

Spires and Ice - Trekking Patagonia

Trip Code: PAT

Version: PAT Spires and Ice - Trekking Patagonia



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Discover the vast Perito Moreno Glacier
- Take on the stunning W-trek in the UNESCO-protected Torres del Paine National Park
- Walk in the shadow of the towering Monte Fitz Roy and breath-taking Cerro Torre
- Stay in incredibly scenic refugios and estancias
- Explore a land of rock towers, glaciers, cascading waterfalls and calving icebergs

- **EARLY BOOKING ESSENTIAL** to confirm National park accommodation.

AT A GLANCE

- 8 days trekking
- Max altitude - 1300m,
- Join at El Calafate

ACCOMMODATIONS & MEALS

- 12 Breakfasts
- 10 Lunches
- 9 Dinners
- 3 nights Mountain Hut / Refuge
- 1 nights Tented Camp
- 7 nights Hotel
- 1 nights Lodge

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

This superb walking holiday in Patagonia introduces you to one the world's last, great wildernesses and takes you on an incredible voyage through two of the most beautiful landscapes on the planet: Torres Del Paine National Park in Chile and Argentina's Los Glaciares National Park. Home to gigantic glaciers, cascading waterfalls, magnificent peaks and crystal clear lakes; nothing can prepare you for the beauty of Patagonia, with its wild and rugged glacial landscape. The adventure includes the sought-after 'W Trek', staying in wonderfully situated refugios. After the beauty of the Frances Valley, we take on the incredible Los Cuernos trail before one of our absolutely favourite highlights: the trek up to the base of the majestic, soaring Paine towers in the Valle Ascencio. Just when you thought this experience couldn't be topped, we enter Argentina's Los Glaciares National Park and explore the photogenic Perito Moreno Glacier before enjoying splendid walks around the stunning peaks of Monte Fitz Roy and Cerro Torre.

Is this holiday for you?

On this excellent adventure which includes the W trek, we make use of use of mountain refuges (whilst on trek) with hotels and estancias to see the very best of the Patagonian landscape. Walking days range in duration from 3 to 8 hours with plenty of stops along the way for wildlife spotting and photographs. The walking is on well-defined paths and the real bonus of trekking in Patagonia is that altitude is not a factor. Getting to this incredibly wild and remote destination involves a long journey, but this is one of the reasons it remains such a special place to visit. We'd recommend arriving a day early in El Calafate and relaxing, so you feel rested and ready for the trek. Please note that WiFi and phone communication in the park is extremely limited (almost non-existent) which means evenings are much more of a social affair and days are for enjoying the magnificent scenery.

While trekking you will just need to carry a day pack with a packed lunch and personal items such as spare clothing, waterproofs, wash kit etc. Whether staying in the refugios or camping, you do not need to carry your own camping gear or sleeping bag, unless you opt to bring your own. If required, porters can be hired at additional cost and carry up to a maximum of 15kg (so this could potentially be shared by 2 people), this needs to be booked in advanced with us.

Itinerary

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DAY 1

Meet at the group hotel in El Calafate. A single timed transfer from the airport is included.

Flight Inclusive travellers will take a morning flight from Buenos Aires to El Calafate, having spent the previous night in Buenos Aires. A single timed transfer to the Buenos Aires Airport and from El Calafate Airport to the group hotel is provided. Meet at the group hotel in El Calafate. Please arrive into El Calafate no later than 3pm.

El Calafate is located on the Patagonia Steppe, on the border of Lago Argentino (Argentina's largest lake) and it is considered the capital of the glaciers and the gateway to visit the world-renowned Perito Moreno Glacier. A good place to explore is the main street of Av del Libertador General San Martin, simply known as Libertador.

In the evening the group will meet with the guide for a briefing on the exciting holiday ahead followed by a welcome dinner (included).

Meals: **D**



Accommodation
Hotel

DAY 2

Spectacular drive from Argentina to Torres del Paine National Park in Chile.

Today we leave Argentina and make our way across the vast Patagonian Steppe to Torres del Paine. Crossing into Chile via the Cerro Castillo border, where we will change vehicles. As we leave the steppe and enter Chile, the views become more spectacular and we'll keep our eyes peeled for guanacos. With their cheeky expressions and giant leaps, these undomesticated members of the llama family are great for photo opportunities. Patagonia is approximately 1 million square kilometres (one and a half times the size of the UK) and includes the southern part of the magnificent Andes Mountains. The area got its name from the word patagon which was used to describe the local people of the region. Even today the region is sparsely populated and home to only 2 million inhabitants. In the afternoon, we'll arrive at our hotel and settle in for the evening, whilst taking in the spectacular views. (Total 5hrs drive).

