

Paine O Trek & Navarino Trek

17 days Trekking Adventure

Terra Australis Incognita - was called this mystic landscape on the edge of the world by the first visitors and colonies. Today it still exudes the same mythic and mysterious atmosphere of these times - just one reason why this secluded and remote landscape is so incredibly attractive to the real adventurers and outdoor lovers.

Our fantastic trekking adventure takes you to two of the most unique places on this planet that amaze even experienced trekkers and mountaineers. First, you are hiking in 7 days the **Paine O-Trek**, circumnavigating the Torres del Paine Mountain range until reach the vast Southern Patagonian Ice field. After this awesome trekking experience, you will spend 4 unforgettable days on the **Dientes de Navarino Circuit** in the wild interior of Isla Navarino on the mythic Tierra del Fuego. During your trekking days, you will camp next to sub-Antarctic rainforests, beaver dams, snow-capped mountains, and emerald, green lagoons.

This is an outstanding trekking adventure trip for all trekkers who are looking for a unique and authentic trekking experience!

Trip Highlights:

- Hike one of the most famous treks in Patagonia, the 7 day "**Paine O-Trek**" in **Torres del Paine National Park** and immerse yourself in a world of granite and ice
- Torres del Paine granite towers, **French valley** and Grey Glacier
- Take a **panoramic boat ride** by catamaran over the turquoise Pehoe Lake
- Observe local gauchos (cowboys) riding through the wind branded Patagonian Pampa
- **Fly over the Darwin Mountain range**, the legendary Strait of Magellan and Beagle-Channel
- Hike in 4 days the **southernmost trek at the edge of the world**, the **Dientes de Navarino Trek**
- Look out for Guanacos, Condors, Ñandus and Beavers

Insider Tip:

- Take a boat trip from Punta Arenas to walk with **Magellan penguins** on Magdalena Island

Trip Info:

Trip length:	17 days
Start/End of the trip:	from Punta Arenas or El Calafate / to Punta Arenas or Ushuaia
Group Size:	min. 3 – max. 8 persons
Departures:	see set departures on our website <u>or</u> individual on request (with the possibility to book other people on this trip)
Trip Style:	wilderness trekking & camping
Best Season:	from November to March

What's included:

- Local PORTERS carry personal belongings (5 kg per person) throughout the Torres del Paine O Circuit
- Local PORTERS carry the expedition tents and cooking equipment throughout the Dientes de Navarino Circuit
- Local English/Spanish speaking certified trekking guide (WFR) (day 2-8, 11-15)
- From 7 participants: Local English/Spanish speaking certified assistant guide
- Accommodation: 7 nights in a hotel or guesthouse in double room with private bathroom and 9 nights in roomy, high quality 2-person expedition tents
- Meals: 16 x breakfast, 10 x box lunch, 11 x dinner
- Transport: all public and private transfers as per the detailed itinerary
- Boat ride / Catamaran across Pehoe Lake
- Airport pick up & drop off
- Domestic flight Punta Arenas-Puerto Williams-Punta Arenas (alternative: boat ride to Ushuaia)
- Entry Fee: to the Torres del Paine National Park
- Emergency equipment: including a first-aid kit and VHF-equipment / satellite phone

What's excluded:

- Meals and beverages not indicated on the itinerary
- Sleeping bag and camping mat
- Tour guide on the days of transfer
- Tips for guide and porters

- Optional trips:
 - 3 hours kayak tour on the Grey Lake (150 USD p.p.) or
 - 4-5 hours ice hike on Grey Glacier (210 USD p.p.) on day 6
 - Excursions on day 9
 - Boat trip to the Magellan penguin colony on Magdalena Island (130 USD p.p.) on day 10
- Local payments
- International and domestic airfare and airport charges - except the flights to/from Puerto Williams
- 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 Puerto Natales

Upon arrival at the airport of Puerto Natales (or bus station) a private transfer will take you to the hotel (without a guide, appr. 15 minutes). In the afternoon you will have time to explore this little town on your own. In good weather, the first impressive panorama of the Paine Massif and Monte Balmaceda can be seen from here. In the evening you meet your trekking guide for a short briefing about the following days.

Overnight: Hotel in Puerto Natales in double room with private bathroom (Hotel Hallef or Hotel Lady Florence Dixie or similar). (-/-/-)

Day 2 – Torres del Paine National Park – Trek to Camp Seron

In the morning you take a private transfer to the Torres del Paine National Park and enjoy spotting the local wildlife of this fantastic region, like Guanacos and Ñandus (driving time 2-3 hours, driving distance approx. 130 km). In the afternoon your first hike leads you to campamento Seron. Depending on the weather and season you will spot various birds and plants like the Palomita (a white orchid). Appr. walking time: 4-5 hours, walking distance: 12 km (7,5 miles), elevation gain of approx. 350 m (1,150 ft) *ascent* and *descent*.

