

Patagonia Sea Kayaking - Adult

Travel and Logistics

Course Start

Arrive	At least 1 full day before your course start date
Meeting place	Plaza de Armas (central square) By the Patagonia store Coyhaique, Aysén región, Chile
Meeting time	7 a.m. on course start date

Flight Destination

Airport	Balmaceda, Chile (BBA)
Date	Arrive 1 full day before your course start date

Flight Return

Airport	Balmaceda, Chile (BBA)
Date	Depart at least one full day after your course end date

Ground Transportation

From airport at arrival	Take transfer bus to lodging in Coyhaique
From NOLS for return	NOLS will provide transportation from our base to Coyhaique on the afternoon of the last day of your course.

Accommodation

Before Course	You arrange: arrive the night before your course start date
After Course	You arrange: at least the last night your

	course ends
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Prepare to Travel to Your Course

(Further details following)

1. Submit your health form on your [Dashboard](#) as soon as possible. Once NOLS clears it, you can start booking travel.
2. Book your travel.
3. Arrange ground transport - when your flight lands
4. Arrange accommodation for before and after course
5. Complete and submit Travel and Logistics form on your [Dashboard](#)
6. Consider Tuition Protection coverage (see [Dashboard](#), highly recommended)
7. For International Travel:
 - a. Check that your passport is valid for the appropriate dates
 - b. Arrange visa and/or parent letter if needed
 - c. Notify your bank/credit card company that you will be traveling internationally
 - d. Get cash in local currency
 - e. Prepare for important cultural considerations
 - f. Get inoculations as required
8. There are currently no COVID related requirements or restrictions for foreigners entering Chile.
9. **Contact for NOLS Admissions:** 800-710-6657 / admissions@nols.edu (Save our contact info so you have it while you travel!)

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Welcome to NOLS Patagonia!

Your course will begin and end in the city of Coyhaique, the administrative capital of Coyhaique Province and the Region of Aysén. It is the largest town in the area, and provides the best launching spot for remote travel in this part of Patagonia.

Please use the information below to help organize your travels to and from your course. Begin your preparations as soon as possible, as it can take several weeks to obtain your passport and inoculations and to make travel plans.

Key Information

- **COVID:** Chile restrictions to manage the COVID pandemic could be quite different from what you are used to in your home country and have been changing often. Be attentive to possible changes in requirements.
- **Flying:** Some flights to Balmaceda first stop in Puerto Montt for around 45 minutes, so please wait to get off the plane until you have arrived in Balmaceda.
- **Lodging:** We recommend you make your reservations ahead of time, because the airport transportation will drop you directly where you are lodging.
- **Passport/Visa:** You must have a tourist card for the duration of your stay in Chile and passport. NOLS recommends your passport be valid for at least 6 months after the course end date. Please see travel.state.gov for specific requirements for the country in which you will be traveling. Your tourist card is the PDI receipt you will get from the immigration officer while going through customs (**please, do not lose it**).
 - Please submit your passport information on your NOLS Dashboard using the Travel & Logistics Form

Pesos for Balmaceda Airport Ground Transport to Coyhaique

You will be responsible for arranging your own travel arrangements, including the ride from Balmaceda Airport to Coyhaique. Travel from Balmaceda airport is a 45-minute

van ride for \$9,000CLP (= about US\$11.00). You need to exchange money before you get to the Balmaceda airport because these vans (transfers) cannot accept US dollars. The van companies have stands right in the luggage claim area of the airport. Any one of them will work.

Pre- & Post-Course Travel

If you have the time and wish to see some of Chile, plan on doing it after your course. You can try to travel overland from Coyhaique to Santiago.

For further information on travel in Chile, there are Sernatur offices (Chilean tourist offices at www.sernatur.cl) located in all major towns and cities. They are excellent sources for publications and maps. Santiago has two Sernatur offices, one at the International Airport and the other downtown.

Flexibility with Arrival and Departure

The nature of airlines and long distance travel make it mandatory that you arrive in Balmaceda/Coyhaique a day prior to the starting time of your course. The flight from Santiago to Balmaceda takes about three hours. Some flights may include a short stopover in Puerto Montt.

