



Argentinian Explorer



PATAGONIA TREKKING ADVENTURE FULL

It is about a trekking of intense exigente, which combines hiking with adventure. During the itinerary, which starts in El Calafate, the most representative National Parks of Chile and Argentina are visited: Los Glaciares National Park and Torres del Paine National Park.



By joining together in Patagonia Trekking Full the trekkings of the two foremost glacier national parks, the National Park of Glaciers of Argentina and the National Torres del Paine Park of Chile, we have produced the most complete Patagonia region trekking program.

Patagonian Trekking Adventure Full takes place in the most traditional National Parks for undertaking glacier trekking in Patagonia including the glaciers of El Chaltén and Torres del Paine in Chile. Here we are treated to walks at a good pace although they do not require previous experience. The walking program starts in El Chaltén where we are taken after spending a night in El Calafate. In the journey along the Ruta 40 we can appreciate the true presence of the Patagonian plains, wild and silent, until we turn off to go to the small mountain town of El Chaltén, the veritable centre of glacier trekking.

Our plan of trails starts with the walk to the Laguna Capri accompanied by the Río Blanco and with the views of the Glaciar Piedras Blancas (White Stones Glacier). Our second day of walking is more intense because we head towards the Cerro (Mountain) Fitz Roy Base: La Laguna de Los Tres, especially because of the pronounced ascent full of rocks in the last part of our walk before we meet our objective. On the third we make our way by the Valle de Las Lagunas Madre e Hija (the valley of the mother and daughter lagoons) to arrive to the Laguna Torre. On the fourth day of the tour we go until the Torre Glacier to walk by its inside. We then have a rest in order to recharge our batteries for the next day. In the last days of our National Glacier Park walking tour we go until the foothills of the Pliegue Tumbado and later we visit the Viedma Lake and Glacier.

We leave El Chaltén to return to El Calafate and walk the ice of one of the most impacting glaciers of all of Patagonia, if not the world: the Perito Moreno Glacier. By the middle of the journey you will have gained some unforgettable views and memories, these walks that exude a different combination of the sensations of the wild and the virgin of all these places that mix the magic with a special charm. We continue our itinerary by going to Chile, after crossing the frontier we arrive at the Torres del Paine National Park, another landmark of Patagonian trekking.

We walk in various stages the trails of the famous 'W' circuit of the Torres del Paine. We go into the park by the Guarderia Laguna Amarga entrance. We walk the trail to the base of las Torres by the Valle Ascencio and we make the 'Lago Nordenskjöld crossing'. Following our designated route we trek to the Valle Francés and then until the Valley of the Grey Glacier. We take a boat ride on the Pehoe Lake until Port Pudeto and finally we acquaint ourselves with the west of the Torres del Paine National Park. Words alone cannot describe this amazing trekking.

Day 1 - El Calafate

Reception at the El Calafate Airport and taken to visit El Calafate and stay the night in a Hostel.

- » Lodging: Hostel double or triple room with private bathroom
- » Meals we provide: Diner
- » From / To: El Calafate

Day 2 - El Calafate - El Chaltén (National Glacier Park)

Breakfast in the Hostel before going by bus until the town of El Chaltén, that is situated next to the Fitz Roy Mountain. On our left after we make the El Chaltén turn off from the Ruta 40 is the Lake Viedma, leaving behind the wildness and silence of the Patagonian Plains. Here we begin three days of trekking in the National Glacier Park, taking with us only the bare necessities for this walk.

- » Lodging: Hostel room with shared bathroom
- » Meals we provide: Breakfast
- » From / To: El Calafate / El Chaltén

Day 3 - National Glacier Park: Lagoon Capri

We start our National Glacier Park trek. We first take a brief bus ride to the northern zone following the course of the White River (Río Blanco). Here we can enjoy some special views such as the Laguna and the Glaciar Piedras Blancas (White Stones Glacier). Towards the end of the afternoon we reach our first camping site in the Laguna Capri.

- » Lodging: Full Camp at Laguna Capri in double tent (rural area)

- » Meals we provide: Breakfast, box lunch and dinner
- » From / To: El Chalten / Lagoon Capri
- » Duration: 2 hours
- » Difficulty: Intermediate to mild

Day 4 - Fitz Roy Base Camp: River Blanco Valley, Lagoon De los Tres

We wake up and after breakfast we abandon the camp to follow the tracks to the Fitz Roy Mountain Base Camp. We go by the Río Blanco Valley and past the Piedras Blancas Lake, in which falls the glacier of the same name fall, and finish with a steep 500 metre ascent that takes us to the Laguna de Los Tres. This is the Base Camp of the Fitz Roy Mountain and is considered one of the most attractive viewpoints with the huge ice needles and mountain glaciers. By the same route we return to our camp site at the Lagoona Capri.

