route through the primeval landscape of the Quebrada de las Conchas	Free

About Cafayate:

Cafayate is a small town in north west Argentina, and is world-famous for its wine production. The surrounding vineyards produce some of the best quality wine in South America - Cafayate is particularly renowned for its Torrontes, a distinctive and crisp white wine that is typically Argentinian and similar in style to a Sauvignon Blanc or Pinot Grigio.

Cafayate itself is small and has a sleepy laid-back feel, although it can become busy during Argentinian holiday periods. Many of the local bodegas offer tastings and tours of their wine cellars which can be easily organised while you are here. Also worth seeking out is the local ice-cream parlour, which together with the more usual flavours also offers red and white wine ice-cream!

Day 15: Recreo, Quilmes Ruins (Tue 19 Jan)

Today we will drive south over some more spectacular mountains and arrive in the lush flat pampas that Argentina is famous for. We will visit the ancient ruins of the indigenous city of Quilmes en route.

Tonight we will aim to wild camp en route or stay in a basic campsite in the town of Recreo.

Estimated Drive Time - 7-8 hours.

Activity

Approximate Cost

Visit the Quilmes ruins

Included in Kitty

About Quilmes Ruins:

The ruins of the city of Quilmes are located on a remote hillside in the Tucumán province in north west Argentina. The people of Quilmes were an indigenous tribe who inhabited this area as far back as 850 CE, fiercely resisting attempted Inca invasions in the 15th and 16th Centuries and even holding out against the Spanish for over 100 years before finally succumbing to a siege led by the colonial powers in 1667. After the siege, the Spanish took the area over and deported the few surviving indigenous people to a 'reservation' close to Buenos Aires. The 2000 remaining Quilmes Indians were forced to make this 1500km journey on foot, causing many to die along the way.

The ruins of the city are the largest and most important pre-Columbian site in Argentina - at its height the city would have housed nearly 5000 people, however today there are only a handful of Quilmes' descendants left in Tucumán.

Day 16 to 18: Estancia (Wed 20 Jan to Fri 22 Jan)

Today we drive to a unique Anglo-Argentine Estancia, where we will stay for 3 nights.

Estimated Drive Time - 4-5 hours.

During our time at the Estancia, we will head out horseback riding, taste the excellent wines produced by their vineyards, be entertained by a local musician, learn some of the skills of the gauchos, and enjoy a traditional asado (Argentine BBQ). This is a magical experience in a beautiful and atmospheric location, and many people's highlight of the trip!

Please note that some of these activities are subject to weather conditions. Please also note that there is a strict weight limit of 15 stone (210lbs) or 95kg to partake in the horse riding - if you should weigh more than this, then unfortunately you will not be able to participate in the horseback riding.

In the Estancia we will camp with facilities in the grounds near the main house.

Special Event Notice: On 2nd July 2019 there will be a Total Solar

Eclipse. Trip code: ZZB190616B departing La Paz on 16th June 2019, will experience a 98% eclipse during their stay at our fabulous Estancia!

Activity

Approximate Cost

Spend 3 unique days at an Anglo-Argentinian estancia to experience the Gaucho way of life

Included in Kitty

About Estancia:

To the east of the Andes in the centre of Argentina is the country's second major city, Córdoba. Rising just to the west of the city are the beautiful rolling hills of the Sierra de Córdoba, where we spend three nights at a unique Anglo-Argentinian Estancia.

The Estancia has been in the same family for four generations, and is a working cattle ranch farming the prized Argentinian Aberdeen Angus cattle. Here we will sample the traditional hospitality of the Anglo-Argentinian ranching community. An asado (Argentinian BBQ) will be enjoyed on one of our nights here, as well as an evening of traditional music, a chance to try lassoing and wine tasting featuring some of the local produce. Daily horse riding excursions will also be arranged to ride through the hills on the fabulous horses and even completely inexperienced riders will feel like gauchos in a short time.

Please note that these activities are subject to weather conditions. Please also note that there is a strict weight limit for all riders of 15 stone (210 lbs, 95 kg) to ensure the horses' well-being. If you are heavier than this weight you will unfortunately be unable to ride.

Day 19: Buenos Aires (Sat 23 Jan)

Today we will have a full day drive to the wonderful city of Buenos Aires, the capital of Argentina.

In Buenos Aires we will stay in a centrally-located hotel.

Estimated Drive Time - 11-12 hours.

About Buenos Aires:

At the mouth of the River Plate estuary (where the Uruguay and Paraná rivers flow out into the Atlantic Ocean) lies the fabulous city of Buenos Aires, the cosmopolitan capital of Argentina. It's a buzzing, energetic city that often feels more European than Latin American, so much so that it's often referred to as "the Paris of the South".

There is a huge amount to do see and do here, and it's a fantastic city to explore on foot and using the extensive metro system. Some areas to check out include San Telmo, a bohemian district full of charm, antique shops, street markets, and some excellent bars; Palermo, with its fantastic restaurants and nightlife; and Recoleta, the "Mayfair" of Buenos Aires and home to the La Recoleta cemetery, Eva "Evita" Perón's final resting place. The waterfront area known as La Boca is also worth exploring, a very photogenic district with its ramshackle buildings being painted in a rainbow of different bright colours.

Everywhere you go you'll be surrounded by some fantastic architecture. The Plaza de Mayo is perhaps the most historically interesting, as this is the site of the Cabildo (original town hall), Casa Rosada (the Presidential Palace) and the cathedral where the body of General San Martín lies.

In the evenings, you are spoilt for choice - Buenos Aires has a vibrant nightlife, with a huge number of bars and night clubs to choose from. Restaurants here vary from cheap and cheerful to world class, and it's a great place to get stuck into some of Argentina's finest steak and red wine. Of course this is also the home of Tango, and there are many evening Tango shows you can buy tickets for or even take a dancing class yourself!

Day 20: Buenos Aires (Sun 24 Jan)

Today is a free day to explore the incredible city of Buenos Aires, soak up the atmosphere of its streets, and discover its amazing culture, art, and music.

Activity	Approximate Cost
Explore cosmopolitan Buenos Aires, the coolest city in South America	ARS 250
Enjoy a free city tour of Buenos Aires	Free
Head out to a tango show in Buenos Aires' oldest cafe, the Gran Cafe Tortoni - seeing a slice of iconic Argentine culture in an ideal and intimate setting	ARS 450
Visit the strangely beautiful cemetery of Recoleta, the final resting place of many ex-presidents and Argentine icons, most famously including the tomb of Eva Peron	Free
Try your hand at the art of tango dancing with a private lesson in Buenos Aires	USD 25
Freely explore the cosmopolitan Argentina capital of Buenos Aires, or take a free walking tour of the city's highlights	Free
See a different side to Buenos Aires on a tour of its incredible street art with some of the local artists	USD 20

Learn all about the cuisine of Argentina on a food tour of Buenos Aires, visiting several incredible local top-class eateries that you won't find in the guidebooks! USD 85

Try some of Argentina's most delicious wines on a top-level wine tasting afternoon in Buenos Aires USD 52

Day 21: Buenos Aires (Mon 25 Jan)

Border information: if you are joining in Buenos Aires, you will most likely enter Argentina at Buenos Aires Ministro Pistarini International Airport, also known as Ezeiza Airport (IATA code: BUE/EZE).

Welcome to Buenos Aires, the wonderful capital of Argentina! There will be an important group meeting at 6:00pm at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

Please note that many of the options listed below will only be possible for those with extra time in Buenos Aires before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Buenos Aires.

In Buenos Aires we will stay in a centrally-located hotel.

Hotel for the night: Hotel Mundial

Hotel Mundial

Avenida de Mayo 1298 - 1085

Buenos Aires

Argentina

Tel: +54 11 5254 0001

Day 22: Buenos Aires (Tue 26 Jan)

Today will be a free day to explore the incredible city of Buenos Aires, soak up the atmosphere of its streets, and discover its amazing culture, art, and music.

Activity	Approximate Cost
Explore cosmopolitan Buenos Aires, the coolest city in South America	ARS 250
Enjoy a free city tour of Buenos Aires	Free
See a different side to Buenos Aires on a tour of its incredible street art with some of	USD 20

the local artists

Head out to a tango show in Buenos Aires' oldest cafe, the Gran Cafe Tortoni - seeing a slice of iconic Argentine culture in an ideal and intimate setting

ARS 450

Visit the strangely beautiful cemetery of Recoleta, the final resting place of many ex-presidents and Argentine icons, most famously including the tomb of Eva Peron

Free

Try your hand at the art of tango dancing with a private lesson in Buenos Aires

USD 25

Learn all about the cuisine of Argentina on a food tour of Buenos Aires, visiting several incredible local top-class eateries that you won't find in the guidebooks!

USD 85

Try some of Argentina's most delicious wines on a top-level wine tasting afternoon in Buenos Aires

USD 52

Day 23: Yapeyú (Wed 27 Jan)

Today we have a full day drive north through the provinces of Entre Rios and Corrientes, aiming to reach the beautiful village of Yapeyú on the banks of the River Uruguay. Yapeyú is very famous amongst Argentines for being the birthplace of their national hero General Jose de San Martin, one of the liberators of South America from Spanish colonial rule.

In Yapeyú we will stay in a municipal campsite.