You spend the night in our tents with unobstructed views of the starry sky on campsite Seron. (B/-/D)

Day 3 – Trek to Camp Dickson

Today you hike along Lago Paine and Rio Paine to the wonderful Refugio and Campamento Dickson. Near the camp you will get a picturesque view on the enclosing Dickson Glacier. There will be enough time to enjoy this inviting campsite while sitting together and sharing your overwhelming impressions.

Appr. walking time: 6-7 hours, walking distance: 18,5 km (11,5 miles), elevation gain of approx. 350 m (1,150 ft) *ascent* and *descent*. Overnight: in tents on campsite Dickson. (B/BL/D)

Day 4 – Trek to Camp Perros

You leave the camp on Lago Dickson and walk through a mystic Magellan forest of Southern beech trees to reach your next camp. Campamento Los Perros is fabulously situated at the edge of a forest and glacier of the same name. Appr. walking time: 4-5 hours, walking distance: 9,5 km (5,9 miles), elevation gain of approx. 400 m (1,310 ft) *ascent*. Overnight: in tents on campsite Los Perros. (B/BL/D)

Day 5 – Trek Paso John Garner – Camp Grey

Today you probably face the most exhausting but most impressive part of the tour. You leave the camp Los Perros and hike uphill to the Paso John Garner where you can admire a striking view over the Southern Patagonian Ice field. Altitude Paso John Garner: 1250m. Afterwards you scale down along the impressive Grey Glacier to your next camp, Campamento Grey.

Appr. walking time: 8-10 hours, walking distance: 22 km (13,7 miles), elevation gain of approx. 800 m (2,625 ft) *ascent* and 1,300 m (4,265 ft) *descent*. Overnight: in tents on campsite Grey. (B/BL/D)

Day 6 – Optional Kayak tour or Ice hike – Trek to Camp Paine Grande

In the morning you can choose an optional 3 hours kayak excursion on the Grey Lake along the icebergs of the Grey Glacier or a 4-5 hours ice hike on Glacier Grey (extra costs 150/210 USD per person; reservation recommended in advance) - or enjoy some free time to relax.

In the afternoon you hike along Lago Grey to the black lagoon (Laguna Negra) while exploring and learning about the surrounding nature. From there, you walk down to the camp Paine Grande that is beautifully located at the turquoise colored Lago Pehoe. Altitude Grey Glacier Lookout: 280m. Appr. walking time: 4-5 hours,

walking distance: 12 km (7,5 miles), elevation gain of approx. 350 m (1,150 ft) *ascent* and *descent*. Overnight: in tents on campsite Paine Grande. (B/BL/D)

Day 7 – Hike to the French Valley

Today, you walk along the splendorous Lago Skottsberg to Campamento Italiano. Subsequently you move towards the French valley and its viewpoint “Mirador” where you gain deep insight into the mountains. With a bit of luck you witness ice cracking off the Paine Grande (3,050m) sounding like a roaring thunder. After 6-7 hours of walking you come back to Camp Paine Grande on Lago Pehoe. Walking distance: 18 km (11 miles), elevation gain is about 600m ascent/descent.

Overnight: Overnight: in tents on campsite Paine Grande. (B/BL/D)

Day 8 – Panorama boat trip – Trek to the Torres del Paine Granite Needles – Puerto Natales

In the morning you cross Lake Pehoe with the catamaran (approx. 30 min) and continue your journey in a private transfer to the Las Torres sector (approx. one hour panoramic trip).

Afterwards, you will hike to get an excellent view on the no. 1 highlight: The famous Torres Towers. At first it leads you up to the Ascencio Valley where you take a break at the Refugio Chileno next to the lovely Ascencio River. After 2+ hours and a tough ascent you are rewarded for your efforts: You will stand in front of the impressive Needles with a green lagoon lying at your feet. Altitude Las Torres Lookout: 900m (2,950 ft). Appr. walking time: 8 hours, walking distance: 19 km (11,8 miles), elevation gain of approx. 950 m (3,120 ft) ascent and descent.

After this challenging hike you take our private transfer back to Puerto Natales (driving time 2 hours, driving distance approx. 130 km). Arrival at the hotel between 9pm and 10pm.