- » Lodging: Full Camp at Lagoon Capri in double tent (rural area)
- » Meals we provide: Breakfast, box lunch and dinner
- » From / To: Lagoon Capri / Lagoon de Los Tres
- » Duration: 5 hours
- » Difficulty: Intermediate to intense

Day 5 - The walk until the Lagoon Torre Camp Site

On this day we go by the Valley de las Lagunas Madre and Hija (Mother and Daughter) until the Torre Camp site, very close to the Torre Mountain. The Torre Mountain, with its 3,128 metres and its ice needles are a true challenge for the mountaineers. The trekking goes by the northern sector of the Lagoona Torre and has fantastic views of the Torre Mountain.

- » Lodging: Cerro Torre Full Camp in double tent (rural area)
- » Meals we provide: Breakfast, box lunch and dinner
- » From / To: Lagoon Capri / Lagoon Torre
- » Duration: 5 hours
- » Difficulty: Intermediate

Day 6 - Walk by the Grande Glacier (badly named the Torre Glacier)

Breakfast in the Lagoona Torre Camp site. We then go until the Torre Glacier to begin our walk over the Grande Glacier, where we can observe granite walls. We go well prepared with the equipment including ropes, security harnesses, crampons, etc and always with the help of the qualified and accredited mountain guides who accompany us. We need to cross the Fitz Roy River to arrive at the Torre Glacier and here we use a hanging rope. After we leave the river we walk by a forest of lengas until we arrive at the valley of the glacier. We then spend some hours exploring the interior of the glacier and here there can be ice climbing for the beginners. In the late afternoon we return to our camp site at the Lagoona Torre.

- » Lodging: Cerro Torre Full Camp in double tent (rural area)
- » Meals we provide: Breakfast, box lunch and dinner
- » From / To: Lagoon Torre / Torre Glacier/ Lagoon Torre
- » Duration: 5 hours
- » Difficulty: Intermediate

Day 7 - El Chaltén

We take some rest after the ardours and exhilaration of the trekking in the Torre Glacier. During the morning we go to El Chaltén by the Torre track that follows the Fitz Roy River valley. We take the afternoon to relax and enjoy the rest.

- » Lodging: Hostel room with shared bathroom
- » Meals we provide: Breakfast, box lunch
- » From / To: Lagoon Torre / El Chaltén

Day 8 - Loma del Pliegue Tumbado

From the Guardaparques station in the town of El Chaltén we direct ourselves by a way that crosses meadowlands and forests, rising until the slopes of the Pliegue Tumbado. Once we leave the forest we arrive at a rocky zone. This rocky climb does not require too much energy even though we go the summit that is at an altitude of 1500 metres. Here we find one of the most strategic viewpoints of the National Park where we can admire the presence of the Torre and Fitz Roy Mountains and, in the middle of the valley, the Rio de las Vueltas Glacier. From the summit we can also see well the Lake Viedma, the Solo and Grande Mountains, the Paso del Viento and, in the distance, the Patagonian ice fields. We go back to El Chaltén by the same route.

- » Lodging: Hostel room with shared bathroom
- » Meals we provide: Breakfast, box lunch
- » From / To: El Chaltén / Cumbre del Pliegue Tumbado / El Chaltén
- » Duration: 7 hours
- » Difficulty: Intermediate

Day 9 - Viedma Lake and Glacier

After breakfast we go to Bahía Tunel in the eastern direction in order to visit the Viedma Lake and Glacier. Once we reach the dock we board a boat to cross the lake to the Viedma Glacier, which is outstanding due to its profound blue ice that can be seen at its front. We make a trek to the interior of the glacier walking by the ice caves and the sides of the glacier. Late afternoon we return to El Chaltén.

- » Lodging: Hostel room with shared bathroom
- » Meals we provide: Breakfast, box lunch
- » From / To: El Chaltén / Trekking Viedma Glacier / El Chaltén
- » Duration: 2 hours
- » Difficulty: Mild to Intermediate

Day 10 - The return to Calafate

We breakfast in the Hostel. We catch a regular bus to go back to El Calafate, a four hour journey back along the Ruta 40. We take the afternoon to acquaint ourselves with this Patagonian town, the capital of the glaciers that is situated on the Calafate Mountain and in the Bahía Redonda (Round Bay) on the southern shores of the Lake Argentino.