Estimated Drive Time - 10 hours (please note that all drive times given here are the approximate number of hours that the truck will be in motion only, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors - flexibility is essential on any overland trip!).

Day 24: Foz do Iguazu (Thu 28 Jan)

Border information: Exit Argentina at Tancredo Neves, enter Brazil at

Tancredo Neves.

Today we cross the border into Brazil and drive to the city of Foz do Iguacu.

In Foz do Iguacu we will camp in the grounds of an excellent hostel out of town, with good facilities and a pool.

Estimated Drive Time - 7-8 hours.

About Foz do Iguacu:

Foz do Iguacu (meaning "Mouth of the Iguazu River") is the Brazilian town nestled against the double-border with Argentina and Paraguay. The town is of course most famous as the base for exploring the incredible Iguazu Falls, and the Brazilian side of the waterfalls offers visitors a very different perspective - there are a number of cleverly constructed walkways that allow you to get right out over the water up close to some of the falls themselves, and you will often be able to see fantastic rainbows forming as the sun catches the spray.

For the ultimate waterfall viewing experience, you can also organise helicopter flights from the Brazilian side, where you'll be taken out right over the falls to give you a breathtaking view of this natural wonder from a totally different perspective. There is also a fantastic bird park in Foz, where you can see many of Brazil's native species including toucans and macaws.

You can also visit the incredible Itaipu Dam, the world's second-largest dam (after the Three Gorges Dam in China) that stretches across the River Parana between Brazil and Paraguay, and a marvel of modern engineering.

Day 25: Foz do Iguacu, Iguazu Falls (Fri 29 Jan)

Today we will visit the Brazilian side of the phenomenal Iguazu Falls, to get some incredible panoramic vistas of the mighty waterfalls. There is also plenty of time to visit the bird park, take a helicopter ride over the falls, see the incredible Itaipu Dam, or quickly stop into Paraguay to pick up some bargains in the nearby Ciudad del Este.

Activity

Approximate Cost

Visit the colossal Itaipu Dam, the second largest hydroelectric dam in the world

BRL 68

Visit the Parque das Aves bird park near Foz do Iguacu, a wonderful conservation project which provides an excellent home to over 1000 iconic birds from the region such as toucans, macaws and eagles

BRL 36

Take an exhilarating speed boat ride around the base of the falls from the Brazilian side

BRL 66

Take an unforgettable 10-minute helicopter flight over the Iguazu Falls, enjoying a bird's eye view of one of the world's most incredible set of waterfalls USD 125

About Iguazu Falls:

The Iguazu Falls, located on the Iguazu River between Argentina and Brazil, is the world's largest waterfall system and one of the most spectacular natural sights in the world!

The name "Iguazu" originates from the native Guarani words "y" (meaning "big") and "uasu" (meaning "water") - the Guarani legend says that the falls were created when a deity wanted to a beautiful mortal woman, but when she tried to escape away from him in a canoe with another man the deity sliced the river in two, condemning the water and the lovers to fall for eternity.

Visitors can see the Iguazu Falls from both sides of the border - on the Argentinian side there are miles of trails and walkways through the forests and the many waterfalls along the southern banks, culminating in a kilometre-long walkway to the phenomenal "Garganta del Diablo (meaning "Devil's Throat"), the largest and most powerful section of the waterfall system. Millions of gallons of water thunder down violently to the bottom of the huge ravine, forming the most incredible display of power, rainbows, and spray! In the surrounding dense tropical jungle there are many varieties of brightly coloured butterflies and birds, and you can take an exhilarating motorboat ride up close to some of the waterfalls (if you don't mind getting soaked!).

Day 26: Iguazu Falls, Foz do Iguacu (Sat 30 Jan)

Today we will take a day trip back into Argentina to see the incredible Iguazu Falls from the other side. This is well worth doing as the views are even more spectacular, and you'll be able to look right down into the mighty Garganta del Diablo (the largest waterfall here) from a gantry walkway viewing point). We will have a full day at the Argentine side of the falls, allowing us lots of time to freely explore the site, hike some nature trails, or perhaps take an exhilarating (and very wet) boat ride!

We will return to our base in Foz do Iguacu tonight.

Activity

Approximate Cost

2 full days to discover the unbelievable Iguazu Falls

Included in Kitty

Day 27: Bonito (Sun 31 Jan)

Today we have a full drive day north to the Brazilian eco-tourism capital of Bonito.

In Bonito we will camp in the grounds of an excellent hostel with a pool and good facilities.

Estimated Drive Time - 11-12 hours.

About Bonito:

The small town of Bonito in the southern Brazilian state of Mato Grosso do Sul is perfectly located in a beautiful and unique area. The area's main attractions are the crystal clear rivers, springs and the stunning caves, not to mention the abundant wildlife, which includes monkeys, alligators, anacondas, over 30 varieties of fish and tremendous birdlife.

Unsurprisingly, the town is often described as the "eco-tourism capital of Brazil". There are endless activities on offer, from spectacular walks through the surrounding hills and forests, to caving, horse-riding, abseiling, and snorkeling. Many of the best attractions are on private land and the area is being very carefully managed in order to protect the wildlife and habitats found here.

Day 28 to 29: Bonito (Mon 01 Feb to Tue 02 Feb)

We have two full days in Bonito to take part in the plethora of incredible optional activities here. You could go out on a world-class snorkelling trip, explore the nearby caves, or go abseiling down some of the largest waterfalls in the area, amongst many other possibilities!

Activity	Approximate Cost
Caving, rafting and snorkeling in the waters of Bonito	BRL 30
Abseil down the Boca da Onça waterfall (meaning 'Jaguar's Mouth'), the largest waterfall in the state of Mato Grosso do Sul	BRL 499
Visit the phenomenal Buraco das Araras, one of the world's largest sink-holes and a natural aviary of macaws and toucans	BRL 75
Visit the stunning São Miguel Caves near Bonito	BRL 50
Hire a mountain bike in Bonito to freely explore the incredible countryside of Mato Grosso do Sul	USD 20
Go on a stunning sunset horse ride around the beautiful countryside around Bonito	BRL 80
Take a trek through the stunning areas surrounding Bonito, visiting some of the beautiful nearby waterfalls	BRL 50

Head on an unforgettable trip to Abismo Anhumas, an incredible day out where you abseil through a fissure into a colossal underground cavern, and snorkel in the lake at the bottom

BRL 760

Visit the ethereal and other-worldly Blue Lake Cave near Bonito, an underground lake with an incredibly vivid shade of blue

BRL 95

Take an incredible snorkelling trip through the crystal clear waters of the Rio da Prata, getting a phenomenal view of the fish and aquatic plants underwater

BRL 278

2 full days to enjoy Bonito, Brazil's ecotourism capital

BRL 135

Day 30 to 31: Southern Pantanal (Wed 03 Feb to Thu 04 Feb)

Today we have a short drive to Brazil's amazing Southern Pantanal region, where we have a visit a local eco-tourism ranch (or 'fazenda').

Estimated Drive Time - 3-4 hours.

We will spend 2 nights here and have a comprehensive package of included activities such as exploring the beautiful surrounding countryside on horseback, trips down the wildlife-abundant rivers in boats and canoes, and safaris on the ranch's trucks and on foot where we hope to spot capybaras, caimans, and (if we are very lucky) jaguars and ocelots. Our stay here is an incredible highlight!

In the Southern Pantanal we will stay in dorm accommodation in a well equipped lodge with all the meals and activities included.

Activity	Approximate Cost
2 night wildlife safari into the Pantanal	Included in Kitty

About Southern Pantanal:

The Pantanal is a vast wetland that covers much of inland central and southern Brazil - it is formed of a huge gently-sloping depression surrounded by rolling highlands, so the water from thousands of small rivers runs off from the highlands to collect in the basin before draining out into the Paraguay River. The Pantanal was a predominantly agricultural area, dotted with cattle ranches known locally as "Fazenda" - having realised the importance of their home as a unique habitat for wildlife, many of the Fazendas have opened up for eco-tourism in recent years and offer safaris and tours of the area.

The wildlife here is staggering, and there is probably nowhere else in

South America where you'll be able to see as many indigenous species. There are over 250 different species of birds that have been recorded here, including parakeets, macaws, owls, kingfishers, ibis, storks, kites and hawks, hummingbirds and more, and there are prolific numbers of caiman, anacondas, iguanas, two species of anteaters, ocelots, jaguars, tapirs, giant river otters and thousands of marsh deer. One of the easier animals to spot is the capybara, a giant guinea-pig-type rodent that grows up to 60 kgs and lives in large herds in the swamps.

Day 32: Campo Grande, Southern Pantanal (Fri 05 Feb)

After our morning activities and one final lunch in our beautiful ranch, it is time to leave the Pantanal. We will start driving east towards Sao Paulo state, and wild camp towards the end of the day.

Estimated Drive Time - 5-7 hours.

Day 33: Brotas (Sat 06 Feb)

Today we will drive to the remote town of Brotas in southeastern Brazil.

In Brotas we will stay at a campsite with good facilities.

Estimated Drive Time - 8-10 hours.

Day 34: Brotas (Sun 07 Feb)

Today is free to take part in optional adventure activities such as white water rafting or canyoning, or to simply relax by the pool!

