

TORRES DEL PAINE CIRCUIT (10 DAYS)



DETAILS:

- 10 days / 9 nights
- 2 Nights hotel in Puerto Natales with breakfast
- Sleep in tent (6) and refuge (1) into the park
- From / to Punta Arenas
- All meals during trekking days
- Porters for carry tents and food

If you travel at least in group of three people, we can arrange a different date if you need it. Also we can arrange private tours.

About Patagonia.

The Andes are a relatively young mountain chain, created over the last 70 million years as the Nazca plate was slowly pushed under the continental South American plate. Over the last two million years the Cordillera has undergone several periods of intense glaciation during which much of its present topography was formed. The South Patagonian Andes are largely composed of granitic rocks. In Paine area the black caps on the peaks like Cuernos and Fortress are remnants of a huge sedimentary roof. Fifty million years from now, ice erosion may have completely wiped out the magnificent granite spires and crustal plates. Approximately 14,000 years ago the last ice age began to end, and the glaciers that had intermittently covered most of the Andes retreated into the Cordillera. This natural global warming allowed the plants and animals to recolonise large areas previously under ice.

Paine mountain range and Fitz Roy contains so many mountains spread along these areas, where have concentrated on the most spectacular peaks, Fitz Roy (Native name "Chalten"), Cerro Torre, Towers of Paine, Paine Grande, Cuernos del Paine and many more.

Southern Patagonian Ice cap that is primarily responsible for the climate along Paine and Los Galciares region. This is the largest ice cap in the world outside north Pole and Antarctica´s area. The westerly sea air carries moisture that cools down as it moves across the ice cap. Waves and vortices create a meeting of winds from different directions, forming a convergence zone. Areas of low pressure and convergence zones result in thick clouds and precipitation. The ice cap may be responsible for katabatic winds in the Fitz Roy and Paine mountains.

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Here trekkers are lured by colourful sunsets, sheer mountains wrapped in gleaming ice, wild animals, tidewater glaciers and we invite you to join Patagonia with us.

Your trip.

Our trip starts in Punta Arenas (Chile) where our guide awaits you at the Ibañez airport. After pick you up at the airport or at Punta Arenas town, we will drive to Puerto Natales, 260 km north. Here you will be accommodating in our hotel. We will have a briefing with our guide, who will talk about all aspects of this trip, such as clothes, weather, the path, food at the camps and refuges, trail food, drinkable water, porters, tents, transportation, park environment and of course you can ask all questions that you need to clarify.

Also, at the Hotel, our guide will check your personal trekking equipment according to our equipment list (see below) in order to suggest you if you need to add some material or garment at your trekking equipment.

Puerto Natales

In Puerto Natales, you can leave all not necessary gear for the trekking. Leave a bag with us and we will storage it safely.

Trek.

This itinerary has eight days trek into the Torres del Paine Park. During these days you need to use a back pack size with enough room, just for carry your clothes, sleeping bag, pad and trail food. Trail food, will be providing each day for our guide. Common equipment such as tents, stoves, pots, food will be transferred by porters from camp to camp.

All tents will be assembled by our porters and guide (except for days in refuges). In some camps, and depending of size group, we also set up a dining tent with tables and chairs and kitchen and all meals will be prepare for us.

About trekking, every day we will walk an average of 6 hours a day, and we expect several up and down hills along the trek.

Torres del Paine Park does not have high altitude trails. Maximum altitude expected is about 900m (2,950ft). above sea level.

About our meals during the trek, in our camps there are varied and well chosen. Fresh and delicious food is always available in our trips. Vegetables, fruit, meet, chicken and even fish are among our menu, as well as pastas, rice, potatoes rich in carbohydrates.

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Wine, coke, beer, biscuits, cheese, crackers and everything we need to make our trip pleasant.



About walk distances, we will walk average of 6 hours a day, and we expect several up and down hills along the trek. Our longer up hill is on day 6, when we go from Perros camp through John Garner pass to Grey camp.



About weather, the main characteristic of this place is the fast change that can suffer the climate conditions. Any combination can be possible between the wind, sun, rain and snow in a single day.

Patagonia and specially Torres del Paine does not have a determined climate, are rather unstable, mainly in the proximity to the South Ice Field, places that registers the lowest temperatures and register a more intense rainfall. This also can be in snow type. However the Pampa sector located at east side of the park (dry zone) register less rainfall and low humidity conditions. Temperatures also feel higher, reaching also 20°C. in some sunny days.

