

## **TORRES DEL PAINE – "O" CIRCUIT TREK**

**9 days Trekking- and Nature Trip | Chile**

On this unique trekking-adventure you will explore the impressive mountain range of Torres del Paine with its peerless gleaming glaciers, hike along emerald-green shining lakes and massive ice fields until you finally reach the famous granite towers of Torres del Paine. The National Park obtained its name from its three imposing rocky needles. Watch the wonderful Patagonian sunset and admire the enclosing mountains turn into an incomparable red color. You will sleep under the "Southern Cross" and drink Mate-tea together with the native porters and feel at one with Chile's untouched and breathtaking nature.

### **Trip Highlights:**

- Hike in 7 days one of the world's Top 10 Treks, the Torres del Paine "O" Circuit
- Dive into a world of eternal ice fields, granite spires & alpine lakes and resist the strong gust of wind while crossing the John Gardner pass
- Overnight in spectacular campsites surrounded by superb mountain scenery and ancient forest
- Drink Mate-tea together with our local porters and try "Pan del Indio", an edible mushroom similar to a ping pong ball
- Observe iconic species such as guanacos, pumas & condors

### **Insider Tip:**

- Paddle between huge icebergs on the Grey Lake and hear the creaking movements of the vast Grey Glacier

### **Trip Info:**

Trip length: 9 days  
Start/End of the trip: from / to Puerto Natales  
Group Size: min. 1 / 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: trekking, camping & kayaking  
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
- Guide:
  - Local English / Spanish speaking certified trekking guide Torres del Paine (day 2 - 8) (WFR)
  - Local English/Spanish speaking certified assistant guide from 7 people (day 2 - 8)
- Accommodation in Torres del Paine National Park: 6 nights in roomy, high quality 2-person-expedition-tents
- Accommodation in Puerto Natales: 2 nights in a hotel in double room with private bathroom
- Meals: 8 x breakfast, 6 x box lunch on the hiking days, 6 x dinner
- Transport: all private transfers as per the detailed itinerary
- Boat ride / Catamaran Pehoe Lake
- Entry Fees/Admission: to Torres del Paine National Park
- Emergency equipment: including a first-aid kit and satellite phone / VHF-equipment

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

- Meals and beverages not indicated on the itinerary
- Airport pick up & drop off
- Sleeping bag and camping mat
- Optional trips, such as a half day kayak tour on Grey Lake (150 USD p.p.) or ice hike on Grey Glacier (210 USD p.p.) on day 6
- Tips for guides and porters
- 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**

After arriving at the Hotel 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 late afternoon you meet your trekking guide for a short briefing about the next 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 Serón**

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). 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: 9-10 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.

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: 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 the beautiful 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 and say goodbye to our local trekking guide (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 – Goodbye Puerto Natales**

After breakfast, you will continue your individual journey. (B/-/-)

### **Trip Profile:**

Excellent physical fitness and team spirit are necessary requirements for this tour. Furthermore, you should be able to walk with your day-backpack (8-10 kg / 17–22 lbs) long distances (once to 10 hours a day) with some strenuous ascents and descents. Differences in elevation from 250 m to 1,300 m per day (from 820 ft to 4,265 ft). The equipment for your belongings throughout the day must be carried by you (rain gear, fleece or light down jacket, trekking poles, gloves, hat, camera, lunch and water for the day).

### **Logistics of luggage during 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 litre daypack, better 45/50 litre. 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 hiking days, will be carried by porters in a 30-liter waterproof kitbag. 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 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.

### **Tips for guide and porters:**

- **For our Torres del Paine trekking guide, we recommend a tip of USD 80-100 per guest in cash // or in cash in Chilean pesos (equivalent) 75.000 - 90.000 CLP per guest.**
- **For the Torres del Paine porter team, we recommend a tip of USD 50-80 per guest in cash // or in cash in Chilean pesos (equivalent) 45.000-75.000 CLP per guest.**
- But it's up to you, how much tip you would like to give at the end of the trip. It doesn't matter to the guide and porters whether it's Chilean pesos or USD. The only important thing is that USD bills must be absolutely undamaged and not written on ;-)

## **Gear Checklist Torres del Paine – “O” Circuit-Trek:**

### Travel Documents

- Valid passport
- Airline tickets
- (Vaccination cards)
- 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 of 40-50 liter (8-10 kg / 17-22 lbs) for the trek
- Rain cover for your backpack
- Passport pouch or money belt

### Personal 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

- Hiking socks, blister-free
- Sturdy hiking boots, waterproof, lightweight, broken in, aggressive tread - **over ankle (mandatory)**
- Sandals or flip-flop or Crocs
- Gaiters, knee-high (optional, recommendable for tours in November)

### Important

- **Trekking poles – highly recommended**

### Travel Accessories

- Water bottle – 500ml-750ml (throughout the treks you can refill water appr every two hours in the little creeks)
- Headlamp and batteries
- Sunglasses and retainer strap
- Sun blocker + 20 and lip balm

- Toiletry kit
- Trekking towel
- Hand sanitizer gel
- Personal prescription medication
- Insect repellent / Mosquito repellent
- Watch with alarm or travel clock
- Ziploc with toilet paper

#### Optional equipment

- Camera / memory cards, smartphone
- Charger (recharging is possible almost every day)
- Small binoculars for bird watching
- 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
- Cooking and eating utensils while camping
- First aid kit and satellite phone or VHF-equipment
- **SealLine waterproof kitbag 30 liter for each participant**

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

***MOSER ACTIVE Trekking Team***