We ask that students do not plan on leaving Coyhaique sooner than a full day following the course ending date. Although we will do everything possible, without compromising safety, to end on the date indicated, weather is an unpredictable factor. Unusual conditions could affect the ending date of your course. If you purchase a discount ticket with a penalty for changing dates, give yourself plenty of additional time at the end of the course as a precautionary measure.

If Delayed

If it becomes evident that you'll arrive late to Coyhaique and will not make the course starting time, please contact NOLS Headquarters in Wyoming immediately. If you are in Chile, call the NOLS Patagonia branch directly. You can also send an email to patagonia_managers@nols.edu. Be prepared to give your full name, course code, and your whereabouts.

Contact Information

NOLS Admission Office (Lander, WY, USA)

Ph: 1-800-710-NOLS – from within the USA

Ph: 001 (307) 332-5300 – from Chile

Fax: (307) 332-1220

Email: admissions@nols.edu

Website: www.nols.edu

NOLS Patagonia (Coyhaique, CHILE)

Ph: 011 (56-67) 2240040 or 2240041 – from within the USA

Ph: (67) 2240040 or 2240041 – from Chile

Email: patagonia_managers@nols.edu

Course Meeting Time and Location

You will need to be at the Plaza de Armas (central square, near the Patagonia store), in Coyhaique, Chile at 7:00am on the day your course is scheduled to begin. Please be at the meeting on time, with your passport and tourist card, and with all personal business completed.

The First Few Days

We will pick you up at the location and time mentioned above. Please check out of your hostel/hotel before the pick-up time on the first day. Because the first day is busy with your preparations for the field sections of your course, we ask that all personal matters (phone calls, letters, email, travel arrangements etc.) be taken care of before your course begins. Likewise, if you have specific shopping needs that cannot be met by NOLS (see your equipment list), please be sure to take care of them beforehand. There won't be an opportunity to get to town once your course starts.

We will bring you to the NOLS campo, a farm of several hundred acres located 11 km. from Coyhaique, where we will have brief introductions and breakfast. The first morning you will receive an in-depth orientation to the course from your instructors and you will work on equipment and logistics for your expedition. You could depart that same afternoon to the field or early the next morning.

Course Ending Date and Location

At the end of the course you'll spend time cleaning and, if necessary, repairing the equipment you used. Your course will officially end in the town of Coyhaique the evening of the ending date indicated in your acceptance letter. You will be responsible for lodging arrangements and expenses for this evening.

Customs and Immigration

You are entering Chile as a tourist, not a student. NOLS recommends your passport be valid for at least 6 months after the course end date. Please see travel.state.gov for specific requirements for the country in which you will be traveling. Please submit your passport information on your NOLS Dashboard, or mail a copy of the photo page to the NOLS Admissions Office (see address above).

Visa Requirements for North Americans

A consular visa is not required for U.S. or Canadian citizens to visit Chile. Upon entry, you'll be given a tourist visa (the PDI receipt), which is good for 90 days. **Be sure to keep this card** and any other documents you receive from immigration. Your tourist visa must still be valid on the day that you leave Chile, or you will incur substantial fines.

Extensions of the 90-day tourist visa may be obtained by visiting the Gobernación office (in Coyhaique, Puerto Montt, Punta Arenas, Santiago, or other major towns) for a fee (approximately US\$100). An alternative method is to leave Chile and re-enter to obtain a new tourist card. If you plan to obtain your extension by this method you'll need to spend at least one night outside of Chile. There may be border restrictions that prevent you from crossing borders during COVID times.

Regardless of how you extend a tourist card (should that be necessary), it is your responsibility to make sure that your tourist card is valid for the duration of the course as of the course start date. A tourist card cannot be extended while you are in the field on your course. **You must plan ahead to be sure it will be valid for the duration of your stay in Chile.**

Non-US or non-Canadian citizens should check with the nearest Chilean consulate to see if they require a visa or not. We require that all students who need visas for Chile obtain one prior to their course. We recommend checking with your airline, too, to confirm which documents are required for entering Chile and to confirm that your travel dates will work. Please contact the Chilean Embassy for details and to get the latest requirements, because they are subject to change: www.chile-usa.org

Australian and Mexican citizens visiting Chile for the first time will be charged a Reciprocity Fee (currently \$160) upon entry into Chile. Save the receipt, as it is valid for the life of your passport.