MONTH	Oct-Dic	Ene-Marzo	Abril-Junio	Julio-Sep
Season	Spring	Summer	Fall	Winter
Temp. Max.	18°C	21°C	11°C	7°C
Temp. Min.	1°C	4°C	0°C	-3°C

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Our equipment and clothing must be adapted for these circumstances, we must have special care with the selection of the clothes that we will use, which as main norm must suitably support to rain and the wind, be sufficiently comfortable during warm days and be lightweight when you will put it into your back pack. We must be prepared to have in one day a four season climate.

Torres del Paine big Circuit map.



PROGRAM

Day 1: Arrival to Punta Arenas.

Arrival at Punta Arenas, Chile. Our guide will await you at Punta Arenas airport or pick you up in Punta Arenas city. Terrestrial transfer to Puerto Natales in private vehicle (*), 260km in three-hour drive through the Patagonian pampa. Detour to visit Penguins colony at Otway sound. Lodging in Puerto Natales. Briefing with our trekking guide to discuss all details of our trip program. Dinner not included. In Puerto Natales there are several restaurants with all kind of Chilean and international menus.

Book any flight that arrives before 20:00pm at Punta Arenas airport (Chile). We recommend to arrive between 12:00pm to 15:00pm

For more information about flights: www.lan.com, Check price in this site.
If you need, we can buy and include your flight from Santiago to Punta Arenas.

Day 2: Puerto Natales - Torres del Paine Lookout.

Breakfast in the morning. Leave at the hotel all not necessary gear for our trekking days. Leave in the morning (8:30am) in our private vehicle in direction to Torres del Paine National Park. This take 2 hours driving north and take Laguna Amarga entrance. Right before entering the Park, we will have excellent view and a great picture taking

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opportunities of Paine wild life such as guanacos, grey foxes, Chilean flamencos, Condor and black-necked swans.

Arrival at camp Las Torres. Here, we leave most of our gear and tents. Start our hike with a day pack through Ascencio valley by the footpath into Lenga trees towards Torres del Paine lookout, one of the most spectacular views of the Park (4 hours). From here we can view the three granite pinnacles towering above a green, cirque-bound lake in a deep, narrow valley. The scene is one of the intense past glaciations. Return to Torres camp (Tent). Hot shower available. Snack and dinner.

Note: During all our expedition it is including the breakfast, one trail food during the long walks and dinner.



Day 3: Camp Serón.

Breakfast. 9:30am begin our Paine Circuit. We shoulder our back packs with all of our personal things. Porters are in charge of carrying all tents, common gear and food. There are approximately 4 hours until Serón camp at the borders of Paine river, walking by past beautiful beech forests. Set up our camp. Snack and dinner.

Day 4: Dickson.

Breakfast. Our porters will pack our tents. We leave our camp at 9:30am in the morning towards camp Dickson. This trek goes along Paine river, with also views of Escudo and Cabeza de Indio mountain (profile rock looks like a Indian face). Length of the trekking approximately 4-5 hours. When arriving at our camp near Dickson lake, we will be able to descry the south continental ice cap for first time (Dickson Glacier). Hot shower. Camp and dinner.

Day 5: Perros Camp.

Breakfast into the refuge. 9:30am begin of the trek through one of the most beautiful places of this excursion. Impressive forest of Lengas and Coigues (Nothofagus trees) we will be able to contemplate along of this 4 hours of length, to finally conclude with a spectacular view of the Perros Glacier calving directly into the small lake. Perros Camp. Dinner.

Day 6: Camp Grey.

Breakfast very early morning. Today we need to leave camp early due this is the longest walking days of Paine Circuit (9-10 hours), and also has one of the best views of the Park. From the beginning of our trek, we gradually climb to tree line, then continue on to John Garner pass at 1.150m. This mountain pass can be done in a difficult condition due strong winds and some snow accumulation. Our guides has years of experience crossing this area under a very safe conditions.

Once arrive at the highest point, from here there are awe-inspiring views of enormous Grey Glacier coming down of the southern ice sheet. From here we descend to tree line and continue traversing near this massive Grey Glacier, which fills the valley with heavily creased ice. We continue on to camp next to Lake Grey, where the Grey Glacier calves into the lake. Camp. Hot shower available. Snack and dinner.

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Day 7: Camp Pehoé.

