

Trekking

South America 2018

Featuring:

Torres del Paine, Chile



PNG Trekking Adventures

www.pngtrekkingadventures.com

Torres del Paine Trek

12th- 23rd March 2018



PNG Trekking invites you to come join us on another adventure, the Torres del Paine Trek, the world renowned trekking route in Patagonia Chile's most famous national park.

Torres del Paine is an internationally acclaimed Chile trekking destination with panoramic scenery, exotic wildlife and diverse ecosystems. This world renowned Patagonia trekking destination and park of Torres del Paine lies in the south of Patagonia, approximately 2500kms south of Santiago.

Torres del Paine is recognised as one of the most breathtakingly unspoiled places on earth, being declared a World Heritage site in 1978. The spectacular Pine Massif, with peaks Cuernos (Paine Horns) and Grande, dominates the panoramic landscape of the park.

We will trek through numerous ecosystems including, calving glaciers, snow-capped mountains, cascading rivers and waterfalls, lush meadows, mirror like turquoise lakes, Magellenic forests and arid Pampas. Expect to see birds like the Andean Condor, American ostrich, Cara Cara's and Pink Flamingos. Mammals such as Guanaco's (like Lamas) Gray and Culpeo Foxes and possibly Pumas.

This is the right trip for energetic people who like to be active and have a spirit of adventure and a positive attitude. To enjoy this trek it's essential to be in shape before you arrive. It's not wise to regard this trek as a means of getting into shape or losing excess weight. Start a fitness training program well before departure. The vast unbroken stretch of ocean to the west and south of the South American continent leaves the Patagonian Andes very

exposed to the saturated winds that circle the Antarctic landmass. Also, both the strong marine and the South Patagonic Ice field influence make the weather hard to predict. In spring or early summer fine weather may deteriorate almost without warning, bringing rains and eventually snow. Even in summer (December to March) you should come prepared to find cold- strong winds (up to 130 km/hr) and rainfalls. The summer's average temperature is 11°C/52°F (24°C max, 2°C min).

Trek Details

Our Team: Highly renowned and experienced local guides are used on this trek with a ration of 1:6. All guides are experienced national park guides with medical training.

Safety: Satellite phone and local communications equipment on each expedition. We have a perfect safety record.

Food: We offer carefully planned, nutritious meals, prepared by trained chefs at each camp.

Prep Day: On arrival in Eco Camp that evening we brief trekkers on what will be happening over the next 8 days. Also gives the opportunity for trekkers to ask questions.

Camps: Outstanding camp sites with comfortable dining either in our own eco domes or refugio's. Bathroom and toilet facilities (mostly) with hot water for showers at each camp site other than Los Perros.

Local Staff: Separate handpicked South American staff for the trek catering to all individual needs.

8-Day trek: We offer a full 8 days magnificent and varied scenery in a very special and beautiful national park.

Torres del Paine 2018 Itinerary

Day 1, Monday 12th March

Arrive Santiago (via Sydney or Auckland)

Depending on international flight arrival times in Santiago clients may not be able to connect with the domestic flight to Punta Arenas on the same day. A night in Santiago maybe required. If this is the case PNG Trekking Adventures can book accommodation for clients.

Day 2, Tuesday 13th March

Arrive Punta Arenas

Today the group fly's into Punta Arenas from their various overseas destinations. It's time to relax and unwind from the journey, visit the local markets across the road from the hotel, go for a stroll down the esplanade or walk up to the lookout. Punta Arenas is a very interesting little city. An early evening briefing



will be held to discuss any gear queries and the following day's itinerary.

Accommodation: Hotel Meals: B

Day 3, Wednesday 14th March

Punta Arenas to Torres del Paine Camp

The trip starts during the morning in the city of Punta Arenas. From Punta Arenas we drive to the Eco Camp, located in the world famous Torres del Paine National Park. En-route we will visit Puerto Natales, a small but lively town on the shores of Seno Ultima Esperanza - "Last Hope Sound" where we will enjoy a hearty lunch with delicious local food. From there we will visit Cueva de Milodon, a massive prehistoric cave where the remains of a giant ground sloth were discovered in the 1890's. The sur-



rounding area is very scenic with plenty of wild birds to be seen. During summer the sun sets around 11 pm, so as you drive in you'll have plenty of light to admire the Patagonian steppe with its guanaco and snow-peaked mountain horizon. The day ends with a



delicious camp dinner and an overnight at the camping area of the Eco Camp.

