

SOUTH AMERICA GUIDE

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ABOUT ACTIVE ADVENTURES



▼
LAGUNA DE LOS TRES, PATAGONIA

1

NEW ZEALAND PIONEERS IN ADVENTURE TRAVEL

Active Adventures is New Zealand's most globally diverse adventure travel company. 25 years after we started, we now offer our unique style of Kiwi adventuring across the globe to thousands of guests every year.

2

ALWAYS INSPIRING, LIFE-CHANGING

Active Adventures' true essence is best captured in our purpose, which is to inspire our guests to lead an adventurous life. That means something different to everyone, which inspires us to personalize our adventures to make them truly special.

3

SIZE MATTERS

We've grown a lot, but we're still small and highly accessible. Our HQ is in Queenstown, New Zealand's adventure capital, and our entire team and expert guides are all very hands-on. We're driven by our desire to share our own passion for adventure with guests all around the world.

WHY TRAVEL

1 WITH US

EXPERIENCE ADVENTURE THE WAY YOU WANT

You'll be inspired and exhilarated, enjoying mind-blowing scenery on foot, in a kayak, or by bike, all at your own pace. Select among our many options to build your own trip of a lifetime.

2

DECADES OF AWARD-WINNING TRIPS – RUN THE KIWI WAY

We're proud of our Kiwi roots, and you'll love our professional, warm and relaxed style of hosting. Plus, we'll always be at the end of the phone to help with planning, travel, bookings, hiking boot recommendations.

3

EVERY DETAIL COVERED, TO MAXIMISE YOUR TIME

As soon as you get off the plane, we've got all the details of your vacation covered – top notch meals, comfortable transport & accommodation, amazing guides and INCREDIBLE service.



▶ THE DOLOMITES, ITALY

4

4.53 OUT OF 5 FROM 18,296 REVIEWS. THAT'S PRETTY SOLID.

While we could hang around all day telling you how wonderful our trips are, the best people to listen to are our guests themselves.

5

GROUP TRAVEL FOR THOSE WHO AREN'T 'GROUP TRAVELLERS'

With our small groups you'll get to know our team, your fellow travellers, and have the flexibility and freedom to do as much (or as little!) as you like, while going at your own pace.

6

EXPLORE HIDDEN GEMS THROUGH OUR EXPERT LOCAL GUIDES

All our carefully selected guides are highly experienced and have deep personal connections to nature and culture. You'll enjoy some wonderfully profound moments and special experiences that can only come from authentic local knowledge.

ADVENTURE THE ACTIVE WAY



SO MUCH MORE THAN A GUIDE

Imagine a cross between Bear Grylls, David Attenborough and a Four Seasons Hotel concierge and you'll get the idea of what our guides are like!



WE'RE WITH YOU, EVERY STEP OF THE WAY

Travel can be stressful. Airlines, luggage, connections, timing, confirmations, the list goes on. We can even help you out with your plans for before you join us and after you leave! Get home revived, relaxed, and proud of what you've achieved – let us take care of the nitty-gritty.

WORLD-CLASS SAFETY

Safety is always a priority when you're exploring the wilderness, and we have an impeccable record. Our guides are trained extensively, have Outdoor First Aid and food safety certificates, and undergo our customised and comprehensive guide training trip.

We've received the World Travel and Tourism Council's Safe Travels stamp and the COVID-Clean Approved logo by Qualmark. We'll follow all ATTA, WTTC and Qualmark health and safety guidelines on all our trips.



AMAZING FOOD TO FUEL YOUR ADVENTURE

Food is such an important part of any trip - and getting the right fuel on an active holiday is crucial. We aim to provide high quality, local and fresh food for every meal, whether you are in a back-country hut, a remote lodge or a small town. If you have dietaries, that's no worries at all. We cater to almost any dietary requirements.



LOCALLY OWNED ACCOMMODATION

We like to visit some exciting locations by bike, on foot, rafting, kayaking, and canyoning, but we also enjoy our creature comforts.

By travelling with us there's never the disappointment of not being able to stay at that perfect place!