Overnight: Hotel in Puerto Natales in double room with private bathroom (Hotel Hallef or Hotel Lady Florence Dixie or similar). (B/BL/-)

Day 9 – Puerto Natales – Optional excursions – Bus ride to Punta Arenas

Today you will have time to explore the tiny fishing village of Puerto Natales on your own (*without a guide*). Also, you can choose an optional excursion: a boat trip over the Ultima Esperanza Fjord to the gorgeous hanging Glaciers Balmaceda and Serrano or a horseback riding excursion through the vast Patagonian pampa. In the evening you take a regular bus to Punta Arenas (*without a guide*).

Overnight: Hotel in Punta Arenas in double room with private bathroom. (B/-/-)

Day 10 – Punta Arenas - Optional boat trip to Magellan penguin colony

In the morning you can choose an optional boat trip from Punta Arenas to walk with Magellan penguins on Magdalena Island (extra costs 130 USD per person; reservation recommended in advance).

In the afternoon you have time to explore the city on your own.

In the evening you have a briefing with our trekking guide for your tour on Navarino Island.

Overnight: Hotel in Punta Arenas in double room with private bathroom. (B/-/-)

Day 11 – Flight to Puerto Williams

In the morning you fly to Puerto Williams where you start your exciting expedition. Puerto Williams (2,300 inhabitants) is the southernmost settlement north of the Antarctic.

In the afternoon you have time to explore the tiny fishing village of Puerto Williams on your own and to visit the interesting Martin Gusinde Museum, where you can learn about the culture of the Yamana Indigenous.

Overnight: Guesthouse in Puerto Williams in double room with private bathroom. (B/-/D)

Day 12 – Dientes de Navarino Trek – Laguna Salto

Today you hike through a deep forest of beech trees and swampland uphill to Laguna Salto (480 m / 1,575 ft). You set up camp close to the gorgeous Laguna where you spend the night in tents. Appr. walking time: 5 hours, walking distance: 9 km (5,6 miles), elevation gain of approx. 600 m (1,970 ft) ascent and 200 m (660 ft) descent. Overnight: in tents on campsite Laguna Salto. (B/BL/D)

Day 13 – Dientes de Navarino Trek – Laguna Escondida

Today you hike over the Paso Primero to the Mirador de los Dientes and enjoy a picturesque view over the Dientes Mountain range with its blue lagoons. Afterwards, you hike further over terrain that might be partly snow covered to reach the Paso Australia (805 m / 2,640 ft). Along the way you will discover small lagoons and the sharp rising Dientes mountains until you arrive at your next campsite. Appr. walking time: 5 hours, walking distance: 9,5 km (5,9 miles), elevation gain of approx. 400 m (1,310 ft) ascent and descent. Overnight: in tents on campsite Laguna Escondida. (B/BL/D)

Day 14 – Dientes de Navarino Trek – Laguna Martillo

Today you walk through the hidden and untouched valleys of Isla Navarino and cross the Paso Ventarron (696 m / 2,280 ft). You move towards the valley where you can observe forests and dams built by beavers. If you are lucky, you may have the chance to watch one of these animals busy at work. Appr. walking time: 4-5 hours, walking distance: 8 km (5 miles), elevation gain of approx. 300 m (985 ft) ascent and descent. Overnight: in tents on campsite Laguna Martillo. (B/BL/D)

Day 15 – Dientes de Navarino Trek – Puerto Williams

You hike uphill on a sometimes muddy trail to Paso Virginia (829 m / 2,720 ft), the highest point of the Dientes de Navarino-Circuit. From up there you have views back to the rock spires of Monte Lindenmayer and also to Hoste island and Ushuaia.

Afterwards, you descent to Laguna Guanacas and hike back to Puerto Williams, passing dense Coigue forest and fire-cleared slopes until you reach Los Bronces. From there you have a private transfer back to your guesthouse in Puerto Williams followed by a farewell dinner. Appr. walking time: 7-8 hours, walking distance: 15 km (9,3 miles), elevation gain of approx. 420 m (1,380 ft) ascent and 830 m (2,720 ft) descent. Overnight: Guesthouse in Puerto Williams in a cozy familiar atmosphere in double room with private bathroom. (B/BL/D)

Day 16 – Return flight to Punta Arenas or boat ride to Ushuaia

After breakfast, you say goodbye to our local trekking-guide. You will fly back over the Darwin Mountain range to Punta Arenas (*alternative: boat ride to Ushuaia*). Overnight: Hotel in double room with private bathroom. (B).

Day 17 – Airport Drop Off

Private transfer from the hotel to the Punta Arenas airport (*alternative transfer: to the Ushuaia airport*) (without a guide). (B/-/-)

Trip Notes:

Excellent physical fitness and team spirit are necessary requirements for this tour. Moreover, you should be able to walk long distances (4 to 9 hours a day) on muddy, rocky and sometimes snowy trails carrying your own backpack of 50-60 liter (10-13 kg / 22-29 lbs).

