

# ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

## Kayak School Futaleufu, Chile

Set amongst stunning views of steep snow capped peaks and temperate rain forest is one of the best whitewater kayaking trips on the planet. Whether you want to learn kayaking from scratch or improve your existing basic skills, you couldn't pick a better place to do it.

### Your Itinerary

#### Day 1:

You will arrive in Puerto Montt and be met by your guide. We will transfer you to the charming little town of Puerto Varas and escort you to your hotel where you can unwind from your flight. Puerto Varas is on the edge of Lake Llanquihue and has amazing views across the lake to the perfectly shaped Volcan Osorno. You can spend the afternoon walking around town, swimming, relaxing or going into the fishing village at Puerto Montt.  
(No Meals included)

#### Day 2:

We will transfer after breakfast back to Puerto Montt and take a small aircraft flight to the seaside town of Chaiten. (40 minute flight). Our van will meet us and we will travel on the Carretera Austral south towards Lago Yelcho. The drive is spectacular with magnificent granite cliffs and steep glaciers bordering the lush temperate rainforest that we drive through. The Futaleufu river flows into Lago Yelcho, a world class trout fishing lake that is also home to the Coho Salmon that swim unimpeded up the Futaleufu to Argentina and back down to the Pacific at Chaiten. We pass a few small farms that are carved into the ancient rain forest and get a glimpse of frontier living 'Chilean style'. We arrive at base camp for a late lunch and a swim in the Fu! We kit out our kayaks and go over camp procedures

#### Day 3:

The first day on the water! We like to opt for the slow start here to keep the holiday feel to the trip. After kitting ourselves out at camp we take the short but scenic drive to Lago Espalon. Before we get near the lake your instructor will give you comprehensive safety instructions and introduce you to your kayak. We will practise basic strokes on the lake for the day, enjoying a sumptuous lunch in stunning surroundings. We return to our camp to discuss what we've learnt, and this is only the beginning...

#### Day 4:

We head to the lake again, for more instruction and roll practise. In the afternoon we put it all to practise for a fun game of kayak polo. With one instructor to 4 clients you get the chance to learn and practise as many skills and techniques as you like. It's your holiday take it at your pace.

#### Day 5:

We leave camp after a hearty breakfast, our 1<sup>st</sup> day on the river. We 'put in' just below the impressive "Cascades of Espalon". This is moving water, a Class 2 river with stunning beauty giving us ample chance to practise catching eddies. All kayakers learn by falling in, this is a great place to practise your breast stroke! 'Take out' is in Futaleufu town. We return to our camp to relax, have a chilled beer and talk about our river experiences.

#### Day 6:

Today we head west from our base camp to the Rio Azul beneath the Tres Monjas Peaks. The Rio Azul is a tributary of the Futaleufu winding its way through the mountains to the Fu. A slightly more challenging river, this will give you the opportunity to stretch yourself a little more and start putting all your new found skills into practise. You will come across some rapids with small waves to paddle through.

### Day 7:

Today is layover day! Whether you choose to try your hand at fly fishing, go for a horse ride, or simply chill out in your hammock at camp and read a book, the emphasis will be on relaxation. For the energetic; go for a spectacular walk to see a high alpine lake.... It's only uphill for half the distance! It's your trip and your day off, have fun!

### Day 8:

It's back out to the Rio Azul this morning to practise more of your whitewater paddling skills, pulling into a gorgeous beach for lunch. And in the afternoon we'll teach you some basic rescue techniques. This will help you understand more about the river and make you a proficient paddler. This is also a chance to discuss qualifications as we can award one and two star BCU qualifications.

### Day 9:

It's time to tackle the next grade. Today we run the Rio Palena, a gorgeous Class 3 run on the Argentine border. Class 3 is described as 'Rapids are larger, regular waves, path generally requiring manoeuvring to follow correct path.' We return to camp in the evening for more river tales around the campfire.

### Day 10:

Your chance to paddle the classic "Bridge to Bridge " section on the Futaleufu. You will have the opportunity to kayak or raft depending on your progress. This can be a day for huge personal achievements and plenty of smiles. Celebrating the day back at camp with traditional Asado and Pisco Sours.

(Included: Breakfast, lunch and dinner days 2-10)

### Day 11:

An early start to meet the van that will take us back to Chaiten for our flight back to Puerto Montt and our onward journeys back to Santiago.

(Included: Breakfast)

## The Details

### What Is Included:

- Transfers to and from Puerto Montt to Chaiten and then to the river. If you provide us with your arrival details we will meet you at the airport.
- Accommodation the night before the river trip in a tourist hotel. This will be on a share twin basis with somebody else on the trip. Single supplements available.
- All transfers to and from the river.
- All meals from breakfast on Day 2 to breakfast on Day 11. We can cater for any dietary requests, just let us know.
- All kayaking equipment, including the best in kayaks, paddles, buoyancy aids, helmets, shorty wetsuits, neoprene spray decks and spray jackets.
- Tented accommodation whilst on the river.
- All camping equipment including thermarest style mattresses and chairs (sleeping bags excluded).
- Qualified and experienced guides. We have a mixture of local and overseas guides who are extremely professional and are some of the most experienced guides in the world. These guys and girls make every effort to make your trip memorable and fun for you whilst at the same time ensuring your safety. They all hold advanced first aid qualifications and in the unlikely event of an injury they have the expertise and professionalism to deal with it.
- All necessary permits and licenses.
- A very cool AdventureX T shirt!