NO HIDDEN COSTS

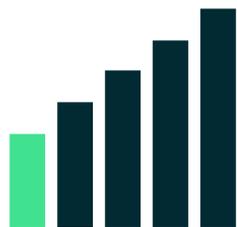
We have no hidden costs and everything is included. Everything is clearly laid out in our itineraries, so you don't have to do any guesswork.

Other tour operators charge what looks like a really cheap price, but it only covers road transport, a few meals here and there, guides, and accommodation. You can trust us to always be up front with you.

ACTIVITY LEVELS



ACTIVE LEVEL 1: WHAT'S THE RUSH?

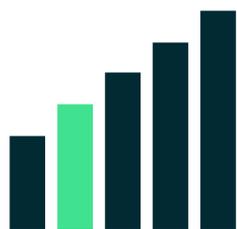


I'm not a triathlete, but I'm in decent shape and I'm not looking to experience a place just through a bus window. I'm happy to slow down on the trail, soak it in and breathe in the fresh air.

Walking: 2-3 hours per day on gentle-gradient trails.

Other activities: You'll be taking part in a range of activities that focus less on building up a sweat and more on enjoying the finer things in life.

ACTIVE LEVEL 2: LEG STRETCHER



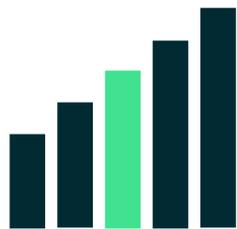
Sure, I own hiking boots, they're even worn in, but they don't go on long trips. I like my creature comforts and I like to give a range of activities a go.

Walking: 2-4 hours per day on gentle to moderate gradient trails.

Biking: 1-3 hours, cruisy rides achievable by anyone, even first-timers.

Kayaking: 1-3 hours, entry-level sea kayaking.

ACTIVE LEVEL 3: EARN YOUR LUNCH



I stay active on vacation so that I can eat and drink what I like without feeling guilty. I season my trips with a little fresh exercise.

Hiking: Typically 3-6 hours per day on well-formed trails.

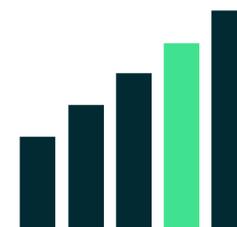
Expect some significant gradient inclines and declines.

Altitude: Your trip may include some moderate altitude areas, though these don't form the focus of the trip and are generally manageable.

Biking: 1-3 hours, cruisy rides achievable by anyone

Kayaking: 1-3 hours, entry-level sea kayaking

ACTIVE LEVEL 4: CHALLENGE ACCEPTED



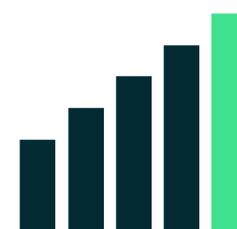
I'll let my trusty guides sweat the small things, so I can focus on my goal. Getting to the top, reaching the end, achieving my dreams! Sure, it'll be tough, but the views will be worth it.

Hiking/Trekking: Typically 4-6 hour hikes with options for more, sometimes with limited or no vehicle support and with ascents and descents.

Altitude: Some trips at this level will reach a significant altitude. We are here to help you manage that.

Biking & Kayaking: If one, or both, of these activities are 'your thing' there are trip options in this range to specialise.

LEVEL 5: THE ULTIMATE



I've put in the hard yards and now I get to reap the rewards. I'm a seasoned adventurer, not afraid to get my boots wet.

Trekking & Altitude: This is classic trekking, at altitude. Some might even call it 'expedition-style'. We've had folks from all walks of life achieve their dreams on our grade 5 trips, so if you're in for a challenge get in touch to find out if this is for you.



FITFORTRIPS

NEED HELP WITH TRAINING?

We have a comprehensive guide to what exercises you can do to prepare for each level, courtesy of [Marcus from 'Fit for Trips'](#). If you want a customized plan, you can get in touch directly with him.



EXPLORE

SOUTH AMERICA



► MACHU PICCHU, PERU

Meaning “Old Peak” or “Old Mountain” in the native Quechua language, this Incan citadel stands at 2,400 meters (7,880 ft) above sea level along a narrow and uneven mountain vista. Hidden for centuries, its highly remote location makes it feel as if it's floating on a sheet of mist.