Medical Information

At this time, there are no inoculations required by the United States or Chilean governments for exit or entry if traveling among these countries. However, NOLS strongly recommends that all students traveling to Chile have certain inoculations. As a series of inoculations can often take months, we suggest you begin early. To guard against possible illness or infections while traveling in an international country, precautions are required that are not normally recommended if residing in the United States. Regulations and recommendations can change fairly often, so you or your physician should check with the Centers for Disease Control or the U.S. Public Health Service (IMAT 417 Center St., Lewiston, NY 14902, 716-754-4883; ask for their Immunization Chart).

The following are NOLS' recommendations for vaccinations prior to your trip to Chile. These are recommendations only, and we request that you consult your personal physician in this regard, as individual requirements may vary. If you are traveling to other parts of South America before or after your course, please be aware that requirements may differ.

Suggested Inoculations

- Tetanus and diphtheria toxins: You must have a current tetanus immunization for your course.
- Measles, Mumps and Rubella: Persons born after 1956 should have a documented history of immunization.
- Poliovirus vaccine: Immunization is strongly recommended for adults traveling in South America. Two types of poliovirus vaccine are available, and whether you require a booster or a full primary course will depend on your previous immunizations. Again, check with your doctor.
- The following vaccines are also recommended:
 - Hepatitis A: either vaccine (Havrix or Twinrix) or Immune Globulin.
 - Typhoid: Vaccinations are recommended for travelers going off the usual tourist itineraries and/or those traveling for 6 weeks or more.

Vaccinations and inoculations should be recorded in the official document "International Certificate of Vaccination" available from the U.S. Public Health Service or its equivalent in other countries, or from your doctor. This is also a good place to record your prescriptions, eyeglass needs, medical problems such as allergies, and any other information of a medical nature. Please record your blood type on the front page the booklet.

Other Medical Concerns for Travel in Chile

Chile has impressive public and private health facilities. In all major population centers there are well-equipped hospitals with expert staff. By law, blood at these hospitals is screened for HIV (Chile has reported a very low incident rate of AIDS). Communications and infrastructure enable transfer of patients from regional hospitals to the large Santiago hospitals if the need arises. All our instructors are trained in first aid to deal with emergency medical situations. Remember, however, that we will be in remote locales where immediate medical attention is often many days away.

Echinococcosis

Echinococcosis or hydatid disease results from being infected with the larvae of the tapeworm *Echinococcus granulosus* and is found most commonly in dogs that consume the viscera of infected sheep. Infection results in the formation of cysts in the liver, lungs, kidney and spleen. This condition is also known as cystic hydatid disease and can usually be successfully treated with surgery. However in some cases it can be fatal. Humans are usually exposed to these eggs in one of two ways:

1. By directly ingesting food items or drinking water that is contaminated with stool from an infected animal.
2. By petting or having other contact with cats and dogs that are infected. These pets may shed the eggs in their stool, and their fur may be contaminated. They may also contaminate other objects, such as harnesses or leashes, which can also spread infection.

Three steps can help prevent echinococcosis and other diseases:

1. After handling pets, always wash your hands with soap and warm water.
2. Do not eat wild fruits or vegetables picked directly from the ground without careful washing or cooking.
3. Treat or boil all non-tap water.

Traveler's Diarrhea

Diarrhea is by far the most frequent health problem for travelers to South America. Traveler's diarrhea is caused by a variety of infectious agents and the spectrum of clinical illnesses varies considerably. This illness in travelers, however, is usually not severe, and complete recovery often occurs even in the absence of medical treatment. We do not recommend prophylactic use of anti microbial/anti motility agents (Lomotil, Imodium) due to the possible troublesome side effects. Instead of using an anti-diarrhea prophylactic, we recommend that you be careful of what you eat and drink. If problems

occur, your instructors will be able to recommend treatment or assist you in getting medical treatment.