Activity	Approximate Cost
Head out white-water rafting on the fast moving waters of the Jacare River (approximately Grade 3-4)	BRL 150
Float down the Jacare on a fun tubing trip down the River Jacare near Brotas	BRL 100
Head out on a half-day canyoning trip through the gorges of the Jacare River near Brotas	BRL 270

Day 35 to 37: Paraty (Mon 08 Feb to Wed 10 Feb)

Today we have a full day drive to the colonial town of Paraty on the Emerald Coast of the Atlantic!

Estimated Drive Time - 9-10 hours.

On our first full day in Paraty, we will have an included boat trip around the incredible islands and beaches off the coast.

On our second day, we will have free time to explore the town, take a historical tour, walk along the stunning scenery of the coastline, head out snorkelling or diving, or simply relax on the idyllic beaches.

In Paraty we will camp at a well equipped campsite.

Activity	Approximate Cost
Go for a scuba diving trip in the incredible oceans around Paraty	BRL 250
Boat trip out to islands and beaches	Included in Kitty
Explore the ocean, islands, beaches, and mangroves of Atlantic coast in a more serene and tranquil fashion, on a sea kayaking expedition around the bay of Paraty	USD 40
Learn all about the fascinating history of Brazil and the Gold Trail, on an excellent walking tour of the old colonial town of Paraty	USD 35
Try your hand at stand-up paddle boarding by hiring a board from one of the many vendors at the Jabaquara beach in Paraty	BRL 35

About Paraty:

Stretching west from the vibrant city of Rio de Janeiro is the spectacular Brazilian Emerald Coast, a dazzlingly-beautiful strip of land sandwiched between the verdant green hills and the sparkling waters of the Atlantic. Tropical islands, deserted beaches and picturesque coves with excellent swimming and diving make it the perfect place to relax and enjoy some optional boat trips and other activities.

The old Portuguese colonial town of Paraty, founded in 1597 CE and once a very important port during the Portuguese gold rush of the 17th and 18th Centuries, is perhaps the most attractive spot on the coast. Low white-washed buildings with colourful doors and shutters crowd around the cobbled streets and plaza, full of interesting shops, bars and restaurants.

Paraty really comes alive at night, when locals and tourists alike sit outside the many street cafes and congregate in the main square. The town also has a couple of beaches and there are plenty of others in the surrounding area - and this is also a good place for boat and snorkelling trips, which can be arranged locally.

Day 38: Rio De Janeiro (Thu 11 Feb)

This morning we will drive to the incredible Rio de Janeiro, one of the most beautifully situated cities in the world! This afternoon we will have the opportunity to take an optional visit to a community favela project that we support.

In Rio de Janeiro we will stay in a great hotel in the Flamengo district, close to the beach and the metro station.

Estimated Drive Time - 4-5 hours.

Activity

Approximate Cost

Visit the world famous statue Christ the Redeemer

BRL 74

About Rio De Janeiro:

Rio de Janeiro has to be one of the most beautifully situated cities in the world. The stunning Pão de Açúcar (Sugarloaf) Mountain rises up out of Guanabara Bay and the sandy beaches of Ipanema and Copacabana cut beautiful curves in the shoreline, all under the watchful gaze of the iconic Art Deco statue of Christ the Redeemer on Corcovado, one of the New Seven Wonders of the World.

This is a city with something for everyone - beaches, history, shopping, culture, fantastic food and amazing nightlife. For amazing views of this spectacular city, take the cable car up to the top of Pão de Açúcar, ride the train to Corcovado or jump on the tram to the historic hillside neighbourhood of Santa Teresa. If you're interested in learning more about Rio and Brazil, there are several fascinating museums in the city and you'll see some fantastic architecture by wandering around the older parts of the city.

Kick back and relax on the famous urban beaches, enjoy a beer or caipirinha at one of the many street-side cafes and then when evening comes you can party the night away - Rio has some unbelievable bars and clubs in the buzzing areas of Lapa and Ipanema. If you need a bit of quiet time to recover, take a walk in the city's wonderful botanical gardens, or escape the city for the day on an excursion to the lush forests of nearby Tijuca National Park.

Rio is particularly famous for its huge annual party - the incredible Rio Carnival. The celebration of Mardi Gras (6 weeks before Easter) is a great Brazilian tradition - the whole city goes wild for a full 7 days in a whirlwind of music and colour. Samba schools compete with ever more awe-inspiring dance displays, floats and costumes, putting on marathon performances in the Sambadrome, and street parties are held all over the city.

Day 39: Rio De Janeiro (Fri 12 Feb)

Border information: if you are leaving in Rio de Janeiro, you will most likely exit Brazil at Rio de Janeiro Galeão International Airport (IATA code: RIO/GIG).

Today is the end day for passengers finishing their trip in Rio de Janeiro. Please note there is no accommodation included on the trip tonight - please contact the Sales Team if you are interested in booking extra nights of accommodation in order to fully explore and take part in some of the optional activities listed below.

Activity	Approximate Cost
Take a tour to discover Niteroi, the city over the bridge	BRL 20
Visit the world famous statue Christ the Redeemer	BRL 74
Take a cable car up Pão de Açúcar (Sugarloaf Mountain)	BRL 80
Find out all about Brazil's fascinating history by visiting the National Historical Museum in the centre of Rio de Janeiro	BRL 6
Visit the Museu da República, and learn all about the turbulent recent history of Brazil and the story of the creation of the republic in 1889	BRL 6
Relax and explore the world famous beaches of Rio de Janeiro, including Ipanema, Arpoador, and of course Copacabana	Free
Explore the magnificent Botanical Gardens of Rio de Janeiro, with over 54 hectares and 6500 species of plants and flowers	BRL 8
Visit the iconic Escadaria Selaron, a colourful tiled staircase lovingly created by local resident Jorge Selaron	Free
Explore the stunning natural Atlantic rainforest of Tijuca, the largest urban forest in the world	Free
Take a brilliant free walking tour with an expert local guide around Lapa and Central Rio de Janeiro (or Copacabana and Ipanema on certain days)	Free

IMPORTANT NOTES

The routes, activities and places visited described in these trip notes are intentions and are meant as a rough guide only.

These trip notes have been compiled to help you prepare for your journey once you have booked. They include the full itinerary and dates, and information about kit lists, meeting hotels, insurance, vaccinations, visas, and other information that will help you get ready for your trip.

We update these notes regularly, so please ensure you have an up-to-date version of these trip notes.

We intend to follow the planned route but exact night stops and inclusions cannot be guaranteed. It sometimes happens that we decide to make a change to our planned itinerary. This may be for a variety of reasons - climatic, road or bureaucratic conditions may demand it. By their very nature, overland itineraries need to be flexible and the regions that we are travelling through are often unpredictable. We run adventure journeys in off the beaten track areas, which often have poor infrastructure. You should expect that some of these areas do not adhere to 'Western' safety standards.

ALTITUDE WARNING

Warning - this trip goes above 2800m.

Please note that this trip spends time above 2800 metres/9200 feet where it is possible for travellers to experience some adverse effects on your health due to the altitude, potentially including Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE).

Because of this it is very important that you make yourself aware of the cause and effects of travelling at altitude and monitor your health during this trip.

[For further information please click here to download our AMS information sheet](#) or refer to the following website: www.high-altitude-medicine.com

Your leader will also hand you a copy of the AMS information sheet during your trip as well as holding a short meeting prior to travelling to altitudes above 2800m/9200ft for the first time.

If you are starting your trip in a destination above 2800m/9200ft we strongly advise reading this information prior to arrival.

Some Travel Insurance companies will stipulate a maximum altitude limit. Please ensure that you are covered and if necessary pay the additional premium of extended cover.

MULTIPLE DEPARTURES AND AMENDED ITINERARIES

South America is very busy for travel at certain times of the year, particularly in connection with the Carnival in Rio de Janeiro but also at other times of the year. Please note that there may be more than just one truck on your specific departure date, and these trucks will travel in parallel with each other.

Trucks on multiple departures will operate on slightly different itineraries and your day to day itinerary may vary from your trip notes. You will of course still visit all the highlights listed, and the presence of other trucks can make for a great atmosphere. If you should have any concerns then please contact your sales agent.

Even on the majority of our trips where there is only the one truck, you may from time to time meet up with other groups at points on the road, and may partake in activities jointly with other groups on these occasions.

This may also occur occasionally in Africa, but is very unlikely in Asia or North and Central America.

PHYSICAL PREPARATION

SOUTH AMERICA PHYSICAL PREPARATION

South America is diverse continent, from high altitudes in the dry Andes, the steamy and humid Amazon, the cold moorlands of Patagonia, to the lush green pampas of northern Argentina. You should therefore be prepared for the full gambit of climates. There will be time for hiking and many other activities such as horse riding and white water rafting, and you will need to be reasonably fit to be able to participate in everything on offer.

Overland travel can be demanding - long, rough travel days, dusty conditions can be challenging to some. You will need to be fit enough to help every day with the camp chores (cooking, washing up, general camp set up) as well as putting up and taking down your own tent. There are some long driving days and some early morning starts.

The step up into the overland vehicle, while not overly high can become tiring and you need to judge yourself to be physically fit enough to haul yourself up and down the step at least 8-10 times a day. By and large the South America trips have a good range of hotel accommodation mixed up with camping so that life is not too rough.

