

## **FITZ ROY & CERRO TORRE TREKS – PERITO MORENO GLACIER**

**6 days - Nature & Hiking in Argentine Patagonia**

**Argentine Patagonian Andes** – Who hasn't heard of the world-renowned Cerro Torre, Monte Fitz Roy or the Perito Moreno Glacier? Explore the Patagonian Andes of Argentina on a 6 day trip and admire hardy tailored mountains that are formed by the movement of Glacier tongues and discover the perpetual ice of the Perito Moreno Glacier. Hike to the rock spire of the mystic Cerro Torre and the legendary Monte Fitz Roy. Soak up some of the cultural highlights and enjoy tasty Argentinian cuisine and wines.

### **Trip Highlights:**

- Hike to the rock spire of the mystic Cerro Torre and the legendary Monte Fitz Roy
- Discover the perpetual ice of the Perito Moreno Glacier and take a boat ride across the Argentino Lake
- Look out for condors, woodpeckers and a wealth of other bird and animal life
- Relish the local cuisine, Argentinian steak, empanadas (filled dumplings) & Malbec red wine
- Explore the capital of the glaciers El Calafate and the picturesque mountain village El Chaltén

### **Insider Tip:**

- Visit the Glaciarium ice museum and ice bar near El Calafate

### **Trip Info:**

Duration: 6 days  
Best Season: from October to April  
Start/End of journey: from / to El Calafate  
Group Size: min. 1 person – max. 8 people  
Departures: individual on request (with the possibility to book other people on this trip)

### **What's included:**

- Accommodation: 5 nights in hotels in double room with private bathroom
- Meals: 5 x breakfast, 4 x box lunch
- Local English/Spanish speaking certified trekking guide Cerro Torre & Fitz Roy Treks (WFR) and during the excursion to the Perito Moreno Glacier
- Transport: all public and private transfers as per the detailed itinerary
- Boat ride across the Argentino Lake along the Perito Moreno Glacier
- El Calafate Airport pick up & drop off
- Entry Fees/Admission: to Los Glaciares National Park
- Emergency equipment: including a first-aid kit and VHF-equipment

### **What's excluded:**

- Meals and beverages not indicated on the itinerary
- Tour guide on the days of transfer
- Optional trips
- Tips, local payments
- International and domestic airfare and airport charges nor excess luggage fees
- Travel insurance is not included in this tour. Travel insurance is mandatory and must be purchased prior to the start of the trip.

### **Itinerary:**

#### **Day 1 – Arrival in Mountain Village El Chaltén**

Today you are heading to El Chaltén with a regular bus (without a guide, appr. 3 hours), taking a break at the Estancia La Leona. El Chaltén is a lovely village in the mountains. In the afternoon you have some time to discover this idyllic place on our own or go on short hikes to the viewpoints "Condorez & Aguilas" or to the waterfall "Chorrillo del Salto".

Overnight: Hotel in El Chaltén in double room with private bathroom (Hosteria El Paraiso or Hosteria Fitz Roy or similar). (-/-/-)

### **Day 2 – Hike to Laguna Torre – Cerro Torre Lookout**

In the morning you will meet your trekking-guide for the next hikes.

Today, a guided walk leads you to Laguna Torre where you will have an outstanding view of the Cerro Torre (3,102 m / 10,180 ft) with its glaciers. Later on, you take a break at the Agostini Camp that is the Base camp for all Cerro Torre mountaineers. Altitude of Cerro Torre Lookout: 650m. Appr. walking time: 6 hours, walking distance: 18 km (11 miles), elevation gain of approx. 250 m (820 ft) ascent and descent.

Overnight: Hotel in El Chaltén in double room with private bathroom. (B/BL/-)

### **Day 3 – Trek to Laguna de los tres – Monte Fitz Roy Lookout**

Approx. 30-40 minute panoramic drive (in a shared transfer) to the starting point of the hike.

Today you will hike to Laguna de los Tres and the viewpoint of Laguna Sucia. You also pass the Base Camp Rio Blanco that serves all Fitz Roy Mountaineers. Your efforts will be rewarded with an unforgettable view on the Monte Fitz Roy (3,406 m / 11,175 ft) and the surrounding mountains.