Cholera

As of January 2003, a cholera vaccine is not required for travel to or from cholera infected areas. Cholera is best avoided by following basic hygiene practices and avoiding fresh foods and untreated water in infected areas. North Americans living and traveling overseas in regions where cholera is present are at a very low risk of contracting the disease if they follow the recommended practices. Many newcomers prefer to be cautious and treat all water. Outside of Santiago, it is advised that only beverages made from boiled water (tea, coffee), bottled carbonated drinks and canned juices may be safe to drink. Keep in mind that ice is prepared from non-boiled water. The modern appearance of Chile, especially Santiago, tends to lead foreigners to disregard necessary precautions. As anywhere, peel and wash all fruits and vegetables. It is also a good idea to avoid mayonnaise, as it is an excellent medium for disease-causing organisms. Choose eating establishments based on their sanitation.

Luggage

Please check directly with the airline for baggage limitations and allowances. Most international flights allow two 50 lb. pieces, so you should be well within your limits. You will be able to store luggage with NOLS Patagonia while you are in the field. Please keep it to a reasonable amount, as our space is limited, and keep in mind that we cannot guarantee security.

Language

Spanish is the official language of Chile. Although there is some English spoken in Santiago and Puerto Montt, it is rarely spoken elsewhere. Learning basic Spanish will make traveling easier and allow greater cultural interaction. We recommend a Spanish-English pocket dictionary/phrasebook to use during your travels.

Money Exchange

The currency in Chile is the peso. The rates of exchange with the US dollar fluctuate daily. The following link can give you up- to-date exchange rates for both countries: www.xe.com/ucc/. \$50 and \$100 USD bills can be difficult to exchange. We recommend traveling with crisp, clean \$20s. Traveler's checks can also be difficult to exchange.

Visa, MasterCard, and American Express credit cards are all accepted throughout Chile in many hotels, restaurants and supermarkets. Cash advance machines (ATMs) are

common, very convenient for travelers in Chile, and often offer the best exchange rates. When withdrawing from an ATM it is necessary to select “Cliente Extranjero” (“Foreign Client”) from the screen prompts.

Make sure you have Chilean pesos before you arrive at the Balmaceda airport. You can easily exchange or withdraw pesos at the airport in Santiago.

Personal Expenses While in Chile

Once your NOLS course has begun, there will be little opportunity for you to spend money until after the course has ended. However, you will have opportunities for minor purchases along the road, mainly snacks and beverages, so a little pocket change could be useful. Former students have recommended bringing along \$20,000–30,000 pesos. There will be no opportunities to change money once your course has started—make sure you do this prior to the course’s start. Your personal expenses pre- and post-course depend entirely on how you travel.

During your course, NOLS will cover the cost of food, transportation, and instruction, as well as the group equipment indicated on the group equipment list. You are responsible for personal medical bills and evacuation expenses if you need to be evacuated from the course, and for personal equipment listed as not available from NOLS Patagonia.

Geography and Climate

"It may be said that it suits the majestic temple of savage and virgin nature to hide from the eyes of the profane its treasures of beauty behind a thick curtain of wind and storm-tossed clouds. At rare times, it shakes off the clouds and then it is as if a magic curtain parts and there appears, resplendent in the light, ice sphinxes and spires and pinnacles bordered by a fire lace of snow, and alters with precious stones beneath a cobalt sky." -Alberto Maria de Agostini, Italian mountaineer, explorer, and geographer

The Austral and Patagonian Andes are said to stand in the waves of the sea. Vast areas are covered by ice, remnants of the Pleistocene Age. Fjords fringing the Andean peaks meet wide river valleys, which are vegetated by dense rain forest near the ocean and pampa (tundra-like grassland) on the eastern side of the coastal range and in the south. Be prepared for any type of weather condition. The diverse meteorological conditions and vegetation are reflected in the varied terrain.