Meals: **B L D**



Accommodation
Hotel

DAY 3

Hike to Salto Grande and Los Cuernos viewpoint before sailing across Lago Pehoe

After breakfast we leave the hotel and take a transfer to Salto Grande, a national park highlight. This giant cascading waterfall is deafening as the waters of Lake Nordenskjold torrent into Lake Pehoe. From Salto Grande we take a relaxed hike up to the 'Mirador Cuernos' viewpoint. It's from this point we'll have stunning views across the lake and over to the rugged granite peaks of Paine Grande and Los Cuernos. If time permits we may also be able to visit the viewpoint at 'Mirador Pehoe' and the beach of Lago Grey.

In the afternoon we'll take to the water on a picturesque journey by catamaran across Lake Pehoe, arriving at 'Guarderia Paine Grande', the start point for our hike and our base for the next two nights.

Meals: **B L D**



Accommodation
Mountain Hut / Refuge



Ascent
100M



Descent
100M



Time
2 hrs walking



Distance
6KM

DAY 4

Day of breath-taking walking to Grey Glacier viewpoint and see giant floating icebergs.

Today, we will get to enjoy some of the very best walking this region has to offer. Various options are available and the leader will decide on the best option depending on the weather and ability of the group but one thing is certain, Glacier Grey is much more spectacular than its bland sounding name! Our walk takes us to the Grey Glacier viewpoint where the outflow of the South Patagonia ice-sheet calves in great pieces into the lake. This amazing location presents a dramatic and surreal sight as giant icebergs drift slowly across the water. Here we'll have the opportunity to photograph the icebergs and the atmospheric lake which comes from Glacier Grey itself. Stretching for over 28 kilometres, this breath-taking glacier is 6 kilometres wide and 30m high. In the afternoon there may be the option of a further 4-hour walk to the foot of the glacier. If the weather is on our side, the group are happy and the leader feels there is time on our side then the walk may be extended. Whichever walk we do we'll have a fantastic day of walking in superb surroundings before returning back to Paine Grande for our second night. (Distance 24 km / 9- 10 hrs walk - for the longer walk).

Meals: **B L D**



Accommodation
Mountain Hut / Refuge



Ascent
270M



Time
5hrs walking








Distance
12KM

DAY 5

Hike to Italian Camp and the heart of the Paine Massif before Lake Nordenskjold.

Over the next 3 days we'll walk through the heart of the Paine Massif and today we start by heading up to Italian Camp (Campamento Italiano) in the Valle del Frances or French Valley. The French Valley is a national park highlight and we'll initially head northwards over a variety of different terrain including grassland and woodland. Next we follow the upper section of the River Frances before reaching Italian Camp, a simple camp nestled alongside the trail. Our footpath ascends further to a highpoint where we'll be surrounded by excellent views of the icefalls on the Frances Glacier. There will be plenty of opportunities for photographs before we return back to Italian Camp and then join a different trail which takes us onto Lake Nordenskjold. This charming lake is named after Otto Nordenskjold, a Swedish and Finish geologist, geographer and polar explorer who discovered the lake in the beginning of the 20th century. The colourful waters plus rich flora and fauna is a major attraction of the lake. Tonight we spend the night at Refugio Los Cuernos and if the weather is on our side we'll have an excellent view on the famed Cuernos peaks.

Meals: **B L D**

	Accommodation Mountain Hut / Refuge		Ascent 560M		Descent 570M		Time 8-10 hrs walking
	Distance 24KM						

DAY 6

Hike to Chileno alongside Nordernskjold Lake

A truly spectacular day of walking and a holiday highlight as we walk on the famed Paso Los Cuernos. This superb footpath takes its name from the Cuernos of the Paine Massif, two incredible peaks of slate grey which stand between 2600m and 2800m and are the symbols of the national park. According to local Patagonian legends an evil serpent called Cai Cai created a flood to kill a warrior tribe that lived in Torres del Paine. Apparently when the waters receded the serpent took the bodies of two of the warriors and turned them to stone, creating the twin horns that stand today! Alongside guanacos we may be lucky to see the pretty South American Grey fox or Darwin's flightless rhea, a large bird related to the ostrich and emu. It's not unusual to see the magnificent condor soaring overhead or a number of other birds of prey including buzzard-eagles, hawks, harriers and owls. During our journey we'll be rewarded with excellent views as we continue to our overnight accommodation at Chileno.

Meals: **B L D**

	Accommodation Tented Camp		Ascent 490M		Descent 300M		Time 5 - 6 hrs walking		Distance 16KM
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DAY 7**Hike up Valle Ascencio to the iconic viewpoint of the Paine Towers.**

As an impressive farwell to the Paine Towers, we will walk to the famous viewpoint of the impressive granite massif of El Paine. These spectacular peaks soar above 2000m and dominate the surrounding landscape. Granted UNESCO status in 1978, they are a highlight of the national park and are all that is left of a rocky cirque that has gradually eroded due to glacial action. Fingers crossed for good weather as the sight of these rock towers and the stunning lake is quite breath-taking. There will be plenty of time for photos and enjoying this magnificent location before making our way back to Chileno and onwards to the Refugio Central, where we meet our vehicles and transfer to our comfortable estancia accommodation. This evening we can toast the end of a fantastic trek in the Torres del Paine and prepare ourselves for the exciting few days ahead which we'll spend in the magnificent region of Fitz Roy and Cerro Torre.