► ISABELA ISLAND, GALAPAGOS

The largest in the Galapagos archipelago, Isabela Island impresses with its vast lava fields, arid volcanic peaks and the largest population of wild tortoises on the islands.



► TORTUGUERO NATIONAL PARK, COSTA RICA

The exceptionally high rainfall and rich environment where the freshwater meets the sea make the beaches, canals, lagoons, and wetlands of Tortuguero areas of exceptional biodiversity and opportunity for nature lovers.



► PERITO MORENO GLACIER, ARGENTINA

This icefield is part of the world's third-largest reserve of fresh water and forms a natural dam to the opposite shore that separates the two halves of Lago Argentino. You won't want to miss the blocks of ice crack off the glacier's imposing face and fall into the pastel-blue waters of Lago Argentino.



► SACSAYHUAMÁN FORTRESS, PERU

The fortress, meaning ‘House of the Sun’, is where the Incas made their final stand against Spanish conquistadores. This magnificent archaeological site represents a set of jaguar's teeth with massive, perfectly fitted stones.



► LOS CUERNOS, CHILE

Spanish for ‘The Horns,’ Los Cuernos are three fantastically sculpted grey and white sedimentary and granite peaks that rise in dramatic contrast to the turquoise lake below.



► SAN CRISTOBAL ISLAND, GALAPAGOS

There are a number of renowned dive and snorkel spots off the island's coast including Kicker Rock and Isla Lobos ideal for spying on wildlife in and out of the water.



► LAGUNA DE LOS TRES, ARGENTINA

It's hard to imagine the views of the brooding Fitz Roy massif could get any better, but if you choose to make the steep climb up to Laguna de Los Tres, you'll be rewarded with close-up views of Monte Fitz Roy looming above a glacial lake.



PERU

10 DAYS | HIKING FOCUSED



GALAPAGOS & ECUADOR

10 DAYS | WILDLIFE

CUSCO



CUSCO

TRIP HIGHLIGHTS

HIKE

- The Classic Inca or Lares Trail
- The Amazon jungle
- Sacsayhuamán fortress
- The Sacred Valley of the Incas

BIKE

- In the Sacred Valley of the Incas

EXPLORE

- Machu Picchu
- Cusco



The hike on the Lares trek held more wonder and beauty than I expected. I am 67 and the hike was a challenge for me but with perseverance and encouraging words from Gustavo and the group, I did amazingly well. Our porters had our campsite ready and the food was outstanding (and for me too much) both on and off the trail.



ITINERARY

INQUIRE

MACHU PICCHU & AMAZON ADVENTURE

 Activity Level 3-4

Experience the very best of Peru in ten days on a multi-activity adventure you'll never forget. This is our signature trip in Peru. It captures everything this beautiful country has to offer, from the towering peaks of the Andes down to the steamy depths of the Amazon jungle.

You'll start your trip in the heart of the Inca empire where we explore fortresses and surrounding valleys, hike over stunning mountain passes to Machu Picchu via the Lares Inca Trail or Classic Inca Trail over four days, cycle into the Sacred Valley of the Incas and view Amazon wildlife up close.



 DEPARTURE DATES

jan feb mar apr may jun jul aug sep oct nov dec

QUITO



QUITO

TRIP HIGHLIGHTS

HIKE

- Sierra Negra volcano and Santa Cruz Island

BIKE

- San Cristobal Island

EXPLORE

- Swim with turtles and rays at Kicker Rock
- Snorkel with reef sharks
- Lava tunnels on Floreana Island

PLUS...

- Meet giant tortoises and iguanas
- Optional Galapagos diving

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INQUIRE

ULTIMATE GALAPAGOS ISLANDS ADVENTURE

 Activity Level 2-3

This trip is a fantastic way to discover several of the Galapagos Islands, especially for landlubbers. You'll snorkel, dive, hike and cycle, and cruise between the multitude of stunning islands in our comfortable dive boat, the 'Pacific' while staying on dry land each night.