For a country no more than 120 miles wide, the varied climates are many. On your course you could end up exploring the forest or doing activities in camp for days while you wait for winds to calm. This is part of the payment for living and traveling in a wild

and pristine land. One of the most important skills that you will learn on your course will be living comfortably in varied weather conditions. Expect rain and cold regardless of what other weather conditions you may encounter. Chileans say their country was the last one created by God and made from the earth’s leftovers. Chile contains both the driest and the second-wettest place on the planet. Puerto Montt has the climate as Seattle, overcast and rainy in September and warm and wet in January.

Santiago

The capital city of Chile is a large city of 7 million. Its climate is similar to south central California, cool in late September and hot in January. There is luggage storage at the airport if you wish to explore the city unencumbered. Buses, “transfer” shuttles, and taxis leave regularly from the airport to the center of the city, 14 miles away. You can change money at the airport. Once in the center of the city, it is inexpensive to take a taxi, bus or subway and it’s simple to walk to hotels or restaurants. Santiago also has a good underground subway system. In Santiago, it is not a good idea to walk in the parks alone at dusk. Valuables should not be left unattended. Be particularly aware of the city buses while you are walking as they have the right of way and use it.

The U.S. Embassy in Santiago is at Andrés Bello 2800, Las Condes, Santiago. The telephone number is 56-2-232-2600. Once in Santiago, you can consult the phone book for the location of other country's embassies.

Below are some suggested places to stay that we have found to be clean, reasonable and central to the downtown area. All phone numbers include country code-city code-phone number. For a more complete listing contact the Sernatur office at the Airport.

Low-priced Hotels

Hotel/ Hostel	Contact	Website
Hotel Paris	Address: 813 Calle Paris Phone: 56-2-263940-37 Email: carpott@latinmail.com	www.hotelparis813.com
Hotel Paris Londres	Address: Londres 54 Phone: 56-2-26382215 Email: info@londres.cl	www.londres.cl

Mid-priced Hotels

Hotel/ Hostel	Contact	Website
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Hotel Santa Lucia	Address: San Antonio 327 Phone: 56-2-263982-01 or 02,03,04,05 Email: hotelsantalucia@hotelsantalucia.cl	www.hotelsantalucia.cl
Hotel Libertador	Address: Av. Bernardo O'Higgins 853 Phone: 56-2-26394211 Email: info@hotellibertador.cl	www.hotellibertador.cl/

Premium-priced Hotels

Hotel/ Hostel	Contact	Website
Hotel Crowne Plaza	Address: Av. Bernardo O'Higgins 136 Phone: 56-2-26381042 Email: sales@crownsantiago.cl	www.ihg.com/crowneplaza/hotels/us/en/santiago/sclco/hoteldetail
Hotel Sheraton	Address: Av. Santa Maria 1742 Phone: 56-2-22335000	www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=296&language=en_US

Coyhaique

Coyhaique is situated in the heart of the Aysén region, which is the least populated region within Patagonia. Its importance as a regional capital has caused this town to boom in recent years and it has become a tourist attraction for Chileans and Argentines. Fly-fishing is a popular activity for tourists coming to the area. The town sits along the Rio Simpson and is a jumping off point to see Laguna San Rafael National Park, Cerro Castillo National Reserve, Pumalin Park, the Hot Springs at Puyuhuapi, and Queulat National Park. It is located among mountains, volcanoes, rivers, and lakes.

You'll not be spending any time in Coyhaique once your course begins, so you may want to take the time to explore this area before or afterward. Coyhaique is generally a safe city during the daytime. However, after dark we strongly recommend that you take a cab rather than walk.

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There are a wide variety of hotels and residenciales in Coyhaique (family homes which rent out rooms). The following is by no means a complete list, but will give you a place to start.