Notes for the O Trek in Torres del Paine National Park:

**PORTERS FOR PERSONAL BELONGINGS & CAMPING GEAR ARE INCLUDED IN THE TRIP PRICE.
NO EXTRA COSTS FOR PORTERS!**

During the trekking days you need to carry just your own day-backpack (approx.8-10 kg / 17-22 lbs). We would recommend at least a 35/40 liter daypack, better 45/50 liter. Your day-backpack should include: Rain coat, rain trousers, fleece or light down jacket, trekking poles, gloves, cap, camera, lunch and water for the day (and also gear for good weather conditions!).

The rest of the luggage, which you need for the trekking days, will be carried by porters in waterproof kitbags. We provide a 30-liter waterproof kitbag for each of you ("**SealLine Dry Bag**").

Each participant will be able to put the following items in their 30l waterproof kitbag: your personal items such as your sleeping bag and camping mat (approx. 2,5kg / 5.5lbs for the sleeping bag/mat and 2,5kg / 5.5lbs for personal belongings like vanity bag, toiletries, extra-set of clothes). The bag's weight should not exceed 5 kg / 11lbs.

The rest of your luggage, which you do NOT need on the 7 days trekking tour, stays locked at your hotel in Puerto Natales.

During our trip in the Torres del Paine National Park you will spend 6 nights in roomy, high quality 2-person-expedition-tents.

**All campsites are equipped with toilets, showers and Refugios (Mountain huts/Lodges).
Breakfast and dinner are served in the dining rooms of the Refugios/mountain huts which are always close to the camp sites.**

Notes for the Dientes de Navarino Circuit:

PORTERS CARRY THE EXPEDITION TENTS, ALL COOKING EQUIPMENT AND SET UP CAMP!

During the **4 days Trek on Navarino Island** you need to carry your personal items, camping mat and sleeping bag as well as some meals and box lunch for the trek (backpack of 50 - 60 liter; 10-13 kg / 22–29 lbs). The luggage that is not required during the trekking tour will be stored locked in the guesthouse in Punta Arenas and Puerto Williams.

Special comfort like dinning-/cooking-tent, showers and toilets should not be expected on Isla Navarino Trek.

GEAR CHECKLIST TORRES DEL PAINE O TREK & DIENTES DE NAVARINO TREK:

Travel Documents

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

Luggage

- Duffel bag or travel bag or suitcase for all the rest of your luggage, which you do not need on trekking days (to leave locked at your guesthouse)
- Backpack (50 – 60 liter) for the trekking tour
- Rain cover for your backpack
- Passport pouch or money belt

Camping Gear

- Sleeping bag with compression stuff sack minus **5 Grad/C comfort (minus 15 Grad/C extreme) (rated to approx. 20° Fahrenheit comfort)**
- Inflatable camping mat (e.g. Therm-A-Rest NeoAir)

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
- Long sleeve shirts, synthetic or merino
- T-Shirts, synthetic or merino
- Breathable underwear, polypropylen or merino or similar
- Rain jacket, waterproof and breathable (Goretex, Sympatex etc.)
- Rain pants, waterproof and breathable, side-zip pants are highly recommended
- Windstopper fleece jacket
- Light Down or synthetic Jacket

Clothing Accessories

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

Footwear

- **Gaiters, knee-high, we use and recommend crocodile gaiters or similar!! They are mandatory on the Dientes de Navarino Trek!!**
- Sturdy hiking boots, waterproof, lightweight, broken in, aggressive tread - over ankle

- Hiking socks, blister-free
- Sandals or flip-flop or Crocs

Important

- **Trekking poles are mandatory on the Dientes de Navarino Trek!!**

Travel Accessories

- Water bottle – 500-750 ml
- Headlamp and batteries
- Sunglasses and retainer strap
- Sun blocker + 20 and lip balm
- Toiletry kit
- Trekking towel
- Hand sanitizer gel
- Personal prescription medication
- Watch with alarm or travel clock
- Ziploc with toilet paper

Optional equipment

- Camera, memory cards and batteries
- Thermos
- Spare contact lenses or glasses
- Ear plugs
- Several Ziploc plastic bags

Provided Gear by MOSER Active

- Tents: roomy, high quality 2-person expedition-tents (to be used for 2 people); or Doite Himalaya (to be used for 1 person)
- Cooking equipment while camping
- First aid kit and satellite phone or VHF-equipment
- **SealLine waterproof kitbag 30 liter for each participant (during the O Trek)**

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

MOSER Active Trekking-Team