We will be travelling to areas in remote locations where medical assistance will not be available. If you have a medical condition such as a heart condition that would put you at risk, we would suggest that this is not the trip for you. Also, please be aware that should an emergency occur, there is likely to be a considerable delay in accessing medical care, and by joining our trip you accept this risk.

VISA INFORMATION

Many countries that we visit on our travels will require visas to enter. Some are best obtained before you leave home, and others can be obtained en-route. Whilst the ultimate responsibility for obtaining visas is yours, we will endeavour to assist you wherever possible.

The visa requirements for your trip vary depending on where you are from and where you are going. The information provided is given in good faith and we do try to keep the visa information as up to date as possible. Please read the information very carefully to make sure everything is clear and you aware of what you need to do. Please also be aware that rules surrounding visas do change, often suddenly, and without prior warning. This is why it is important that you also double-check the information we provide for yourself.

For visas that are needed in advance, you may wish to submit the applications directly to the relevant embassy or consulate. If you require any supporting documentation for your visa applications, Dragoman will obtain this on your behalf as part of your trip price - we will contact you to request additional information in order to make this application for you.

However, for trips that involve multiple visas, you may find it beneficial to use a specialist visa agency to assist you with your applications. While this does sometimes increase the cost, it usually makes the process much easier for you.

As you will often need to submit your passport together with your applications, we recommend that you avoid making any travel plans in the weeks leading up to your departure.

Most countries require that your passport is valid for at least 6 months after your entry into the country.

For trips that are not yet guaranteed, you may find yourself in the position whereby you will need to start the visa application process prior to your trip being guaranteed - in this situation we still advise you **not** to purchase flights until your trip is guaranteed. However, you **can** start your visa application process, ensuring that when applying for your visas or letters of invitation that you allow several days before and after your entry into the country to allow for delays, availability of flights, etc.

BOLIVIA

Citizens of the UK, Ireland, Australia, New Zealand, Canada and most EU countries **will not** need a visa to

visit Bolivia as a tourist for up to 90 days.

Citizens of South Africa and certain Eastern European countries **will** need a visa, and this can be obtained **on arrival** at all land borders and airports into Bolivia. At the time of writing (2015), the cost of a single-entry visa on arrival is USD65. Please make sure you check which documentation you need to bring to obtain a visa on arrival. Dragoman can help with hotel lists if required.

Citizens of the USA **will** need a visa, and this will have to be obtained **in advance**. We recommend that you obtain this at the Bolivian Consulate in Washington or one of the other five consulates in the USA - please apply through the website at <http://www.boliviawdc.org> and follow all instructions for a tourist visa. If this is not possible before you travel, and you are travelling overland into Bolivia, it is possible to obtain a visa at the Bolivian Consulate in Salta, Argentina or Cuzco, Peru (please be careful that you aren't due to be there on a weekend or national holiday). At the time of writing (2015), the cost of a single-entry visa is USD160 for USA passport holders. Please make sure you check which documentation you need to bring to obtain a visa on arrival. Dragoman can help with hotel lists if required.

Citizens of other countries should check with the relevant consulates as to whether a visa is required, and whether it will be necessary to obtain it in advance.

A valid yellow fever vaccination certificate is required from travellers coming from [areas with risk of yellow fever transmission](#) (including transiting through an airport in an area of risk).

CHILE

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and most EU countries **will not** need a visa to visit Chile as a tourist for up to 90 days.

Please note that citizens of Australia will need to pay a reciprocity fee of USD117 (2015 price) upon entry to Chile. This will be valid for multiple entries to Chile over 90 days, and can be paid in cash or by card upon arrival.

Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it **in advance**.

BRAZIL

Citizens of the UK, Ireland, New Zealand, Australia, Switzerland, South Africa, US, Canada, Japan, countries of South America and all EU countries **will not** need a visa to visit Brazil as a tourist for up to 90 days.

Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it **in advance**.

ARGENTINA

Citizens of the UK, Ireland, Australia, New Zealand, USA, Canada and all EU countries **will not** need a visa to visit Argentina as a tourist for up to 90 days.

Citizens of other countries should check with the relevant consulates as to whether a visa is required. If a visa is required, you will need to obtain it **in advance**.

FLYING TO CENTRAL OR SOUTH AMERICA VIA THE USA OR CANADA

If your flight to Central or South America goes via the USA, then you **must** obtain an Electronic System for Travel Authorization (ESTA) before travel (except for citizens of Canada, who will not require this). Citizens of the UK, Ireland, Australia, New Zealand, Japan, South Korea, Taiwan and most EU countries are part of the USA's Visa Waiver Scheme and are eligible to obtain an ESTA.

An ESTA must be obtained **online** and **in advance** via the following link and paying the appropriate fee -

<https://esta.cbp.dhs.gov/esta/> - please note that you will be denied boarding your flight if you do not have this arranged.

If you are not eligible for an ESTA, then you will have to obtain a B-1/B-2 visa for temporary visitors, and you will need to obtain it **in advance**. In this case it would be advisable to book flights that do not go via the USA.

Please note that if you have travelled to Iran, Sudan, Iraq or Syria since March 2011, or hold dual-nationality with one of these countries, then you will not be eligible for an ESTA and must instead apply for a visa. There are some exceptions to this, please see the following link for more details - <http://www.state.gov/r/pa/prs/ps/2016/01/251577.htm>.

Similarly, if your flight to Central or South America goes via Canada, then you must obtain a Canadian Electronic Travel Authorisation (eTA) before travel (except for citizens of the USA, who will not require this). Citizens of the UK, Ireland, Australia, New Zealand, most EU countries, South Korea and Japan are part of Canada's Visa Waiver Scheme and are eligible to obtain an eTA.

An eTA must be arranged **online** and **in advance** - please go to <http://www.cic.gc.ca/english/visit/> , apply and pay the appropriate fee.

If you are not eligible for an eTA, then you will have to obtain a Temporary Resident Visa, and you will need to obtain it **in advance**. In this case it would be advisable to book flights that do not go via Canada. Please note that several Eastern European nationalities will need a visa.

PERSONAL SPENDING

SOUTH AMERICA CURRENCIES AND CASH

It is not really worth trying to buy local currencies before you travel. Bear in mind that many countries have strict regulations about the amount of their own local currency you are allowed to import - if you are found with amounts in excess of the allowed amounts, it may well be confiscated!

For obvious security reasons we hesitate to recommend you bring lots of cash with you, a sensible mix of cash and ATM cards is best. Most of our past passengers have said they wished they had been told to bring more cash. Apart from the convenience of being able to change money in many more places, you will sometimes get a much better exchange rate for cash.

More and more people are choosing to travel with cash passports such as TravelEx cards (you can visit www.cashpassport.com for further information on these). This is a very secure way of carrying your money whilst travelling. You treat them exactly like an ATM card and draw out local currency from an ATM within each country.

Travellers cheques have become increasingly difficult to change in South America with passengers and our leaders experiencing huge frustration and numerous hours spent trying to find a bank which will change travellers cheques. For this reason we no longer accept them on our trips and do not recommend that you bring them for your personal spending money.

You should take a mixture of denomination notes. Banks and moneychangers in most countries will now only accept bills with a metallic strip running top to bottom of the bill and which are **no more than 8 years old**. You should not take worn or damaged notes, or any that have been written on. Brazil can be difficult for changing money, so it's handy to have a cash card as backup. Please bring a mixture of small and large denominations as in more remote areas it can be hard to change amounts over USD50.

Please note that due to a recent counterfeit scam central banks in several South American countries (Ecuador, Peru, Bolivia and Chile) have temporarily banned the circulation of USD100 notes bearing a series 2001 production date and a serial number starting with the letters CB or CF and ending in B2. The serial number is printed in green on the emblem.

Cash machines are readily available in most areas but are not always reliable therefore we recommend

that you do not rely on them as your only source of cash. ATMs can be difficult to find sometimes in remote areas, especially in Patagonia. Credit cards such as Visa, MasterCard and American Express are the most commonly accepted, but be prepared for very high commission charges. Please do not rely on cards for daily use, as they are not always accepted outside of larger towns and cities.

PERSONAL SPENDING - SOUTH AMERICA

Based on the range that previous travellers have spent in South America, we recommend you allow between USD15 and USD30 per day. This amount is usually lower in Bolivia, Ecuador and Peru but slightly higher elsewhere.

This will covers expenses such as your optional activities, drinks, meals whilst out and also when staying in hotels, souvenirs, tips and personal permits.

WHAT ELSE YOU NEED TO KNOW

Overland Lifestyle and Trip Suitability

Dragoman was founded in 1981, and has had many years of experience of leading overland trips across 4 continents. Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of Dragoman's purpose-built iconic expedition vehicles on an off the beaten track adventure along rugged roads, experiencing the sights, sounds and smells of the world up-close. Your journey will be overland, sometimes across vast distances, so some long days spent driving are inevitable - but these will be interspersed with breaks of a day or two at a destination or activity. On an overland journey, you are more than just a passenger and everyone gets involved setting up camp - we supply the tent but it's up to you to pitch it! As part of your trip, you will be assigned a truck job which could be collecting firewood or water, luggage loading, organising food, stores, etc.

Like all great adventures, the more you put in the more you'll get out!

We are looking forward to welcoming you on one of our overland journeys, but before we do there are a few things we would like to draw to your attention.

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Who Travels with Dragoman?