Starting with a short flight to San Cristobal Island, highlights of this incredible trip include snorkeling with turtles, rays, and tame reef sharks, kayaking in a beautiful calm bay, and hiking up an island volcano with one of the largest active calderas in the world.



 DEPARTURE DATES

jan feb mar apr may jun jul aug sep oct nov dec



PERU - GALAPAGOS & ECUADOR

13 DAYS | MULTI-ACTIVITY



PERU

6 DAYS | MULTI-ACTIVITY

CUSCO



QUITO

TRIP HIGHLIGHTS

HIKE

- Sacsayhuamán fortress
- In the Sacred Valley of the Incas
- Sierra Negra Volcano and Santa Cruz Island

KAYAK

- Isabela Island

EXPLORE

- Machu Picchu
- Cusco, Lima and Quito

PLUS..

- Swim with turtles at Kicker Rock

ITINERARY

INQUIRE

ULTIMATE MACHU PICCHU & GALAPAGOS ISLANDS ADVENTURE

Activity Level 3-4

Starting in Cusco, you'll cycle into the Sacred Valley of the Incas, hike the Huchuy Qosqo Trail, experience Machu Picchu and explore Pisac market. And that's just Peru! Afterward, take a short flight to Lima and then on to Quito, where you'll wander the colonial city unchanged from the colonial days. From here, it's just a hop over to the Galapagos Islands. The next 6-days will be yours to snorkel next to Kicker Rock, cycle the San Cristobal highlands, hike Sierra Negra Volcano, sea kayak near Isabela Island and get up close to all manner of wild creatures and relax on isolated beaches.



DEPARTURE DATES



CLASSIC MACHU PICCHU ADVENTURE

Activity Level 3

Starting in Cusco, you'll cycle into the Sacred Valley of the Incas, hike the Huchuy Qosqo Trail, visit Pisac market, and spend a full morning exploring the famous citadel of Machu Picchu, including a chance to hike to the Sun Gate.

TRIP HIGHLIGHTS

- Hike Sacsayhuamán fortress
- Bike in the Sacred Valley of the Incas
- Explore Machu Picchu
- Explore Cusco, Lima and Quito

CUSCO CUSCO

ITINERARY

INQUIRE

GALAPAGOS & ECUADOR

7 DAYS | WILDLIFE

CLASSIC GALAPAGOS ISLANDS ADVENTURE

Activity Level 4

Explore the best of the Galapagos Islands on this seven-day island-hopping adventure. Snorkel Kicker Rock, cycle San Cristobal, hike volcanic landscapes, see incredible wildlife, and get to know local life as you relax on land each night.

TRIP HIGHLIGHTS

- Hike Sierra Negra Volcano and Santa Cruz Island
- Kayak Isabela Island
- Swim with turtles at Kicker Rock

QUITO QUITO

ITINERARY

INQUIRE



PATAGONIA

8-14 DAYS | HIKING FOCUSED



PATAGONIA

14 DAYS | MULTI-ACTIVITY

PUNTA ARENAS



EL CALAFATE

TRIP HIGHLIGHTS

HIKE

- To the base of Monte Fitz Roy and Cerro Torre
- Los Glaciares National Park
- Lomo del Pliegue Tumbado

CHOICE OF MULTI-DAY OPTIONS

- Hike the full W-Trek and stay in refugios
- OR
- Hike day sections and stay in a lodge

BIKE

- Laguna del Desierto

KAYAK

- And boat cruise on Grey Lake

EXPLORE

- Visit Magdalena Island penguin colony

ITINERARY

INQUIRE

PATAGONIA HIKING ADVENTURE

Activity Level 3-4

Southern Patagonia, for hikers in particular, is always near the top of the bucket list. Immense craggy mountain ranges erupt straight up from colossal boulder fields, vast rivers of ice calve into deep blue lakes, and its intricate coastline is strewn with uncharted fiords and inlets. You'll enjoy incredible views as you hike in the Fitz Roy area of Argentina, trek in Chile's Torres del Paine National Park, bike near Laguna del Desierto and sea kayak amongst icebergs on Grey Lake. If you have a passion for the outdoors, this is the trip for you!



