

Andes Mountain Expediciones

W CIRCUIT TORRES DEL PAINE AND FITZ ROY



Details:

- 11 days / 10 nights
- Sleep in tent and refuges into the park
- 6 nights Hotel in Puerto Natales and Chalten
- Transfer From / to Punta Arenas

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.

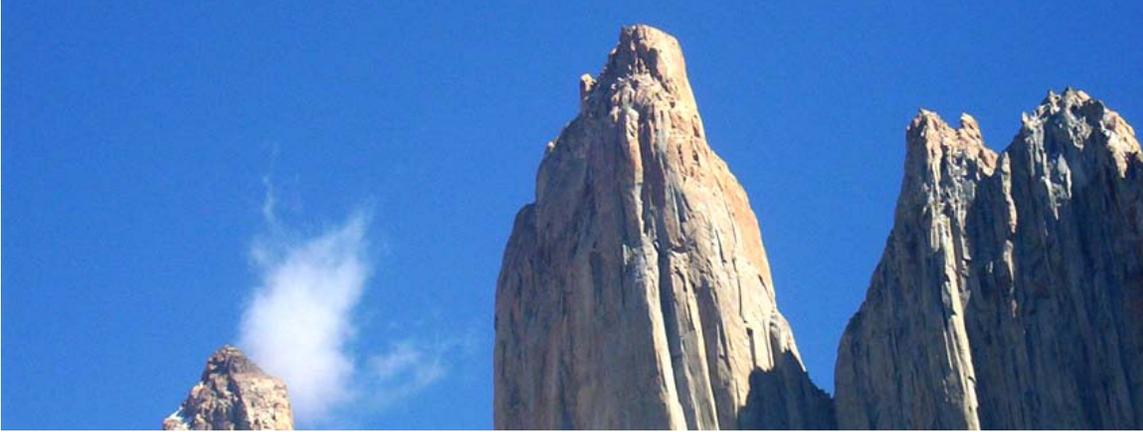
Fifty million years from now, ice erosion may have completely wiped out the magnificent granite spires and crustal plates. Approximately 14,000 years ago the last ice age began to end, and the glaciers that had intermittently covered most of the Andes retreated into the Cordillera. This natural global 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.

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.

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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.

This trip involves two main areas of Patagonian sides, Torres del Paine National Park in Chile and Los Glaciares National Park in Argentina. In Torres del Paine, we will walk from/to campsites and refuges, where we will spend our nights. In Los Glaciares park we will visit main attractions, Cerro Torre and Fitz Roy walking from village of Chalten, sleeping in a comfortable hotel.

All ground transfers, will be in private services (except if you require a different time for your transfer, we will use a regular bus). Transportation from Chile (Puerto Natales) to El Chaltén (Argentina) and return, we use a regular buses.

About our meals during the trek in Torres del Paine, these 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. Wine, coke, beer, biscuits, cheese, crackers and everything we need to make our trip pleasant.

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Trek.

This itinerary has five 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 and Los Glaciares Park does not have high altitude trails. Maximum altitude expected is about 900m (2,950ft). above sea level.



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)

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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

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.

PROGRAM

Day 1: Punta Arenas - Puerto Natales.

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).

If you comes from El Calafate (Argentina), there are regular buses every day morning to Puerto Natales. Take a bus in our day 1 of our itinerary.

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: Torres del Paine.

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 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 Lengua 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



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Day 3: Cuernos Camp.

Leave our camp at the morning. Trek towards Cuernos refuge, that offers a superb view of "Cuernos del Paine" one the most spectacular and icon of this Park. From the refuge, we can observe a wide and big rock wall in front of us. Take your binoculars to observe the Condor´s flight and nest well protected from the depredators by the cliff. Trek from Las Torres to Cuernos takes around 5-6 hours. This path crosses rocky zones, several creeks and forest along the Paine massif and Nordeskjold Lake. Lodging in Cuernos (Refuge). Hot shower available. Dinner.

Day 4: French Valley - Pehoé Camp.

Breakfast in the refuge. 8:30am, we leave Cuernos, towards French Valley. After walking along of Lago Nordenskjold for an hour, we will arrive at the French Valley entrance. This is a impressive valley that is surrounded by sharped mountains like Paine Grande, Horns, Sword, Mask, Catedral and others magnificent peaks. We will contemplate this mountain circus from the lookout. back to continue through the path that goes to Pehoe camp, where we will find our camping place. (Tent). Hot shower available. Snack and dinner.