Our groups are made up of people from around the world, and are always an interesting mix of nationalities and ages. On average there is a pretty even split between males to females, and between solo travellers, couples and small groups of friends. We believe that overlanding should be open to as many people as possible, and so although we have a minimum age limit of 18 (or 7 on our Family Trips), as long as you are fit, healthy and passionate about travel, we are happy to take you, whatever your age is. One of the wonderful aspects of group travel is the camaraderie and friendships that are formed along the way, and the variety of people that you will meet.

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Group Size

The maximum group size we take on our overland journeys ranges from 19 to 22 depending on the geographical location; however the average number of passengers is more likely to be around 16.

Please note that there is an overlap of 2 trips in Cuzco and during the Inca Treks. This means a group starting a trip in Cuzco will embark on the Inca Trail at the same time as a group finishing in or travelling through Cuzco. In practical terms this means there could be more than 22 group members in Cuzco and on the Inca Trail at the same time.

Please note that there is also an overlap of 2 trips in Zanzibar. This means a group starting a trip in Nairobi, for example, will visit Zanzibar at the same time as a group starting their trip there. In practical terms this means there could be more than 22 group members in Zanzibar at the same time.

Please also note that on some departures there may be more than one truck doing the same route. This means that you will be in the same hotel or campsite as another Dragoman group on some days. To ensure that you are not always at the same place at the same time as another group, your itinerary will most likely be slightly altered from the itinerary advertised in these trip notes.

Our Crew and Guides

Our crew are passionate about travel and are always up for adventure. It takes someone special to become a Dragoman leader. Our crew undergo the most intensive training program of all the overland companies, spending 8 weeks learning the ropes at our base in Suffolk, UK, and then up to 6 months on the road as a trainee. Our crew are trained to manage and operate the trip safely and efficiently and their duties include: planning the trip according to the itinerary, driving and maintaining the truck, securing services of local guides, general logistics, health and safety, liaising with bureaucracy, dealing with issues where needed and offering advice and support to our customers. In addition they have a basic knowledge of the places visited and will be able to offer suggestions of things to do and see. Dragoman endeavours to provide the services of experienced crew, however, due to the seasonality of travel, situations may arise where your tour leader is new to a particular region or training other crew, new to the area.

On all Dragoman overlanding trips, we usually have 2 western crew but please be aware that there may be times when one crew member has to leave the trip due to unforeseen circumstances such as visa issues, illness of a group member, etc. On some of our trips we have 1 western crew and 1 local driver instead of 2 western crew. On trips south of Nairobi in East and Southern Africa we will also have an African camp master/cook who is in charge of running the camp and organising all of the meals. Their knowledge of the local produce makes shopping at the markets great fun and you will learn how to prepare and cook some unusual dishes.

On the majority of our trips in Ethiopia, Sudan, Central Asia, China and South East Asia, in addition to our crew we will have a local guide on board who will travel with us for the entire duration of our time within one country. In these cases, the local guide becomes a third crew member and is able to offer their local knowledge as well as an insight into their country and the lives of the local people.

In most other areas of Africa, the Americas, India and Turkey, in addition to our crew we will employ local guides in specific locations of interest (for just a few hours up to a few days).

Your crew have a duty of care to all members of the group and therefore they have the authority to ask you to leave the trip if you require serious medical assistance, you are behaving in an anti-social manner or refuse to comply with local laws and customs. In all matters relating to the trip, the leader's decision will be final and we appreciate your respect of this.

Accommodation on Tour

Dragoman's overland trips are designed for shared accommodation, whether camping or staying in hotels or hostels, and therefore do not involve a single supplement. Whilst our crew will do their best to accommodate couples travelling together in twin rooms, all our travellers should expect to stay in multi-share accommodation when staying in hostels, gers or yurts.

The type, variety and standard of accommodation will vary greatly depending on what options are available at the time; hotels can vary from very basic rooms without electricity or running water to high standard hotels with good facilities! Generally in hotels most rooms will be single sex, twin-share, but in South America many rooms are triple/quad-share. Hostels, gers and yurts are nearly always multi-share and may be mixed sex.

The campsites will range from rather basic to those with excellent facilities, including swimming pools, restaurants and bars. In some cases it may also be possible to upgrade locally to bungalows, lodges or even tree-houses. One of the highlights of overlanding is that in more remote areas we will camp away from the tourist crowds. Occasionally on some of our trips we are able to stay in villages or local homestays allowing us to get close to the indigenous population and ensuring that our money stays within the local community.

The Kitty

In addition to the trip price on our overlanding trips, you will also be required to pay a kitty specified for your trip (please note that there is no kitty on our Family Trips). The kitty is payable in installments at the start of each section of the trip for combination trips, and in full at the start of the trip for individual trips. Each customer joining a trip pays their kitty into a central fund. The fund is managed by the Dragoman crew and the kitty accounts can be viewed by all throughout the trip.

The kitty covers all things that the whole group does, such as:

- Hotel accommodation and campsite fees
- Meals whilst camping (not whilst staying in hotels)
- Activities listed as included (e.g. National Park or historical site entrances, excursions, etc.)

The kitty system is unique to overlanding and allows us to have flexibility and transparency on our trips. You can see exactly how your money is being spent and ensure that you are getting the best value by buying locally. It also helps to keep the costs competitive and save on administration costs so that we can pass the saving on to you. Dragoman makes NO PROFIT on kitties, as they are the group's fund. If there is money left in the kitty at the end of your trip, then this is divided between the group and you receive a refund.

Once you book your trip it is very important that you check our website on a regular basis and just before departure for any changes to the kitty amount. We constantly update the kitty prices on our website and the kitty advertised in the brochure is an estimate at the time of printing. Prices can go up or down with no notice, and exchange rate fluctuations will affect costs.

The kitty is payable in full at the start of your trip (in instalments at the start of each individual trip on combination trips). Alternatively you can pay in advance via a bank transfer 3-4 weeks before the start of your trip - please see http://www.dragoman.com/files/Kitty_doc_v10.pdf for more details - this information sheet will also be sent in your booking confirmation upon booking a trip and can be found on www.dragoman.com/overlanding/planning-your-trip/money. Please also note that prepayment is not available for our trips to West Africa, Iran, Tajikistan and any trip in Africa north of Nairobi.

If you are bringing the kitty out in cash, please ensure your USD notes (EUR notes if your trip goes through West Africa) are clean and undamaged and **no more than 8 years old**. If needed, your tour leader will be able to accept some of the kitty in local currency, and they will let you know the exchange rate locally. In most destinations you can withdraw local currencies from ATM machines, using either a cash passport or a credit/debit card. However, please bear in mind that most cards have a maximum withdrawal amount per day, local ATMs may run out of cash, and your bank could block the card despite you warning them of your travel plans, so it could be impractical to try to get the entire kitty out from an ATM.

We cannot accept traveller's cheques on our trips.

Meals and Group Participation

On an overland journey you are more than just an individual passenger - you're part of the team. You are expected to pitch in to set up camp, shop for food, cook and generally help out. As part of your trip you will be assigned a truck job which could be collecting water and firewood, sweeping out the truck, loading the back locker, etc. While camping on overland journeys, the meals are included in the kitty. This means that you will have to work together to cook for everyone in your group. You will be divided into smaller units of 3-4 people and take it in turns to cook for the whole group according to a rota system. When it is your group's turn to cook you will have to plan the meal, shop for the ingredients in local markets or supermarkets and then prepare the meal for the whole group. The secret to cooking for 20+ people using a basic camping kitchen is to keep it simple! (On trips south of Nairobi we have a cook on board the truck; however you will still be required to help them to prepare meals).

An example of a typical camp breakfast might be toast with spreads, fruit and cereal as well as tea and

coffee. When time allows it will also be possible to serve something hot such as eggs or pancakes. Lunch is almost always a sandwich heaped high with healthy salad and assorted fillings, with fruit to follow. Dinner might be a BBQ, risotto or pasta dish and there is always the chance to try some local cooking. Generally our passengers find the more they put into a trip, the more they benefit from it.

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Dietary Requirements

If you have any dietary requirements please tell us at the time of booking and tell your crew at your welcome meeting. Our crew will try to cater for any particular dietary requirement or food intolerance whenever possible. However, it must be remembered that it may not always be possible and the variety of dishes may be severely limited in comparison to those available to others. If there is anything in particular you require in your diet, that you would miss from home, or because of an allergy would miss out on, it would be best to bring this with you. Depending on your particular requirements, you may need to allow yourself some extra spending money to allow you to purchase extra food items.

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Itineraries

Our itineraries are developed and published with the best of intentions, however travel in more remote areas of the world is unpredictable – borders can close, there can be extreme adverse weather, strikes or maybe mechanical issues that affect the running of your trip, but equally due to the nature of our trips we can often spontaneously include a local festival or event into the itinerary. This being said, the safety of our passengers, leaders and operators is a priority for us. With this in mind we monitor world events very closely. By the very nature of the adventure travel that we take, there are risks and hazards that are inherent in our itineraries. We make operational decisions based on informed advice from a number of sources, including the British Foreign and Commonwealth Office travel advice, reports from other travel companies and local suppliers, leaders' reports from off the road and local contacts we have built up over many years of experience.

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British Foreign Office Travel Advice and Warnings

Dragoman follows the British Foreign Office Travel advice when deciding where and where we are unable to travel. We will base our decisions on itineraries and alterations to published routes based on their advice rather than the advice of other governments. We will advise you of any significant changes in advice before travel or whilst you are overseas.