*Please Note: Not included are flights, visas, departure taxes, travel insurance, inoculations, sleeping bags, video or DVD of your trip, alcohol, personal items or gratuities. You will also need to budget for meals in town which are not included in the price and any extra accommodation outside what is provided.*

### Getting There:

There are a range of possibilities to get you down to Chile, plus plenty of bargains if you shop around.

#### *From the UK & Europe*

We recommend taking a flight with LAN Chile /Iberia from the UK to Santiago via Madrid. This may seem like a long route but we find this to be one of the best options for availability and price. Other options however would be

American Airlines or Delta through the USA or with Air Canada via Toronto. We suggest you book your connection to Puerto Montt from Santiago at the same time as you will get the best deal. It is important to note when booking your return flights from Puerto Montt back to Santiago that you will not get back from Chaiten until 1300hrs at the earliest. Our team in the UK will happily offer their advice and help you to find the best deal.

#### *From the USA*

From the USA the principal gateways to South America are via Miami, New York City and Los Angeles. Daily flights are offered with LAN Chile, United, American, Aerolineas Argentinas or with Air Canada from Toronto. Once again we suggest you also purchase your Santiago / Puerto Montt tickets at the same time, as purchasing later will prove to be more costly. Please note that your return flight from Chaiten does not arrive in Puerto Montt until 1300hrs at the earliest so please schedule your onward flights with time to spare.

#### **Exploring Chile:**

Chile abounds with a variety of outdoor options for those so inclined. For those who like to tramp about remote areas of the world carrying heavy loads on their backs, the Torres del Paine circuit is one of the most amazing treks in the world. The Lake district, especially the resort town of Pucon, with Volcan Villarica looming beautifully behind is not to be missed. If you like heights then think about summiting Mount Aconcagua, the highest point in the western hemisphere, - not for the faint of heart or body. And for those who like things dry, go north into the Atacama dessert, the driest desert on the planet. The town of San Pedro de Atacama is a great place and offers many facilities for tourists. If you like getting wet, then look into sea kayaking in the southern fjords of Chile around Las Termas de Chillan. For those wanting any more information, please contact us or refer to the Lonely Planet guide on Chile.

#### **Transport Services:**

The Chilean bus service is quite good, especially if you speak Spanish, however, as Chile is a long skinny country, it can take two days to travel by bus from the port nearest the Futaleufu to Santiago, so we would definitely recommend flying, especially if your time is limited. While in Santiago you can get around by taxi, busses, and the subway is a clean, cheap, and amazingly easy way to get around.

#### **Jabs:**

We recommend that you are immunized against Hepatitis A and Tetanus.

#### **Exploring Santiago:**

If you have an extra day and night in Santiago than you should check out the Plaza de Armas in the centre of the city, where Augusto Pinochet ousted Salvador Allende in the now famous coup; or check out Bellavista, where you can find long-haired poets reciting their latest creations, fishbowl size bowls of beer (Shop, as it is locally known), and some crazy late-night discos. The subway system is an excellent, easy, and cheap way to get about the city.

#### **Exchange Rates:**

At time of printing USD\$1 was worth 542 Chilean Pesos and GBPE1 equal to 995 Chilean Pesos.

#### **Retail Therapy and Chilean Specialties:**

Chile is not renowned for its crafts (unless you want to take home a lump of coal or copper), however, being close to Bolivia and Peru, one can shop for beautiful alpaca sweaters and hats. However, for the red wine lovers, Chile offers some of the best red wine around. And if you are a fish lover, you must try the local Ceviche. Boasting the longest cold-water coast of any country in the world, Chilean Sea Bass is amazing!

#### **River Flows:**

The Fu is a fairly high volume river with some demanding rapids. In December, when the water is the highest, some of the rapids become too large to run. We run our Kayak Clinic in January and February, which assures us (as much as possible – nature is unpredictable) of the best combination of water and weather to learn in.

#### **Climate:**

February is summer down in the summer hemisphere so the days should be quite warm. Make sure to bring plenty of sunscreen and lip balm. The water, being glacier and snow melt, is cold, and don't worry, you will be wet before the trip is over. We supply shorty wet suits and spray jackets, but if you have synthetic long underwear it wouldn't be a

bad idea to bring it. The weather in Patagonia can change quickly so bring a rain jacket as well. The nights will be chilly, 15 - 20 degrees, so you should definitely bring something warm to slip into whilst sat around the campfire, like a comfy fleece and woolly hat.

### **Fitness and Safety:**

Kayaking is an adventurous and rigorous sport, and a huge amount of fun! We recommend therefore that you are quite fit before the trip, to maximize your fun on this amazing river. Please let us know if you have any medical conditions or are taking any medication that could affect you throughout the course of the trip that you think we should be aware of.

### **Dress Code:**

Dress is casual around camp. Away from camp and in towns conservative non-revealing attire is best.

### **Personal Equipment:**

After years on the river the guides have found exactly what is necessary to feel comfortable in a kayak by day, cosy around the camp at night and totally in style in town before and after the trip. Therefore our equipment list will mean that you will be perfectly attired and outfitted for your whole trip and well under the baggage allowance. A full list of what we recommend will be sent to you after confirmation of booking. Very little, if anything in specialised equipment needs to be bought. You will probably already have in your possession what is needed for this trip. Perhaps the only thing that we specifically recommend for Chile is PLENTY of sunscreen!

### **Finally...**

Please remember that things do change, prices go up and down, activities stop running or change format and weather can send the best laid plans out the door. AdventureX will do it's best to provide what is described above but please take into consideration the nature of the journey that you are embarking on and the country that you are travelling in and understand that a certain degree of flexibility is necessary!

Any questions at all please give us a call. You will absolutely love this trip and we look forward to hearing from you when you return as a fully fledged kayaker!