

PATAGONIA BEST HIKES

**12 days hiking trip to the highlights of Patagonia
Chile & Argentina**

Experience this 12-day hiking trip to see the highlights of Patagonia. Who hasn't heard of the world renowned Torres del Paine, Monte Fitz Roy or the Perito Moreno Glacier?

On relaxing daily guided hikes through the most beautiful national parks of the region, explore natural miracles and the mountain world of Patagonia and dive into a world of granite rock and ice. Admire the famous Grey Glacier and take a boat ride to the deep blue shining Perito Moreno Glacier. Learn more about this impressive ice field of the southern hemisphere. Soak up some of the cultural highlights and enjoy tasty Chilean and Argentinian cuisine and wines.

Trip Highlights:

- Hike one of the most famous treks in Patagonia, the **Torres del Paine W-Trek** and immerse yourself in a world of granite and ice
- Torres del Paine **granite towers, French Valley and Grey Glacier lookout**
- 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
- Patagonian Icefield
- Local wildlife: guanacos, condors and ñandus & Patagonian pampa and gauchos
- 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:

Trip length: 12 days
Start/End of the trip: from / to Puerto Natales or to El Calafate
Group Size: min. 2 / max. 12 people
Departures: see set departures on our website or
individual on request (with the possibility to book other people on this trip)
Trip Style: Hiking, nature & culinary experiences
Best season: from October to April

What's included:

- Accommodation in Torres del Paine National Park: 3 nights in Lodges/Refugios with shared bedrooms and shared bathrooms (**Note:** If the Lodges/Refugios are fully booked, you will spend the night in 2-person-tents, rented from the Lodge; Sleeping bag and camping mat are included)
- Accommodation in Puerto Natales, El Calafate & El Chaltén: 8 nights in hotels/hosterías in double room with private bathroom
- Meals: 11 x breakfast, 5 x box lunch on hiking days, 3 x dinner
- Guide:
 - Local English / Spanish speaking certified trekking guide Torres del Paine NP (Day 2 - 5) (WFR),
 - from 7 participants: English/Spanish speaking certified assistant hiking guide (day 2 - 5) (WFR)
 - Local English / Spanish speaking certified trekking guide El Chaltén (Day 8 and 9) (WFR) and during the excursion to the Perito Moreno Glacier (Day 11)
- 6 guided hikes
- Transport: all public and private transfers as per the detailed itinerary
- Boat ride / Catamaran across the Pehoe Lake
- Boat ride across the Argentino Lake
- Entry Fees/Admission: to the Torres del Paine National Park and to the 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
- Airport pick up & drop off
- Optional trips (e.g. Day 10)
- Tips for the guides
- Local payments
- International and domestic airfare and airport charges
- 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 hotel or guesthouse in Puerto Natales, 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 next days. You spend the first night in a hotel in Puerto Natales in double room with private bathroom. (-/-/-)

Day 2 – Torres del Paine National Park – Trek to the Torres del Paine Granit Needles

In the morning you take a private transfer to the Torres del Paine National Park and will see some of the native wildlife of this fantastic region like Guanacos and Ñandus (driving time 2-3 hours, driving distance approx. 130 km). Upon arrival in the park your first hike leads you to the famous 'Torres' granite needles. At first you hike up to the Ascencio-Valley where you take a break at the Refugio Chileno next to the Ascencio river. After 2+ hours and a tough ascent your efforts will be rewarded: You will stand in front of the impressive needles with a green lagoon lying at your feet.

Altitude Las Torres Lookout: 900 m (2,950 ft). Appr. walking time: 8 hours, walking distance: 19 km (11,8 miles), elevation gain of approx. 950 m (3,116 ft) ascent and descent.

Overnight: in the "Refugio Chileno" or "Refugio Torre" in shared bedrooms and shared bathrooms.

Note: If the lodges (refugios) are fully booked, you will spend the night in 2-person-tents. (B/-/D)

Day 3 – Hike along Nordenskjöld Lake

Today, you hike along Nordenskjöld Lake to the wonderful Refugio Los Cuernos, close to the lake and the montes "Cuernos". Passing Monte Almirante Nieto (2,640 m), you can probably watch condors circling in the sky.

Appr. walking time: 4-5 hours, walking distance: 11,5 km (7 miles), elevation gain of approx. 350 m (1,150 ft) ascent and descent.

Overnight: in the "Refugio Los Cuernos" or "Refugio Frances" in shared bedrooms and shared bathrooms.

Note: If the lodges (Refugios) are fully booked, you will spend the night in 2-person-tents. (B/BL/D)

Alternativ itinerary (if the refugios / campsites Cuernos and Frances are fully booked):

Today you go on a half day hike along Nordenskjöld Lake with its colorful waters. Passing Monte Almirante Nieto (2,640 m), you can probably watch condors circling in the sky. Appr. walking time: 4 hours, walking distance: 10 km (6 miles). In the afternoon you continue your journey in a public transfer to "Pudeto sector" (approx. one hour panoramic trip). Afterwards, you cross the beautiful Pehoe Lake with a catamaran (approx. 30 min). The Lodge / Camp Paine Grande will be your "base camp" for the next two days. Overnight: in the "Lodge Paine Grande" in shared bedrooms with shared bathrooms. Note: If the lodge is fully booked, you will spend the night in fully equipped 2-person-tents. (B/BL/D)

Day 4 – Trek to the French Valley

In the morning you move towards the French valley and its viewpoint "Mirador" where you gain deep insight into the mountains. With a bit of luck you may witness ice cracking off the Paine Grande (3,050 m / 10,000 ft) sounding like a roaring thunder. Subsequently you walk along the splendourous Lago Skottsberg to the emerald green Lago Pehoe. Altitude of French Valley Lookout: 550 m (1,800 ft).