DEPARTURE DATES



BARILOCHE



BARILOCHE

TRIP HIGHLIGHTS

HIKE

- Cerro Llao Llao & Playa Tacul
- Cerro Falkner & Bella Vista
- Osorno Volcano

KAYAK

- One of the "Seven Lakes"
- Reloncavi Fiord

EXPLORE

- The land of volcanoes, "Ring of Fire" Huilo Huilo Reserve
- Parque Pumalín
- The "Cruce Andino" route

— “ —

Active Adventures takes all the stress away from planning and executing a flexible itinerary. Our trip was the perfect mix of adventure, relaxation, delicious meals, and meeting local guides who quickly became friends.

— ” —

ITINERARY

INQUIRE

NORTHERN PATAGONIA ADVENTURE

Activity Level 3

Where there are volcanoes, there are hot springs, and there's no shortage of either on our 14-day Northern Patagonia Adventure. Starting and finishing in Bariloche, you'll fall in love with the relaxed Patagonian culture and postcard-perfect landscapes of Chile and Argentina. From the views atop Cerro Llao Llao and Osorno Volcano to the calm waters of Reloncavi Fiord and Lake Machonico, your camera will be filled to the brim with jaw-dropping moments. Along the way, you'll stay in comfortable accommodations, enjoy delicious local cuisine and learn the ins and outs of Patagonian culture from expert guides.



DEPARTURE DATES





COSTA RICA

9 DAYS | MULTI ACTIVITY



COSTA RICA

6 DAYS | MULTI-ACTIVITY

SAN JOSÉ



SAN JOSÉ

TRIP HIGHLIGHTS

KAYAK

- The canals of Tortuguero National Park

BIKE

- Along the beach in Puerta Viejo

PLUS...

- Paddle the exhilarating class III-IV rapids of the Pacuare River
- Rappel down thundering waterfalls and sail through the treetops on a canyoning and zip line adventure
- Snorkel Cahuita National Park



It was amazing how many animals we were able to see on our trip! From sloths to crocodiles to hundreds of birds! Our guide, Marco, was an amazing source of knowledge and was excited to share it with us. We would not have been able to see 1/10th of what we did on our own.



ITINERARY

INQUIRE

TORTUGUERO ADVENTURE



Starting in San José, you'll embrace the Pura Vida (pure life) over the next nine days as you hike, bike, and kayak through the Tortuguero National Park and the Cahuita National Park. Listen to bird melodies as you float down the Pacuare River, rappel down thunder waterfalls, take a snorkeling tour amongst colorful corals and bike to tucked-away beaches of the Caribbean. By evening, relax with a cold drink in hand at premium eco-lodges.



DEPARTURE DATES



jan feb mar apr may jun jul aug sep oct nov dec

LIBERIA



LIBERIA

TRIP HIGHLIGHTS

HIKE

- Rincon de la Vieja National Park
- Las Chorreras waterfall
- Cangreja Falls

KAYAK

- Isla Chora

PLUS

- Snorkel among colorful tropical fish
- Canopy zipline tour
- Raft down the Blanco River
- Paddleboard Playa Carrillo



Family departures available

ITINERARY

INQUIRE

GUANACASTE ADVENTURE



Our 6-day Costa Rica Guanacaste Adventure focuses on the Guanacaste province, known for its endless beaches, calm waters and fascinating wildlife. Explore Rincon de la Vieja National Park. Witness stunning waterfalls, cloud forests and volcanic landscapes as you zipline through the canopy and float down the Blanco River. Challenge yourself with a hike up Cangreja Falls, all while keeping an eye out for howler monkeys, armadillos and exotic birds. Test out your paddleboarding skills, sea kayak and snorkel around Isla Chora or take an optional surf lesson.



DEPARTURE DATES



jan feb mar apr may jun jul aug sep oct nov dec

The logo for Active Adventures features a stylized, dark teal letter 'A' on the left, composed of three overlapping triangular shapes. To the right of the 'A', the words 'Active' and 'Adventures' are stacked vertically in a bold, dark teal, sans-serif font.

Active Adventures



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