However, we recommend you check the latest travel advisories from your own government for the country you are travelling to before you book and prior to departure. If there are any travel warnings present for the region you will travel to, as well as considering whether you are happy to travel despite the warning you must also check to ensure that it is not invalidating your travel insurance. Here are a few useful addresses:

UK - www.gov.uk/foreign-travel-advice

Australia - <http://www.smartraveller.gov.au/>

New Zealand - <http://www.safetravel.govt.nz/>

United States - <https://travel.state.gov/content/passports/en/country.html>

Canada - http://www.voyage.gc.ca/countries_pays/menu-eng.asp

We also recommend that you check out the UK Travel Aware website before you travel at <https://travelaware.campaign.gov.uk/>. This website offers straightforward travel advice, top tips, and up-to-date country information to help you plan a safe trip.

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Health

You need to be in good physical health in order to participate fully in our trips. When selecting your trip please make sure you have read through the itinerary carefully and assessed your ability to cope with our style of travel. To help you assess if this trip is suitable, please refer to the physical rating. The ratings for each trip are a good indication of how challenging they are and in some cases you should be prepared for some long driving days and possibly limited facilities. We are always happy to give extra advice if you have additional concerns. Please note that if, in the opinion of our leader, you are unable to complete the itinerary without undue risk to yourself and/or the rest of the group, Dragoman reserves the right to exclude you from all or part of the trip without a refund.

You should consult your doctor for up-to-date medical travel information prior to travel, particularly if you have a pre-existing medical condition. You must also declare any pre-existing medical conditions to your travel insurers upon purchase and provide evidence to us prior to departure that your pre-existing medical condition has been declared to your insurers. Failure to do so will mean that you are unable to join the trip.

Extreme Environments

There may be periods of time within your trip when you meet extreme conditions, such as extreme heat, extreme wind, extreme cold, extreme humidity, extreme altitude, extreme crowds etc. Whilst our crew will let you know at the time when you are likely to meet these conditions, please ensure that you have read through the trip notes carefully and researched the local weather conditions at the time and that you feel that you are fit enough to cope with these conditions. If you have any doubts at all, please contact us to discuss your concerns prior to booking, and when on trip, if you find that the local conditions are causing you concern at any time, please be sure to let your trip leader know so that appropriate precautions can be discussed.

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Altitude

Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude; please discuss these options with your doctor. For trips that travel to areas of high altitude, the tour leader will issue you with a self-assessment altitude questionnaire which allows you to monitor how you are coping with the altitude and informs you of danger signals so that you can report these as soon as possible, either to the tour leader or a medical professional.

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Yellow Fever

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

Malaria & other mosquito-borne diseases

There is a risk of contracting malaria in some areas which we travel through. If your trip goes to a areas with malaria it is always best to get expert advice before travelling about the types of malaria pills available, whether they are recommended, and take any that are prescribed as instructed. Consult your GP or travel clinic for the most up-to-date requirements.

Other mosquito-borne diseases such as yellow fever, dengue fever, chikungunya and Zika are continuing to spread and are becoming a bigger problem around the world. Mosquito bite prevention is vital to avoid contracting any of these diseases, as there are no vaccines or specific treatments available. Health professionals have issued warnings for pregnant women travelling to areas affected by the Zika virus. For more information about Zika please visit:

- WHO: www.who.int/en/news-room/fact-sheets/detail/zika-virus

- Center for Disease Control and Prevention: www.cdc.gov/zika

The Anopheles mosquitoes that transmit malaria usually bite between the hours of dusk and dawn, whereas the Aedes mosquitoes that transmit yellow fever, dengue fever, chikungunya and Zika bite both during the day and the night. To prevent being bitten, it is recommended to cover up by wearing long-legged and long-sleeved clothing, preferably light-coloured and buttoned at the wrists. Do not sleep without closing your windows, tent door, etc. and use a mosquito net in hotels or if sleeping outside where there are mosquitoes present. Use mosquito repellent applied directly to your skin or soaked into your clothing. Treating clothes and mosquito nets with a Permethrin solution also provides significant protection. It should be available at most travel stores. Mosquito coils are useful on still nights and in hotel rooms, but cannot be used inside the tents. For more advice on how to avoid bites please see: www.travelhealthpro.org.uk/factsheet/38/insect-and-tick-bite-avoidance

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Vaccinations

Recommended vaccinations and other health protections vary according to different regions and recent bulletins issued by health authorities. It is essential to get the latest specific health advice on the regions and countries you are planning to travel in, so please check with either your doctor or travel clinic in good time before you travel. The following websites are also a helpful resource:

www.nathnac.net and www.fitfortravel.nhs.uk

In the UK, we have been working with Nomad Travel for many years and their website has comprehensive, up-to-date vaccination and health information. You will receive a 10% discount off all vaccinations given at Nomad Travel clinics.

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Safety & Security

At Dragoman your safety is of paramount importance and we will do our best to ensure that your travel with us is safe and trouble-free, but we do ask that you take that little bit of extra care whilst you are away and to understand about the nature of this style of travel.

Of course we want you to have an enjoyable time, but you must also remember that part of the enjoyment of travel is experiencing a different way of life and cultures. This may also mean experiencing different safety and hygiene standards than those you are normally used to.

Therefore, please take note of the following safety tips and follow any local safety advice or briefings delivered by our crew or any third-party suppliers we use during your trip.

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Transport Safety

- Our own vehicles have fully-fitted seat belts; make sure you always belt up.
- If you find a safety belt inoperable or missing on one of our vehicles, please inform the crew immediately.
- Unfortunately, we cannot guarantee that other vehicles we may use or recommend in some countries will be fitted with seat belts on every seat as it is not a legal requirement in much of the world.
- Please remain seated on board vehicles at all times when the vehicle is in motion.
- Never place luggage in the aisles or foot wells.
- Ensure you know where your nearest Emergency exit is; this may be a designated emergency exit, a window, a door, or a roof hatch.
- Check the location of the fire extinguisher and first aid kit.
- Follow any safety instructions provided by the crew/driver.
- Our vehicles are fitted with roof seats which can be used in certain conditions, such as when driving at low speeds, off main tarmac roads, etc. The roof hatches can only be opened and the roof seats used with the express permission of the crew and you must never sit in the roof seats without seat belts.

Road Safety

- Traffic in some countries travels on the opposite side of the road to what you may be used to, so ensure you look both ways before crossing the road.
- In many countries vehicles do not automatically stop at crossings and driving styles may be very unpredictable, so please remain very vigilant when near roads and vehicles.
- Crash helmets are often not provided with mopeds and motorbikes overseas – we do not recommend you hire these vehicles.

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Fire & Other Safety - Hostels/Hotels/Homestays

- Ensure you know where your nearest fire exit is and check to ensure that it is operative.
- Check the location of the nearest fire extinguisher.
- Study the fire instructions in your room if available.
- Identify how to raise the alarm if a fire occurs.
- If a fire occurs, leave immediately; do not stop to collect your effects.
- Proceed to an assembly point well away from the building.
- Electrics in hotels in many of the places that we visit will not be up to the same standards as at home. Please ensure that you check rooms, especially bathrooms and are aware of any issues that look unsafe. If in doubt inform the crew who will endeavour to sort the situation out if possible.
- Staircases and stairwells are often built to a very different design than under western building standards. There may be no guard rails, be excessively steep, have dangerous gaps between the stairs and the wall, etc. At all times be aware and take appropriate and prudent care.
- We often stay in homestays and farmstays. These may range from a traditional yurt through to a tree house or a town house. As these are traditional homes, they may well not adhere to our western standards of safety and so it is important that you make yourself aware of potential risks.
- If in doubt please inform the crew of any safety issues with the hotels/hostels or homestays.

Fire Safety - Campsites

- Ensure you know where the nearest source of water or fire extinguisher is.
- Know how to raise the alarm.
- Extinguish all camping fires fully before retiring to bed.
- Observe any regulations regarding fires and bushfires in dry conditions.
- Identify how to raise the alarm if a fire occurs.
- If a fire occurs, leave immediately; do not stop to collect your effects.
- Proceed to an assembly point away from the tented accommodation/affected campsite.

Other Campsite Safety & Security

- Familiarise yourself with the campsite and any known hazards.
- Group the tents around our vehicle wherever possible.
- No open flames, smoking or flammable liquids in or near the tents.
- Ensure the cooking area is well away from the tents.
- Ensure all water for cooking and drinking is purified first.
- Ensure any soil toilets are a minimum of 50m away from the tents and the cooking area.
- All food waste should be burned or buried a minimum of 100m away from the site.
- Ensure local advice is followed concerning any wildlife in the area.
- Keep valuables locked in the vehicle.
- Be aware of any local security issues that might be important.
- Do not set out tents close to perimeter fences which may be a security risk.
- Be aware of the security arrangements and local guards for campsite and if in doubt ask them where and where not to pitch tents.
- If in doubt please inform the crew of any safety issues with campsite.
- When wild camping, ensure that you do not wander away from the camp alone. If you do leave camp, ensure that you have notified the leader or other members of the group.