Appr. walking time: 6-7 hours, walking distance: 17 km (10,5 miles), elevation gain of approx. 600 m (1,970 ft) ascent and descent. Overnight: in the "Lodge Paine Grande" in shared bedrooms and shared bathrooms.

Note: If the lodges (refugios) are fully booked, you will spend the night in 2-person-tents. (B/BL/D)

Day 5 – Trek to the Viewpoint Grey Glacier – Puerto Natales

Today you walk along the Black Lagoon (Laguna Negra) and the Path of Winds (Camino del Viento) to your viewpoint on the Grey Glacier. Altitude of Grey Glacier Lookout: 280 m (920 ft). Depending on the weather and season you will come across various birds and plants. You hike back to the Lodge Paine Grande, cross the beautiful Pehoe-Lake with a catamaran (approx. 30 min) and take our private transfer back to Puerto Natales. 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: Hotel in Puerto Natales in double room with private bathroom. (B/BL/-)

Day 6 – Puerto Natales – El Calafate

Transfer with a regular bus through the wind shaped Pampa to El Calafate in Argentina (without a guide, driving time including border formalities approx. 5-6 hours, driving distance approx. 270 km). In the afternoon you have time for shopping or for trying one of the famous Argentine steaks. The bird sanctuary "Laguna Nimez" on Lago Argentino also invites you to visit. Overnight: Hotel in El Calafate in double room with private bathroom. (B/-/-)

Day 7 – El Calafate- El Chaltén

Today you are heading to El Chaltén with a regular bus (without a guide, driving time approx. 3 hours, driving distance approx. 215 km), taking a break at the Estancia La Leona. El Chaltén is a lovely village in the mountains that will be your starting point for the next days. In the afternoon you have some time to discover this idyllic place on our own or to do a short hike to the waterfall "Chorrillo del Salto". Overnight: Hotel in El Chaltén in double room with private bathroom. (B/-/-)

Day 8 – El Chaltén – Cerro Torre Trek

In the morning you will meet your trekking-guide for the next hikes. A 6-hours guided walk leads you to Laguna Torre where you have a great view to the Cerro Torre (3,102m / 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 Cerro Torre Lookout: 650m (2,130 ft). 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 09 – Trek to Laguna de los tres – Monte Fitz Roy Trek

Approx. 30-40 minute panoramic drive (in a shared transfer) to the starting point of the hike. Today you 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 (4,100 ft). Appr. walking time: 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 10 – El Chaltén – Optional Trips – 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 "Condors & Aguilas". In the evening you get back to El Calafate with the regular bus (without a guide, driving time approx. 3 hours, driving distance approx. 215 km). Overnight: Hotel in El Calafate in double room with private bathroom. (B/-/-)

Day 11 – 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 Lookout Perito Moreno Glacier: 200m (660 ft). Driving time 2 x 1.5 hours, driving distance 2 x 80 km. Overnight: Hotel in El Calafate in double room with private bathroom. (B/-/-)

Day 12 – Back to Puerto Natales

You travel from Argentina back to Puerto Natales, Chile on a regular bus (without a guide) and you will continue your individual journey. Or: you will continue your individual journey from of El Calafate. (B/-/-)

Notes for the Torres del Paine W-Hike:

- Very good physical fitness is a necessary requirement for this tour.
- Furthermore, you should be able to walk with your daypack (40l to 50l) up to 6-8 hours a day with some strenuous ascents and descents.
- Your personal items must be carried by you (rain gear, fleece or light down jacket, trekking poles, gloves, cap, camera, lunch and water for the day; in Torres del Paine in addition vanity bag, extra-set of clothes).
- All the rest of your luggage, which you do not need on the Torres del Paine trek, will stay locked at your hotel in Puerto Natales.
- There are no single or double rooms in the Refugios/Lodges of Torres del Paine National Park
- If the lodges (Refugios) are fully booked, you will spend the night in 2-person-tents, rented from the Refugio; sleeping bag and camping mat are included. 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 campsites.

Notes for the Cerro Torre & Fitz Roy Treks:

- On the day hikes you need to carry just your own day-backpack.
- The following items and clothing are packed in the daypack: Rain jacket, rain pants, fleece or light down jacket, gloves, beanie, trekking poles, camera, lunch, sun cream, sun hat and water for the day.
- The rest of your luggage, which you do not need during the day hikes, stays locked at your hotel room in El Chaltén.

Gear Checklist Patagonia Best Hikes:

Official Papers

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

Luggage

- Duffel bag or travel bag or suitcase, big enough for the remaining luggage, which you do not need on the Torres del Paine trek (to be stored / locked at your hotel in Puerto Natales)
- Backpack (40 – 50 liter) for the trekking 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
- Hiking socks, blister-free

- Rain jacket, waterproof and breathable (Goretex, Sympatex etc.)
- Rain pants, waterproof and breathable, side-zip pants are highly recommended
- Windstopper-Fleecejacket - Sweater
- Light Down or synthetic jacket

Clothing Accessories

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

Footwear

- Hiking boots, waterproof, lightweight, broken in, aggressive tread - over ankle
- Sandals or flip-flop (thongs)

Travel Accessories

- Water bottle – 500ml-750ml (throughout the treks you can refill water appr every two hours in the little creeks)
- Headlamp or Meg lite
- Sunglasses and retainer strap
- Sun blocker + 20 and lip balm
- Toiletry kit
- Trekking towel – quick dry
- Hand sanitizer gel
- Personal prescription medication
- Insect repellent / Mosquito repellent
- Watch with alarm or travel clock
- **Trekking poles**

Optional equipment

- **Liners** for the three nights in Torres del Paine National Park
- Camera, memory cards and batteries
- Charger (recharging is possible almost every day)
- 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