- » Lodging: Hostel double or triple room with private bathroom
- » Meals we provide: Breakfast
- » Altitude: 185 meters above sea level
- » From / To: El Chaltén / El Calafate

Day 11 - Walk by the Perito Moreno Glacier and sightsee the Iceberg Canal

We wake up and breakfast at the hostel or hosteria before going for our walk to the Perito Moreno Glacier. Our walk is reduced so that we can take some time to see our principal objective and that is the continuous ruptures of masses of ice into the Iceberg Canal from a height of some 50 metres. This is one of the much anticipated highlights of the tour and produces some unforgettable memories of this majestic glacier. Later we return to the city of El Calafate.

- » Lodging: Hostel double or triple room with private bathroom
- » Meals we provide: Breakfast
- » From / To: El Calafate / Perito Moreno Glacier / El Calafate
- » Duration: 1 hour
- » Difficulty: Mild

Day 12 - Journey to the Torres del Paine National Park and the Guardería Laguna Amarga entrance

We leave Argentina to cross the border with Chile at the immigration centre of 'Cancha Carrera' and then go on to the Torres del Paine National Park, considered a Humanity Patrimony Site by UNESCO. We enter the park by the Guardería Laguna Amarga, that takes its name from the Estancia 'Laguna Amarga' that is in the zone and is situated some 115 kilometres from Port Natales. The trail starts at the Guardería and we go 7 kilometres by vehicle until the Estancia. Here, it is 600 metres above sea level and we camp at the Las Torres campsite..

- » Lodging: Full Camp at Las Torres in double tent (area with sanitary services)
- » Meals we provide: Breakfast, box lunch and dinner
- » From / To: El Calafate / National Park Torres del Paine
- » Duration: 6 hours
- » Difficulty: Mild

Day 13 - Trail by the Río Ascencio Valley to the base of Las Torres.

Breakfast in the Camping Full de Las Torres. We begin the trails to las Torres del Paine. The trekking starts on the slopes of the Almirante Nieto Mountain that borders the River Ascencio. We make a pronounced ascent to arrive at the River Ascencio Valley and then a further two hour climb to reach the Chilean refuge. We continue our walk crossing the forest of coihues, a Chilean evergreen used for thatching, with the objective of reaching our campsite at the base of Las Torres. This is popular point for the mountaineers to begin their climbing, with vertical faces of more than 880 metres. Later we arrive at the Las Torres viewpoint, a natural amphitheatre with magnificent views that is situated at the base of the vertical granite towers that are more than 2,700 metres high. Here we can see la Torre Sur, Central y Norte, el Nido de Cóndores and the North face of the Almirante Nieto Mountain. Also we can see la Morena, a rocky formation, that has an altitude of 1,000 metres. Finally we return by the same path.

- » Lodging: Full Camp at Las Torres in double tent (area with sanitary services)
- » Meals we provide: Desayuno, Box Lunch y Cena
- » From / To: Camping de Las Torres / Valley by River Ascencio / Mirador de Las Torres
- » Duration: 4 hours
- » Difficulty: Intermediate

Day 14 - From Las Torres de los Cuernos del Paine and the Nordenskjöld Lake

After breakfast we leave to go to the 'Nordenskjöld crossing'. This route involves two days of intermediate level trekking, walking from the River Ascencio Vally camp site until the Pehoe Refuge. We spend the night in the Paso Los Cuernos refuge after three hours of trekking. This walk helps us to discover the native wildlife of the zone south of the banks of the River Paine by seeing birds and mammals of the National Park and also excellent views of the southern part of the lake, las Torres and the Almirante Nieto Mountain. The Paso Los Cuernos refuge has 32 beds, a restaurant and bathrooms with hot water showers. We find it on the banks of the Nordenskjöld Lake, surrounded by a forest of coihues and is in between the Torres and Valle Francés Refuges. The walk borders the Nordenskjöld Lake and the base slopes of the Cuernos del Paine. It takes some three hours of trekking.

- » Lodging: Refuge Los Cuernos with shared room and bathroom
- » Meals we provide: Breakfast, box lunch and dinner
- » From / To: Camping de Las Torres / Refuge Paso Los Cuernos
- » Duration: 3 hours
- » Difficulty: Mild

Day 15 - Trekking to the Valle Francés

Breakfast in the Full Camping. We continue our trekking in the National Park in the direction of the Valle Francés, the mountain valley that descends from the mountain interior until the Nordenskjöld Lake, protected on the east by los Cuernos and on the west by the Paine Grande, that rises over 3,000 metres. Following our valley trail we enter to some impressive viewpoints that are found in a natural amphitheatre sculptured by the ice needles and the most impressive mountain walls: Cuernos, Espada, Máscara, Hoja, Aleta de Tiburón, Catedral and Paine Grande. The combination of the forests of coihues and the Paine Grande glaciers provoke a unique spectacle on this walk. We arrive at Valle Francés continuing by the same trail and then effectively west skirting the Scottberg Lake until we arrive at the Refuge Pehoe.