Food Safety

- Make sure your food has been thoroughly cooked.
- Hot food should be hot, cold food should be cold.
- Avoid any uncooked food, except fruit and vegetables (notably those you can peel or shell yourself).
- In many countries you should only drink bottled water or purified water and ensure any seal is intact when purchasing bottles.
- On the Dragoman vehicles we have a tank of drinking water that is kept purified by the crew.
- Avoid ice in drinks as this can cause upset stomachs in hot climates.
- Make sure you wash your hands in antibacterial product when preparing and/or eating food.
- Many of the restaurants that you will eat in, either as a group or as individuals, will NOT have the same standards of food hygiene as we have in the western world. Unfortunately this is a reality of life in these regions. Therefore please think carefully about where you eat, what food you order and be aware of the risks.

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Personal Safety

One of the real advantages of overland travel is that the vehicle provides a very real level of security when travelling. There is no doubt that a properly-equipped overland vehicle, with safes, fully lockable doors and windows is an obvious advantage when travelling in much of the world. Generally speaking, you will not be travelling on local public transport and will have the added security of travelling in a group with experienced crew on-hand to offer advice. We have come up with a few pointers that we recommend you follow:

- Follow the crew's specific safety advice in each destination.
- Always remain aware and vigilant, and stay away from situations where you do not feel comfortable.
- Avoid carrying too much money.
- Always avoid carrying your passport, driving licence, air tickets, and other valuable items around with you unless this is essential. Instead, keep valuables such as this locked away in the truck's safe, or the safety deposit box in the room or reception of the hotel/hostel.
- If you are carrying cash, cards or valuables, use a money belt or neck wallet which are more easily concealed and more difficult to pickpocket.
- Do not take any valuable jewellery, watches, etc. away with you in the first place.
- Avoid walking in poorly lit areas.
- If possible avoid walking around on your own; it is always safer to explore with others.
- Always try to walk with confidence and purpose, which will help you avoid looking like a lost tourist!
- Take special care when walking to avoid spraining or twisting your ankle on potholes, cobbles and uneven ground.

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Activity Safety & Optional Activities

You will have the opportunity to take part in many exciting activities and excursions, some of which are included (e.g. hiking the Inca Trail, trekking to see Mountain Gorillas, visiting the Taj Mahal, etc.), whilst others are optional (e.g. white water rafting in Uganda, zip-lining in Costa Rica, etc.). Some of these activities require a certain level of fitness, so it's important that you read through the trip notes thoroughly and make your own conclusions as to whether you feel that you are fit and healthy enough to enjoy this trip and its activities to their fullest.

Some activities may have higher risks than you are used to and you must judge whether or not you wish, or have the physical ability, to take part.

Please note that riding helmets are mandatory for all optional and included horse riding activities. This is an insurance requirement.

Optional activities mentioned by Dragoman are not included in the trip price or kitty, and do not form part

of your contract with Dragoman. As such you accept that any assistance given by Dragoman crew members or local representatives in arranging optional activities does not render us liable for them in any way. The Dragoman crew are assisting you in arranging these activities for your added enjoyment whilst on your trip. The operators of these services and optional extras are local suppliers who contract directly with the client 'on the road', subject to and in accordance with their own terms and conditions. Dragoman accepts no liability for any action or activity undertaken by the client which is arranged independently of Dragoman while on tour. Crew may take part in an optional activity but do so as private individuals and not as company representatives.

Please use your own good judgement when selecting an activity in your free time.

Ensure that you use the appropriate equipment on optional activities, including life jackets, helmets, etc. This is especially important on activities such as horse riding, white-water rafting, etc.

Always ensure that your travel medical insurance covers you for all included and optional activities that you wish to participate in.

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Included Activities

Included activities are listed in the day-to-day itinerary, all other activities are optional and at your own expense. If you choose not to participate in the included activities on this itinerary, the cost will not necessarily be refunded; this is something you will need to check with your leader.

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Optional Activities

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Please note that certain activities may not be available on your particular visit if they are overbooked, underbooked, out of season, or for any other reason - the list of activities is made according to our latest information and in the best faith, but please be aware that things may change between our last visit and your arrival. Please also note that it may not be possible to do all the activities listed in the time available at each destination, and it is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there.

Prices listed are for entrance only and do not include transport costs to and from the sites or local guides unless indicated - again, these prices are displayed according to our latest information and in the best faith, but prices do fluctuate due to exchange rates, season, numbers of participants, and simple increases from the operator - any prices listed are a guide only and certainly cannot be guaranteed.

Optional activities are not necessarily endorsed or recommended by Dragoman nor included in the price of this trip. If you do any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities.

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Insurance

It is a condition of booking that you have comprehensive travel insurance. Without evidence of valid travel insurance you will not be allowed to start the trip.

We recommend that any policy has a minimum medical (including repatriation) cover of £5,000,000. We recommend that any policy also has a minimum level of cover for Personal Liability of £2,000,000 and for Cancellation and Curtailment of £5,000 (or the full cost of your trip). Cover for loss of baggage, personal effects, money and other inclusions are down to personal choice although please bear in mind that personal effects are more likely to go missing whilst travelling and you should ensure that your policy is adequate to cover the value of your personal effects e.g. cameras, tablets, phones, ipods, etc. Please note that Dragoman is not responsible for your personal effects and is not insured for their loss. Please note that you should be insured for trip postponement or cancellation purposes immediately upon paying a

deposit.

Whatever policy you choose, you must ensure that it is designed for adventure/overland travel and make sure it covers any activity that you intend to undertake (whether included or optional). As such it must cover you for adventure activities such as white water rafting, trekking, horse-riding, etc., and that the 24-hour Emergency Assistance Company must be experienced in handling situations in developing countries - for example, that they have the ability to arrange repatriation from remote areas such as the Sahara or if you were trekking in the Andes. On activities or side trips that are not recommended by us, please ensure you are happy with the safety of the activity before participating.

Please note that in the case of credit card travel insurance we will require details of the participating insurer, the insurance policy number and emergency contact number prior to travel rather than just the bank's name and credit card details. It is up to you to ensure that these policies have the cover you require, as many of these policies are not able to cope with adventure travel to remote areas and many are not valid for travelling outside your country of residence or outside the EU.

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Our Liability Insurance

Dragoman has comprehensive passenger vehicle liability protection and tour operator insurance. These policies have total indemnities of £5,000,000 and £10,000,000 per incident respectively. This is in addition to local vehicle insurance and your personal travel insurance.

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Out of Office Hours Contact

We have an out of office hours number you can call which should only be used once you have left your home country to start the trip and in the event of a real emergency. Should you need to call the number, we will do what we can to help but please bear in mind that real progress or action may not be possible until normal office hours. If you can not get through please leave a message with you name, reference number, contact details and a message with the help that you need and we will get back to you.

If your flight is delayed or cancelled, please let us know and then make your way to the joining hotel as instructed in these trip notes. If you cannot get through leave a message and a contact number as these will be regularly checked and the crew informed if necessary.

Out of hours Number: +44 (0) 7985 106564

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Luggage & Kit List

Although you will not have to carry your main bag for long distances, you will need to help load and unload them onto the truck. For this reason we recommend that you use a backpack or soft bag rather than a heavy suitcase. During your trip your main luggage will be kept in the truck's back locker which will be inaccessible during a drive day, so you will also need a small daypack. This can be used to carry your camera, water bottle and other personal effects for daily use. Please be aware that due to the constant dust and vibrations your luggage bag will be subject to extreme wear and tear.

The size of baggage that can be brought on this tour is limited by the locker space on the truck. We recommend that your bag be no larger than a large rucksack with a capacity of about 80 litres (approximately 70cm high, 40cm wide, and 40cm deep). The weight limit for luggage on all trucks is a maximum of 20kg.

Your clothes and equipment should be appropriate for the conditions you are travelling in, which will vary depending on which part of the world you're heading to. On overland trips, Dragoman will provide all camping equipment apart from sleeping bags and ground mats, so you'll need to bring those with you if your trip includes camping nights.

Think about the climate and altitude of the areas you'll be travelling to - there's nothing worse than being cold at night so it's worth investing in a decent sleeping bag if it's likely to get cold. And remember that even when it's warm during the day, it can often get cold at night, particularly in desert regions.

