

TORRES DEL PAINE Mountain Biking



Details:

- 7 days / 6 nights
- Sleep in ten
- 2 nights Hotel in Puerto Natales
- Transfer From / to Punta Arenas

About the Area.

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.

Southern Patagonian Ice cap that is primarily responsible for the climate along Paine 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 on 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.



Your trip.

Our trip starts in Punta Arenas (Chile) where our guide awaits you at the Ibañez airport or at Punta Arenas town. After pick you up, 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, path, food at the camps and refuges, trail food, drinkable water, 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 MTB 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.

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

About our meals during the trek, 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.

Stages.

This itinerary has five days MTB from Puerto Natales to Torres del Paine Park. We will bike through single paths and dirt roads, staying in Estancias, and campgrounds into the Park. Bring your own bike or rent one with us. In this case, we recommend to bring pedals and shoes according your preferences.

All tents will be assembled by our staff (except for days in refuges)

Torres del Paine Park does not have high altitude trails.



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

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.

MOUNTAIN BIKING 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. 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: Natales - Estancia.

Breakfast in the morning. Leave at the hotel all not necessary gear for our MTB trip. Leave in the morning (9:30am) from Puerto Natales towards Milodon Cave, place which is notable for the discovery in 1895 of skin, bones and other parts of a giant

called Milodon - an extinct animal which died 10,200 - 13,560 years ago. After this stop, we continue towards Laguna Sofia in a single track until Estancia Pingo, place where we found our campsite (refuge in case of rain). Rest and dinner.

Day Information:

Distance: 40km

Altitude Gain: 370m.

Decline Gain: 218m.

Lowest Altitude: Sea Level m.

Highest Altitude: 160m

Day 3: Estancia – Serrano.

Breakfast. Start from Estancia towards Torres del Paine Park. This is a stage mainly over a dirt road with some sections in single track.

On the road, we visit Toro Lake and always biking with a spectacular view of all Paine Massif. Arrival at Serrano campsite. Tent and dinner.

Day Information:

Distance: 56km

Altitude Gain: 1.200m.

Decline Gain: 1.120m.

Lowest Altitude: 70 m.

Highest Altitude: 300m

Day 4: Serrano – Las Torres.

Breakfast. Leave our camp towards Main entrance of Torres del Paine park. First 7 km through dirt road. The start a 35km of single track visiting small lakes, great view of all Paine mountain range, Condors and Guanacos. This is a great path. Last 5 km until Las Torres camp goes in a dirt road. Arrival at our camp
Dinner and tent.

Day Information:

Distance: 48km

Altitude Gain: 1.100m.

Decline Gain: 1.000m.

Lowest Altitude: 22 m.

Highest Altitude: 486m.

Day 5: Las Torres – Las Torres.

Breakfast in the morning. Trekking day. 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



Day 6: Las Torres - Laguna Azul - Puerto Natales.

Breakfast. Back to MTB. Leave Torres camp at 9:30am. Biking towards Laguna Amarga, visiting also Cascada Paine a great waterfall that comes from Paine River. Continue to Laguna Cebolla and arrives at Laguna Azul, Celebration lunch. Transfer in a VAN to Puerto Natales. Hotel. Dinner not included.

Day Information:

Distance: 44km

Altitude Gain: 1.200m.

Decline Gain: 1.100m.

Lowest Altitude: 77 m.

Highest Altitude: 450m.

Day 7: Puerto Natales – Punta Arenas.

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 Guide
- Two hotel nights in Puerto Natales, with breakfast (Double room)
Single supplement USD\$ 90.-
- Four nights of lodging in tent in Torres del Paine with breakfast and dinner
- Private ground transportation.
- Torres del Paine entrance fee
- All meals during the trek (Breakfast, box lunch, dinner)
- Radio communication UHF, VHF and Satellite phone
- First aid kit
- Mountain tents
- Cooking gear
- Dinner tent with tables and chairs in AM camps
- Vehicle for transportation of all personal and common gear

Service does not include:

- Flight to Santiago and internal flight to Punta Arenas, Chile
- All personal MTB and trekking equipment
- Accident and rescue insurance
- Cash for extra expenses
- Sleeping bag and mattress (available for rent)
- Dinner in Puerto Natales
- Extra meals during the day treks
- Bike (USD\$ 200 for entire trip)

PATAGONIA PERSONAL MTB EQUIPMENT

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
- 3-4 Bike jersey
- Cap of wool or fleece
- Light Gloves

Lower body:

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

Personal equipment:

- Clothes for sleep
- Sleeping bag (Suggested from 0°C to -15°C) **(Available for rent)**
- Articles of personal cleanliness
- Plastic bottle to fill up with water (1.000cc)
- Sun glasses
- Sun screen lotion

ANDES MOUNTAIN EXPEDICIONES

- Sun screen lip protector
- Insects repellent
- MTB Backpack
- Head lamp
- Camera
- Towel
- Bike helmet and gloves
- Mattress **(Available for rent)**
- Duffel bag (for storage your extra things and leave it in our hotel in Puerto Natales)
- Technical pedals and cycling shoes

If you need more information, please contact us. Also, if you would like to receive a brochure of our company, please let me know your post address to send it.

Thanks,

Pedro Marzolo

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