Low-priced Hotels

Hotel/ Hostel	Contact	Website
Hostal Huemul Patagón	Address: Ignacio Serrano 881 Phone: 9 9760 6780	huemul-patagon.negocio.site/
Residencial Monica	Eusebio Lillo 664 Phone: 56-67-223-4302	-
Hospedaje María Ester	Lautaro # 544- Coyhaique Phone: 56-67-2233023 or 56-9-89062683 E-mail: hospedajemariaester@hotmail.com	www.hostalmariaester.cl/web
Cabañas la Estancia	Colon #166 Phone: 56-67-225-0193 E-mail: cabanasla@hotmail.com	
Hostal Belisario Jara	Bilbao #662 Phone: 56-67-2234150 or 2234155 E-mail: reservas@belisariojara.cl	www.belisariojara.cl

Mid-priced Hotels

Hotel/ Hostel	Contact	Website
Patagonia House	Address: Quinta 18 de Julio, Coyhaique, XI Región, Chile Phone: 56-67-221-1488	www.patagonia-house.com
Hotel Austral	Address: Colon 203 Phone: 56-67-223-2522 E_mail: hotelaustralchile@gmail.com	—
Hotel San Sebastián	Address: Baquedano 496 Phone: 56-67-223-3021	—

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	E-mail: reservashotelsansebastian@h otmail.com	
Huella Patagónica Hostel & Café	Address: Ignacio Serrano #621, Esquina Lautaro, Coyhaique Phone: +56-67-2230002 or +56-9-44101571	www.huellapatagonica.cl https://www.facebook.com/HuellaPatagonicaCoyhaique/

Premium Hotels

Hotel/ Hostel	Contact	Website
Hotel Luis Loyola	Address: Arturo Prat 455 Phone/Fax: 56-67-223-4200/ or 234201 E-mail: hoteloyola@patagoniachile.cl	—
Hotelera San Rafael	Address: Moraleda 343 Phone: 56-67-223-3733 E-mail: csanrafael@patagoniachile.cl	www.hotelerasanrafael.cl
Hotel Diego de Almagro, Coyhaique	Address: Avda Ogana #1320 Phone: 56-67-2215200 or 2215202 E-mail: reservas-gxq@dahoteles.com	www.dahoteles.com
El Reloj	Phone: 56-67-2231108 or 2524691 E-mail: htlelreloj@patagoniachile.cl	www.elrelojhotel.cl

Communication

Mail

You can only receive mail at the end of the course. Friends and family should not send any kind of food or medications, cash or checks—they will not make it past Chilean customs. NOLS will not be responsible for paying duty when receiving letters or packages. Please keep the size and amount of mail sent to a reasonable limit.

Please use the following address if you decide to send/receive a FEDEX package:

NOLS – Your Name and Course Code
Camino a Balmaceda Km. 11
Coyhaique, XI Región
CHILE
Phone: (56-67) 2240040 or 2240041

It will not be possible to send mail from the field. If someone needs to contact you with a true emergency message they can contact our International Headquarters in Lander, Wyoming: 800-710-NOLS. There is no guarantee you will be able to be contacted once the course begins.

Telephone Service

To call a landline in Chile from the USA, dial (011) for an international call, (56) for Chile, and the city code with the number. Coyhaique is (67). For cell phones, dial (011) (56) (9)—regardless of the city—and then the cell phone number.

Chile has reliable phone service. Calls can be made through ENTEL, an international phone company with outlets in all major population centers. There are many internet cafes where you can both get internet access and make phone calls. AT&T and MCI USA Direct service is also available. You can use a calling card and make collect calls through these operators. Cell phone service is also available on the NOLS campo. If you have international roaming on your cell phone it would be possible to make or receive calls. This is quite an expensive method of calling and the short time you spend at the NOLS campo will be very busy. Please conclude all personal business before the start of the course. Once the course leaves for the field, you will not be able to make or receive any phone calls until the end of the course.

Pre- and Post-Course Travel Considerations

Coyhaique is generally a safe city during the daytime. However, after dark we strongly recommend that you take a cab rather than walk.

In Coyhaique you are likely to meet other students from your course. This should be an exciting time to begin getting to know one another and share experiences. Consider that you are visitors to Chile and guests of its people and are expected to act respectfully in

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that role. You are also representatives of your country and of NOLS Patagonia. As such, we expect that you will refrain from drinking to intoxication when you are in Coyhaique before and after your course. NOLS has a good reputation in Coyhaique and we hope you will help us maintain positive relationships in our community.