For a general idea of what you need, this list provides a guide:

General

- Sleeping bag, sleeping bag liner, sleeping mat and small pillow – if your trip includes camping nights
- Sandals or flip flops
- Comfortable walking shoes
- Sun hat and sunglasses
- Waterproof jacket
- Warm sweater or fleece
- Swimwear
- Comfortable travelling clothes and a set of casual but smart clothes for evenings out
- If visiting places of worship on the trip, men should bring a pair of full length trousers and women should bring a skirt that covers their knees and a scarf
- Towel – quick dry, lightweight travel towels are best
- Toiletries including bio degradable wet wipes, sanitary products, hand gel, sun cream and insect repellent
- Day pack – essential for keeping things handy when on the truck, on short hikes, walking around cities, etc
- Assorted dry bags – to protect your kit from dust and damp
- Pouch or money belt
- Water bottle (at least 1 litre) – we carry drinking water on all of our trucks and actively encourage our customers to use the water supplied. Whilst away from the truck we encourage the use of a filter water bottle and we are able to offer Dragoman customers a 25% discount on Water to Go bottles and filters using the code DRAGOMAN25 on the link <https://www.watertogo.eu/dragoman>
- Head torch with spare batteries and bulbs
- Camera with spare battery and extra memory cards
- Electrical accessories such as charger, power bank, adapter, etc
- Carbon monoxide detector
- A good book, a diary or notebook and pen, a fun game for travel days
- Personal medical kit – see notes below

Cold weather

For trips going through mountainous areas, deserts, high altitude regions and Patagonia, you should be prepared for cold weather, especially at night. Ensure you bring:

- 3/4 or 4/5 season sleeping bag with liner – see note on sleeping bag ratings below
- Thermal base layers
- Winter jacket
- Hat, gloves and scarf
- Warm socks

Hot weather

For trips going through tropical areas you should be prepared for hot and humid weather. Ensure you bring:

- Loose fitting clothes with long sleeves and legs
- Mosquito repellent
- Mosquito net – not essential as our tents have mosquito netting but can be handy for hotels and hostels or sleeping under the stars

Trips with trekking

For trips including treks, ensure you bring:

- Lightweight walking clothes suitable for the general climate

- Waterproof trousers
- Sturdy walking boots
- Walking stick(s) – not essential but can help in steep terrain; sticks can generally be hired or purchased en route

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Sleeping Bags

A sleeping bag's rating typically indicates the lowest temperature at which it will keep the average sleeper warm enough to sustain them but not necessarily make them warm enough to feel comfortable. For example, with a 0°C bag, you should be able to stay in 0°C temperature but you will not necessarily be able to sleep comfortably.

For European sleeping bags there are the following standards:

- The upper limit is the highest temperature at which a 'standard' adult man is able to have a comfortable night's sleep without excess sweating.
- The comfort rating is based on a 'standard' adult woman having a comfortable night's sleep.
- The lower limit is based on the lowest temperature at which a 'standard' adult man is deemed to be able to have a comfortable night's sleep.
- The extreme rating is a survival-only rating for a 'standard' adult man. This is an extreme survival rating only and it is not advisable to rely on this rating for general use.

The transition zone, in between the comfort and lower temperature, is usually considered as the best purchase guideline.

Personal Medical Kit

All of our trucks have a standard motorist's first aid kit on board for use in emergency situations only. The first aid kit is in compliance with UK standards for first aid provision within motor vehicles, and contain supplies to treat road side injuries. We do not carry prescription medications, therefore in addition to this we recommend that you purchase your own personal medical kit.

In the UK we have teamed up with Nomad Travel Stores and Clinics to produce travel medical kits. They have been designed in conjunction with the truck kits and contain everything you would need for any minor incidents and health issues. For more details please visit their website:

Global Survival Kit - <http://www.nomadtravel.co.uk/p/2712/Global-Survival-Kit>

Ultimate Medical Kit (POM) - [http://www.nomadtravel.co.uk/p/2909/Ultimate-Medical-Kit-\(POM\)](http://www.nomadtravel.co.uk/p/2909/Ultimate-Medical-Kit-(POM))

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Passports

Check that your passport will still be valid for 6 months after the end of your trip - this is important as some countries WILL refuse entry to anyone whose passport is due to expire. A temporary or 'visitor's' passport is not valid on our trips. You will need to provide us with your passport details prior to departing for your trip. If you change your passport, please remember to inform us as soon as possible - however, please be aware that changing your passport can cause big problems if you need to apply for visas or permits (such as the Inca Trail or Gorilla Trekking) in advance.

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Pre and Post Trip Accommodation and Airport Transfers

At Dragoman we believe you should make the most of the places you visit, so if you would like to see more of the joining or finishing point cities, why not book additional accommodation to extend your stay? Dragoman can take away the hassle of time zones and language barriers by making the booking for you. This accommodation is only available at the joining or finishing city of your trip, immediately before or after the trip you are travelling on.

While Dragoman is happy to assist with booking your pre and post trip accommodation, it is important that you understand that you may be able to book your own room at a cheaper rate directly through the hotel or on the internet. Our additional accommodation prices are based on the hotel's rate plus an administration fee. Please note our rates do not reflect last minute walk-in rates or internet specials.

We can also book arrival airport transfers for you as long as we have your flight arrival details. These are normally payable in cash upon arrival; however we do have pre-paid transfers in a few destinations.

Please contact our reservations team for details of the accommodation and transfers that we can offer, as not all hotels offer this service.

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Continuing Your Trip

Having an amazing trip and met a great group of people? Having too much fun to go home yet? If you're on one of our trips and decide that you would like to continue with us, then why not speak to your trip leader who can advise you of the cost and availability of continuing your journey.

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Contingency Emergency Fund

Sometimes, civil or political unrest, or reasons beyond Dragoman's control (e.g. a natural disaster), can mean that an itinerary is disrupted and we have to make a contingency plan. This may involve hiring alternate transport or even the whole group flying over an area. Although Dragoman will help organise travel arrangements, in circumstances outside Dragoman's control you will be required to contribute the additional costs involved and therefore we ask you to bring along a 'Contingency Fund' of USD400. In almost all cases trips run smoothly and this fund is therefore never used. We also recommend that you take along an internationally recognised credit or charge card with a decent limit in case of emergencies, such as medical treatment en route, or even the need to be repatriated; though these occurrences are rare. Remember that travel insurance policies usually only refund you for expenses after you have already paid out.

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Responsible Tourism

Dragoman is committed to ensuring that we have a positive impact on local communities and that we implement policies to minimise any negative impact on the local environment. We are dedicated to making sure that we adopt a responsible attitude to the areas through which we travel and believe that our trips should benefit the local people and their environment. Dragoman recognises that we are guests of local communities and strive to make these communities our partners, so that they benefit directly from our visit. You can find full details of Dragoman's Responsible Tourism policy from the link below:

<https://www.dragoman.com/about-us/responsible-travel/policy-and-guidelines>

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Water

The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in the bottle, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments.

Please avoid the purchase of bottled water by using the chemically sterilised water stored in the purpose-built storage tank on your overland vehicle. You are free to refill your bottle as many times a day as you like. You are helping the environment and your pocket!

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Electrical Equipment

Your vehicle will be usually equipped with a 12-Volt socket, so to charge your iPod, MP3 player, camera, laptop and mobile phone you will need a DC 12V adapter - the type that can be used from a cigarette

lighter in your car. Please be aware that only one piece of equipment can be charged at a time and it will not be allowed if there is a risk of running the vehicle's batteries low. Batteries may also be recharged from hotel room wall sockets and the majority of the campsites we stay at have electricity points, so please bring along your normal charging adapters as well. You will need to ensure that you have the correct country adapter for your specific charger.

For mobile phones, please note that most countries in the Americas operate at 850 MHz and 1900 MHz which is not the same frequencies used in Europe, Africa, Asia and Australia. Most modern tri-band and quad-band mobile phones will be able to operate on these frequencies but please check your mobile phone specifications before travelling to ensure that you'll be able to use your phone in the Americas.

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A Few Rules

It is one of our core values to treat all people we encounter with respect, including the local people who make our destinations so special. We have therefore set down a number of rules to which our customers must adhere.

Engaging in commercial or exploitative sexual activities, committing acts of violence or threatening violence towards local people, other group members or any member of our staff is not allowed. Any customer engaging in such activities will be required to leave the trip immediately with no refund of the trip price.

You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited and conduct yourself in accordance with our responsible travel policy. Any customer found contravening such laws or regulations will be required to leave the trip immediately with no refund of the trip price.

Although we are aware that in some parts of the world taking, carrying or selling drugs, carrying weapons, or engaging in commercial or exploitative sexual activities may be legal, it is not acceptable for Dragoman customers and our tour leaders have the right to ask you to leave the trip immediately with no refund of the trip price if you are found to be engaging in such activities.

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Issues on the Trip

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on

customer-relations@dragoman.co.uk.

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

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Tipping

Tipping is entirely voluntary. The Dragoman crew may be travelling with you for many weeks and usually they become good friends with most members of the group. It is sometimes easy to forget that they do work hard to ensure that you do have a great trip. If you feel you would like to tip them, they certainly would appreciate it.

On a number of our trips, we also use a local guide as well as our own Dragoman crew. These guides live

and travel with you through their home country and it is usual to tip them when they leave. We recommend USD 1 to USD 4 per person per day, but check with your crew for an appropriate amount.

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Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us to understand what we are doing well and what we could be doing better, and it allows us to make improvements for future travellers.

COUNTRY SPECIFIC NOTES

BOLIVIA NOTE

Because of its nature, this itinerary may vary - occasionally the road conditions are too adverse during the rainy season (January-February) to make the crossing from Uyuni to Argentina, and we may have to change the route. During the winter months in Argentina and Bolivia, we will spend a higher proportion of nights in hotels and less time camping.

Kitty may be higher than expected and you should allow extra funds for this and personal funds for more meals out. There may well be snow and you should be aware that it can get very cold at night. Please ensure that you bring a decent sleeping bag and adequate clothes, including thermals.

We will also be travelling to very high altitudes (over 5000m if you take the crossing from Uyuni to Argentina or vice versa), so please be aware of the effects of altitude sickness.

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These trip notes have been compiled to help you prepare for your journey, once you have booked. They include the full itinerary and dates, information and kit lists, meeting hotels, insurance, vaccinations, visas, and other information that will help you get ready for your trip.

Please ensure you have an up to date version of these Trip Notes

These trip notes were printed on 21/08/2019