Accommodation: Tent Meals: BLD

Day 4, Thursday 15th March

Torres del Paine Camp to Camp Dickson

The day will start at the Eco Camp Patagonia with a long trek heading to Dickson Lake, where we can enjoy a spectacular view of Dickson Glacier and part of the Hielo Patagonico Sur (South Patagonia Ice Field). We continue our trek along the eastern bank of the Rio Paine. We'll stop at a lookout point with a wonderful panoramic view of Lago Paine below and then we descend to the lake level and continue across open grasslands along the Rio Paine to Refugio Dickson. Our stunning campsite will be in the Dickson Valley surrounded by towering snow capped



peaks and the clear waters of Dickson Lake with Mt. Cubo in the distance. Hot showers are available. We spend the night camping at Dickson. Trekking distance today is 32 kms, taking us approximately 11 hours. Elevation 300 meters.

Accommodation: Tent. Meals: BLD

Day 5, Friday 16th March

Camp Dickson to Laguna Los Perros Camp

The trail follows Los Perros River and en-

counters the wildest and least accessible section of the trek. A virgin beech forest crossed by many water courses lead the way towards the lovely Laguna Los Perros where we set up camp and enjoy a hearty dinner and a well deserved sleep. Trekking distance today is 9kms, taking us approximately 5 hours. Elevation 500 meters. **Accommodation: Tent. Meals: BLD**

Day 6, Saturday 17th March

Laguna Los Perros Camp to Camp Grey

At this location we reach the highest point of the circuit at 1300 mts (4000 ft) with an awe-inspiring view of the Grey Glacier, an enormous fractured mass of ice choking the valley. The John Gardner pass is one of the most famous points of Torres del Paine and a must-do for any trekker longing



to do the circuit. If the weather conditions have been rough, the trail in this part could be closed, so we may propose a short and non-technical rappel to continue advancing. Once leaving the highest point, the route continues roughly south along forested slopes with occasional landslides and a beautiful view of the enormous Grey Glacier (more than five miles across and ten miles in length) Trekking distance today is 22kms, taking us approximately 12 hours. Elevations 1200 meters.

Accommodation: Tent. Meals: BLD (Grey Refugio)



Day 7, Sunday 18th March

Camp Greyto Lake Pehoe

After our big effort yesterday, today the group will have the morning to rest and enjoy Grey Glacier surroundings. The trek continues going by the eastern side of Grey Lake through clearings of Calafate bushes. The view over the lake, with numerous giant icebergs drifting across the waters is very impressive at this point. Finally, the track climbs onto flat ridges and passes a small lake one



hour before descending through a shallow dry valley to arrive at Lago Pehoe. We spend the night in our camp by the turquoise Lake Pehoe. Trekking distance today is 11kms, taking us approximately 5 hours. Elevation 400 meters.

Accommodation: Tent. Meals: BLD (Lake Pehoe Refugio)

Day 8, Monday 19th March

Lake Pehoe to Camp Cuernos

After breakfast, we begin a challenging trek to Valle Frances (French Valley), a steep trail that goes into the very heart of the Paine Massif. How deep we go depends on our groups' walking pace. An active walk leads us to the hanging bridge over the French River, located at the foot of the south east face of the Massif. From this point, we can enjoy our first truly wonderful view and then continue up the trail until reaching the upper prospects of the valley. The entire group of geological formations of the high valley can be admired here: Hoja (Blade), Máscara (Mask), Espada (Sword),



Catedral (Cathedral), Aleta de Tiburón (Shark's Fin) and the magnificent Fortaleza (Fortress)! It's time to have a picnic

and recover from the walk. An optional trek to Mirador Británico is available as well. Next, we descend through an undulating terrain of mixed grassland and continue walking until we reach Camp Cuernos. Trekking distance today is 25kms, taking us approximately 8 hours. Elevation 686 meters.

Accommodation: Tent. Meals: BLD (Cuernos Refugio)

Day 9, Tuesday 20th March

Camp Cuernos to Eco Camp

Once we're done with breakfast we start our trekking day headed to the Eco Camp Patagonia through the curly Cuernos trail located beside beautiful Lake Nordenskjold. During the day we take in the park's charming flora and fauna, strong wind and the curious 4-season weather that has accompanied us these past few days. As we advance through the trail we enjoy magnificent views of the park's central lakes and admire other perspective of the Paine's Horns. We'll of course stop to enjoy a delicious box lunch to energize us for the rest of the walk. The trek ends at the Eco Camp. The evening is left free to enjoy dinner and share



experiences. Trekking distance today is 16kms, taking us approximately 7 hours. Elevation 244 meters.