Day 5: Pehoé Camp – Grey Camp.

Today we will initiate one of the most beautiful passages of this excursion. 8:30 breakfast. This path between Pehoe and Grey takes about four hours trek, with a beautiful views of Lake Grey along the trail. Also, we will views of enormous Grey Glacier coming down of the southern ice sheet. Arrival at Camp Grey. (Tent). Hot shower available. Snack and dinner.

Day 6: Grey Camp - Los Guardas (Grey lookout) - Puerto Natales.

Breakfast in the morning. Trekking to Los Guardas lookout (1,5 hours) a place where we can contemplate the wide and long Grey Glacier. Back to Grey camp and take the boat to sail through the Grey lake to the opposite side. Here our private vehicle will transfer us back to Puerto Natales taking a alternative dirt road. Arrival at the Hotel by 17:00. Dinner not included.

Day 7: Puerto Natales - El Chaltén.

Breakfast. 8:00am from Puerto Natales, regular bus to Chalten. Bus stops at border line (Chile/Argentina) where you needs to do customs. Stop also at El Calafate, where you will take a different bus that departs to El Chalten, 3 hours driving. Once in Chalten our guide will accommodate in our hotel. Dinner not included. In Chalten, there are several restaurants with all kind of international menus.

Day 8: Trek to Cerro Torre lookout.

Breakfast at the hotel. Our guide will meet you here for initiate our day trek. Spectacular and pleasant hiking towards to the base of Cerro Torre, 3 hours. Short Hike to Mirador Maestri (Maestri's lookout), 40 minutes. After contemplate spectacular mountain scenery and rest, we initiate our return to Chalten. Lodging in Hotel. Dinner not included.

Note: During our trekking days is including trail food.

Day 9: Trek to Laguna de los Tres (Fitz Roy lookout).

Breakfast at the Hotel. Meet our guide. Hike towards Fitz Roy and Laguna de los Tres lookout (4 hours). Drive north for 30 minutes to "Estancia Pilar". From here we start our trek to Laguna de Los Tres. The lookout has a impressive view of mount Fitz Roy, and all scarped mountains that surround it. Back to El Chalten through a alternative

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path (Rio Blanco Valley) that leave us right at El Chaltén town. Dinner not included.

Day 10: Back to Puerto Natales.

Breakfast at the hotel. 8:00am, regular bus to El Calafate and then change bus to Puerto Natales (Chile). Lodging in Hotel. Dinner not included.

Day 11: Puerto Natales – Punta Arenas.

Breakfast. Transfer to Punta Arenas Airport. End of services.



Service includes:

- Bilingual trekking Guide
- Three hotel nights in Puerto Natales with breakfast (Double room)
Single supplement USD\$ 90.-
- Three hotel nights in El Chaltén with breakfast (Double room)
Single supplement USD\$ 90.-
- Three nights of camping (tent)
- One night of lodging in refuge in Torres del Paine
- All private ground transportation to Torres del Paine
- Regular bus transportation to El Chaltén area
- Park entrance fee (Torres del Paine and Los Glaciares)
- All meals during the trekking days (breakfast, box lunch and dinner)
- Radio communication UHF and VHF
- Satellite Phone for emergency
- First aid kit
- Mountain tents
- Diner tent with tables and chairs
- Porters for carry camping gear and food.

Service does not include:

- Flight to Santiago and internal flight to Punta Arenas, Chile
- All personal trekking equipment
- Accident and rescue insurance
- Cash for extra expenses
- Sleeping bag and mattress
- Dinners in Puerto Natales and Chaltén
- Extra meals during the day treks

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- Personal porter for all trip, to carry personal belongings (15 kg per porter maximum), USD\$ 390 for 3 days.

PATAGONIA TREKKING 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 "T" shirt short sleeve
- Cap of wool or fleece
- Light Gloves

Lower body:

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

Personal equipment:

- Clothes for sleep
- Sleeping bag (-10°C) **(available for rent)**
- Long cushion insulator (inflatable or foam)
- 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 55 liters of capacity **(available for rent)**
- Head lamp
- Camera
- Towel
- Sandals
- Trekking poles **(available for rent)**
- Mattress **(available for rent)**

Links:

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

Web site program: <http://www.andesmountain.cl/1BA-W-11-dias-Torres-Paine-Chile/W-circuit-11-days-Torres-del-Paine.html>

Thanks,

Pedro Marzolo

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