- » Lodging: Refuge Pehoe Full Camp in double tent (area with sanitary services)
- » Meals we provide: Breakfast, box lunch, dinner
- » From / To: Refuge Paso Los Cuernos / Refugio Pehoe
- » Duration: 9 hours
- » Difficulty: Intense

Day 16 - Walk to the Grey Glacier Valley

Breakfast in the Full Camping. We begin our trekking to the Valle del Lago and the Grey Glacier, that originates from the

Patagonian Ice Fields and goes into the northern sector of the lake surrounded by forests of lengas and morenas. The Grey Glacier forms part of the Southern Ice Fields and has a width of 6 kilometres and a height of 30 metres. Its bluish colour is produced by the absorption of the light by part of the ice. It is a glacier that is found in full regression, a combination of the global warming and the change of rain patterns in the southern Patagonian region. Blocks of blue coloured ice fall from the Grey Glacier and are blown south by the prevalent Patagonian winds. We continue by the track that defines our route for a further two hours until we reach a viewpoint where we can observe the lake and the glacier in its maximum splendour. Later we arrive at another viewpoint that puts us in front of the glacier, in a privileged position. The route crosses a forest of notros – whose reddish flower is a symbol of Patagonia – and a dense vegetation of thicket that are protected by the ice and are recovering the Paine Grande. Finally we return to the Pehoe Refuge.

- » Lodging: Refuge Pehoe Full Camp in double tent (area with sanitary services)
- » Meals we provide: Breakfast, box lunch, dinner
- » From / To: Refuge Pehoe / Grey Glacier Valley / Refuge Pehoe
- » Duration: 8 hours
- » Difficulty: Intense

Day 17 – Navigating the waters of Lake Pehoe until Port Pudeto.

We breakfast a little later than usual in the Full Camping, taking the morning to rest somewhat after various days of trekking. After the deserved rest we set sail in a boat to cross the crystalline waters of the Pehoe Lake to go to Port Pudeto, where we take a bus until the campsite in Camping Pehoe. The Pehoe Lake is at the centre of the Torres del Paine National Park. After lunch we continue our route until the beautiful Salto Grande and later walk for less than one hour to arrive at the beaches of Nordenskjöld Lake. We spend the night in the Camping Pehoe camp site.

- » Lodging: Camping Pehoe Full Camp in double tent (area with sanitary services)
- » Meals we provide: Breakfast, box lunch, dinner
- » From / To: Refuge Pehoe / Salto Grande / Camping Pehoe
- » Duration: 1 hour
- » Difficulty: Mild

Day 18 – Western Sector of the Torres del Paine National Park

Breakfast in the Full Camping. We acquaint ourselves with the western zone of the Park by making a walk by the southern shores of the Grey Lake, which is full of icebergs, and then we climb to the Ferrier viewpoint where we can see a panoramic view of the Paine Massif and the Andes Mountain range, especially with the Grey and Pingo Glaciers. We spend the night in the Camping Pehoe.

- » Lodging: Camping Pehoe Full Camp in double tent (area with sanitary services)
- » Meals we provide: Breakfast, box lunch, dinner
- » From / To: Camping Pehoe / Costa Sur del Lake Grey / Camping Pehoe
- » Duration: 3 hours
- » Difficulty: Mild

Day 19 – Return to El Calafate

Breakfast in the Full camping before starting our journey back to Argentina and returning to El Calafate.

- » Lodging: Hostel double or triple room with private bathroom
- » Meals we provide: Breakfast
- » From / To: Camping Pehoe / El Calafate

Day 20 – El Calafate

Breakfast in the Hostel, We are taken to the El Calafate Airport and that signals the end of our trekking program.

- » Lodging: Hostel double or triple room with private bathroom
- » Meals we provide: Breakfast
- » From / To: El Calafate / Calafate Airport

Hostel with Shared Bathroom		x					x	x	x										
Refuge with room Shared Bathroom													x						
Camp Full			x	x	x	x						x	x		x	x	x	x	

General information

Recommended gear for the trekking

The following is the suggest equipment and clothing required for the trekking:

- » 50 litre rucksack
- » Synthetic interior garments
- » Long Sleeved T-Shirt and another of cotton
- » Walking trousers
- » Under trousers without feet
- » Polar jumper
- » A pair of leggings and a pair of gloves
- » Two pairs of woolen socks
- » Two pairs of light socks
- » Walking shoes
- » Woolen hat (better woolen than fibre)
- » Sun visor
- » Hand and bath towel
- » Sun glasses
- » Sun cream protector
- » Torch
- » Walking sticks (fundamental)
- » Documents necessary to enter to Chile (Passport etc.)
- » Personal medicines

 CONSULTAR

 RESERVAR

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