Breakfast. After restful morning and contemplate lake and icebergs, we leave the camp in the afternoon toward Lake Pehoe. This trekking takes about 4-5 hours. Along our walk, we enjoy several spots with spectaculars views of Grey Lake, icebergs and big mountains at both sides of the lake. Camp Pehoe. Hot shower available. Snack and dinner.



Day 8: Pehoe - French Valley – Cuernos refuge.

Breakfast early in the morning. Trek to French Valley, a great Mountain circus. After three hours we arrive at Campamento Italiano, entrance of French Valley. From here, we take a side trip path, hiking to lookout (2 hours) and contemplate one of the most dramatic peaks in Patagonia like Cuernos, Espada, Hoja, Mascara, Paine Grande, Aleta de Tiburón, Catedral and more. Back to camp Italiano and continue our trek to Cuernos refuge (3,5 hours). Hot shower available. Snack and dinner.



Day 9: Cuernos – Las Torres – Puerto Natales.

Breakfast. Last day trek to complete our goal, circumnavigation of Paine Mountain Range, arriving at starting point camp Las Torres (5-6 hours). This trek goes through Nordeskjokd lake, crossing several creeks. Arrival at Las Torres and terrestrial transfer to Puerto Natales and estimate arrival at 18:00. Hotel. Dinner not included.

Day 10: Puerto Natales – Punta Arenas airport.

Breakfast in our hotel. We will coordinate a ground transfer to Punta Arenas Airport (*) according your flight departure time. We recommend to book any flight starting from 12:00pm. If your flight is very early morning, we can schedule last hotel night in Punta Arenas, instead Puerto Natales.

Service includes:

- Trekking/Mountain Guide
- Two hotel nights in Puerto Natales, private bathroom and breakfast (Double room) Single supplement USD\$ 90.- per night.
- Six nights in tent (two persons tent) with breakfast and dinner.
- One night at Cuernos refuge, with breakfast and dinner.
- Private ground transportation. (*) if you are traveling alone from Punta Arenas -

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Puerto Natales – Punta Arenas, this section transfer could be in regular bus.

- Torres del Paine entrance fee
- Visit Seno Otway Penguin Colony (fee included)
- All meals during the trek (breakfast, box lunch and dinner)
- Radio communication UHF and VHF and satellite phone
- First aid kit
- Porters for carry camping gear and food.

Service does not include:

- Flight to Santiago and internal flight to Punta Arenas (If you need help to book a internal flight to Punta Arenas, just let us know)
- All personal trekking equipment (See suggested equipment list)
- Accident and rescue insurance
- Cash for extra expenses
- Sleeping bag and mattress (available for rent)
- Dinner and extra meals in cities
- Extra meals during the day treks
- Personal porter for all trip, to carry personal belongings (15 kg per porter maximum), USD\$ 910 for 7 days.

PATAGONIA TREKKING SUGGESTED EQUIPMENT LIST

Upper body:

- Wind proof and water proof Jacket, such as Gore Tex or similar layer
- Fleece or pile coat
- 2 polypropylene "T" shirt long sleeve
- 2 polypropylene or cotton "T" shirt short sleeve
- Cap of wool or fleece
- Light Gloves

Lower body:

- 3 or 4 pairs of socks
- Lightweight polypropylene long underwear bottoms
- Breathable and windproof pants
- One trekking lightweight pant (quick dry)
- Light trekking boots and sneakers

Personal equipment:

- Clothes for sleep
- Sleeping bag (recommended from 0°C to -10°C). **(Available for rent)**
- Sleeping mattress **(Available for rent)**
- Articles of personal cleanliness
- Plastic bottle to fill up with water (1.000cc)
- Sun glasses
- Sun screen lotion
- Sun screen lip protector
- Insects repellent
- Backpack at least 60 liters of capacity **(Available for rent)**
- Head lamp
- Camera
- Towel
- Gaitors
- Trekking poles **(Available for rent)**
- Duffel bag (for storage your extra things that you do not need in trekking days, and leave it in our hotel in Puerto Natales).

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Links.

Application trip: <http://www.andesmountain.cl/aplicacion.html>

Web site program: <http://www.andesmountain.cl/1A-Circuito-Principal-Torres-Paine-Chile/Big-Circuit-Torres-del-Paine.html>

Thanks,

Pedro Marzolo

Andes Mountain Expediciones

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