Accommodation: Eco Dome. Meals: BLD

Day 10, Wednesday 21st March

The Mighty Torres del Paine

Time for a great breakfast and lots of enthusiasm! Our goal for today is to complete the most famous trekking trail in Torres del Paine NP. We walk from the camp site towards Hostería Las Torres and connect with the winding uphill path to Ascencio Valley – the valley which supports the eastern face of the Towers' base. Dry mountain spots, beech forests and small rivers are passed along the scenic walk into the valley. It's not a difficult walk, but you might want to save some for the final challenge: the moraine. This mass of boulders is the last

guardian before our face to face with the uplifting Torres del Paine.

The moraine is sufficiently steep to consider doing it slowly and with a fair



amount of precaution. After a considerable effort, the Towers come into full view, rising majestically before us with the glacial lake visible below. This is one of the most breathtaking sights of the world! The famous Torres del Paine. (2,900 m/ 9,400 ft) consists of three gigantic granite monoliths, the remains of a great cirque sheared away by the forces of glacial ice. Is there any better place on this planet to have lunch?

At the foot of the mighty Torres del Paine we'll enjoy life, the view, and a bite to eat! Once everyone's ready, we backtrack along the same trail through Ascencio Valley, and return to the camping area of the Eco Camp. This is sadly our last night in Torres del Paine, we take notes and talk with our friends, relax, feel the strong Patagonic wind while watching the heavens above. All these days spent in the Park will be profound memories to take back home with you. Trekking distance today is 21kms, taking us approximately 10 hours. Elevation 914 meters.

Accommodation: Eco Dome. Meals: BLD

Day 11, Thursday 22nd March

Depart Torres del Paine to Punta Arenas

We board an early morning vehicle, sit back, relax, and enjoy a scenic ride back to Punta Arenas.

Accommodation: Hotel. Meals: BL

Day 12, Friday 23rd March

Depart Punta Arenas

Depart hotel after breakfast or early afternoon depending on flight schedules. Transfer to airport for homeward journey.

Meals: B



PNG Trekking Adventures

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Tour Inclusions & Exclusions

Tour Inclusions:

- 2 nights accommodation in Punta Arena, a night either side of the trek (*Based on twin share breakfast included*)
Single Supplement USD\$175.00
- Airport Transfers- Punta Arenas
- Pre-trek briefing on arrival at Eco Camp
- Small groups (we want our trekkers to have a very personal journey and not just be a number)
- Cross the famous Garden Pass and visit the mighty Torres del Paine Towers
- Local Indian expert English speaking trekking guide.
Guide to client ratio: 1:6
- Cultural and environmental aspects of the trail
- Ground transport for food and equipment whilst on trail
- Transport from Punta Arenas to start of trail return.
- Our guides and employees accommodation, food and repatriation home
- All meals and accommodation whilst on the trail
- Evening wine and hordourves (*This excluded when we have meals in the Refugio's only*)
- Accommodation in mountain tents. We use the highest quality expedition tents. (*Based on twin share. Single supplement USD\$320.00*)
- Eco Dome accommodation twin share only (*3 nights*)

- Park fees for Cueva del Milodon and Torres del Paine National Park.
- 8 nights camping fees, including all equipment.
- Polo Shirt and Torres del Paine completion certificate
- Torres del Paine map
- Risk Management and responsible ecological practices on the trail
- Licensed Torres del Paine Tour operator
- Satellite phone & Medivac procedures
- Airport Transfers

Tour Exclusions:

- International airfares (We have prepared a light schedule that we can assist you with)
- Extra meals and beverages
- Tips for guides, porters, restaurants, drivers, Eco Camp, Refugio's, camp cooks there is a standard fee.
- Bring extra US\$ for buying drinks/ snacks or souvenirs in Torres del Paine NP is suggested
- Single Supplement Punta Arenas Hotel (\$175- 2 nights)
- Single Supplement Tents (\$20 per person, Please note we can only use the domes at eco camp if they are two people prepared to share. They do not sell single supplement domes).
- Accommodation if required in Santiago