Altitude Fitz Roy Lookout: 1250m. Appr. walking time: 7-8 hours, walking distance: 24 km (14,9 miles), elevation gain of approx. 750 m (2,460 ft) ascent and descent.

Overnight: Hotel in El Chaltén in double room with private bathroom. (B/BL/-)

### **Day 4 – El Chaltén – Optional trips // Bus ride back to El Calafate**

Today you can go on a full day hike to "Loma del Pliegue Tumbado" (highly recommended in good weather) or you can choose an optional half day or full day excursion to the lake "Lago del Desierto". Or you have some time to discover this pristine place on your own and go on short hikes to the viewpoints "Condores & Aguilas" or to the waterfall "Chorillo del Salto".

In the evening, you take a regular bus back to El Calafate (without a guide, driving time appr. 3 hours).

Overnight: Hotel in El Calafate in double room with private bathroom (Hotel Picos del Sur or similar). (B/BL/-)

### **Day 5 – El Calafate – Full day Perito Moreno Glacier**

Today, you participate in a full day guided and shared excursion to the incomparable Perito Moreno Glacier in the Los Glaciers National Park that is part of the Southern Patagonian Ice Field. If you are lucky you will witness the glacier calving. Furthermore, you take a boat ride over the Argentino Lake along the imposing ice walls of the glacier (appr. 1 hour). Altitude Perito Moreno Glacier Lookout: 200m. Driving time 2 x 1.5 hours, driving distance 2 x 80 km. Overnight: Hotel in El Calafate. (B/BL/-)

### **Day 6 – Airport Drop Off**

Private transfer to the El Calafate airport or to the bus station. (B/-/-)

### **Trip Profile:**

Activity level 2 - Moderate - Day tours that will challenge you moderately. Differences in elevation but also in temperature will be the most challenging part.

- Very good physical fitness is a necessary requirement for this tour.
- Furthermore, you should be able to walk with your daypack (35l to 40l) up to 6-8 hours a day with some strenuous ascents and descents (Differences in elevation from 250 m to 750 m per day).
- The equipment for your belongings must be carried by you throughout the duration of the trip day (rain gear, fleece or light down jacket, trekking poles, gloves, hat, camera, lunch and water for the day, and also gear for good weather conditions).

### **GEAR LIST for the Cerro Torre & Fitz Roy Treks**

#### **Official Papers**

- Valid passport
- Airline tickets
- Vaccination card
- Cash (USD) / credit card and/or debit card

#### **Luggage**

- Duffel bag or suitcase
- Backpack (35-40 liter) for the hiking days
- Rain cover for your backpack

- Luggage tags
- Passport pouch or money belt

#### Clothing

Bring a few lightweight, easily washable items - for using as layer clothing system "onion principle"

- Hiking pants, lightweight, synthetic and loose-fitting – quick dry
- Hiking shorts, lightweight and synthetic
- Shirts (long sleeve)
- T-Shirts, synthetic
- Polypropylen Underwear or similar
- Windstopper-Fleecejacket – Sweater
- Light Down or synthetic jacket
- Rain jacket, waterproof and breathable (Goretex, Sympatex etc.)
- Rain pants, waterproof and breathable, side-zip pants are highly recommended

#### Clothing Accessories

- Sun hat
- Hat (warm) - Beanie
- Bandana – Scarf
- Gloves – Fleece

#### Footwear

- Hiking socks, blister-free
- Sturdy hiking boots, waterproof, lightweight, broken in, aggressive tread - over ankle
- Sandals or flip-flop (thongs)

#### Travel Accessories

- Water bottle – 500ml
- Headlamp or Meg lite
- Sunglasses and retainer strap
- Sun blocker + 20 and lip balm
- Toiletry kit
- Towel
- hand sanitizer gel
- Personal prescription medication
- Insect repellent / Mosquito repellent
- Watch with alarm or travel clock
- **Trekking poles**

#### Optional equipment

- Camera, memory cards and batteries
- Small binoculars for bird watching
- Thermos
- Spare contact lenses or glasses
- Ear plugs
- Several Ziploc plastic bags

***If you have any further questions, please don't hesitate to get in touch!***

***MOSER Active Trekking-Team***