Meals: **B L D**

	Accommodation Lodge		Ascent 400M		Descent 1050M		Time 6 hrs walking		Distance 14KM
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DAY 8**Transfer from Torres del Paine to El Calafate**

Today we bid goodbye to Torres del Paine National Park. After a relaxed breakfast, we travel by private transfer (4-5 hours) back to El Calafate, crossing the border back into Argentina, ahead of our visit to the Perito Moreno Glacier tomorrow. After 5 days on the trail, we have a free afternoon to rest, recuperate and explore this charming Argentinian town.

Meals: **B**

	Accommodation Hotel
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DAY 9**Los Glaciers National Park a visit to the impressive Perito Moreno Glacier.**

Today we visit a highlight of any Patagonia trip, with a full day excursion to Los Glaciares National Park, home to the impressive Perito Moreno Glacier. Located in the region of Austral Andes in Argentina this enormous spread of ice spans 320 square kilometres and is still growing. Spanning both Chile and Argentina the Perito Moreno Glacier belongs to the southern Patagonian Ice field, which is the third largest mass of ice after Antarctica and Greenland, and was added to the UNESCO World Heritage in 1981. The glacier is named after the explorer Francisco Moreno who was born in Buenos Aires and was one of the founders of the Argentine Scientific Society. There are various viewing points around this

incredible piece of nature and you'll feel the drop in temperature as you get closer. There will plenty of photo opportunities during the visit and after enjoying this incredible landscape we'll return back to our hotel in El Calafate.

Meals: **B L**



Accommodation
Hotel

DAY 10

Transfer to El Chalten and walk in the Huemules Nature Reserve.

Today we leave El Calafate and head towards El Chalten, a colourful village which overlooks the stunning northern section of Parque Nacional Los Glaciares. Our journey takes us past Lago Viedma named after the Spanish explorer Antonio de Viedma who was the first European to reach the lake shore in 1783. With a surface area of over 270,000 acres, Lago Viedma is one of the largest glacier formed lakes in the region. The lake has no towns on its shore and very little vegetation growing on the surrounding steep dry hills so it comes as no surprise that flamingos, eagles, foxes, deer, river otter and guanacos have all made this their home. Late morning we arrive in the village of El Chalten which is the local name for Fitz Roy and our base for the next three nights. In the afternoon there will be the opportunity to visit and walk in the Huemules Nature Reserve. Located a short transfer from El Chalten, this incredible wilderness estancia of 5500 hectares is surrounding by stunning mountains and glaciers. Here there are no tourist facilities and camping is prohibited as the reserve's main aim is protecting the local wildlife, which includes ducks, woodpeckers, Andean condors, deer, red foxes and pumas. After registering with the rangers we'll head out on one of the trails and enjoy the unspoilt scenery.

Meals: **B L D**



Accommodation
Hotel

DAY 11

Day walk to the beautiful Mount Fitz Roy viewpoint at Laguna de Los Tres.

After breakfast we start with a short transfer of 40 minutes and the start of our walk to the Cerro Fitz Roy viewpoint at Laguna de Los Tres. Situated on the Chilean and Argentinian border Monte Fitz Roy (3375m) or Cerro Fitz Roy is stunningly beautiful. Even today it remains one of the most technically challenging mountains in the world of mountaineering and was the inspiration by Patagonia clothing founder Yvon Chouinard for his company logo. The peak was named by Francisco Moreno (of glacier fame) when he first saw the mountain in 1877 and named it Fitz Roy in honour of Robert Fitz Roy, the captain of Darwin's HMS Beagle. Fitz Roy is the highest peak in Parque Nacional Los Glaciares and is breath-taking. Laguna de Los Tres is a beautiful high alpine tarn and once of the most photographed

lakes in the park. From here we'll be treated to stunning views of the east face of Fitz Roy and after enjoying the views and taking plenty of photos we head back to El Chalten along a lovely forested trail via Camp Poincenot.

Meals: **B L**

	Accommodation Hotel		Ascent 875M		Descent 925M		Time 8 hrs walking		Distance 22KM
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DAY 12

Walk through the valley of Rio Fitz Roy to see the spectacular peak of Cerro Torre.

After breakfast, we start our walk in the valley of the Rio Fitz Roy, the trailhead of which is only a short walk from our hotel. Today is our last day in the area of Fitz Roy, and we start on the southern edge of the Los Glaciares National Park. Our first point is Laguna Torre a lake formed by a glacial melt where we are rewarded with beautiful views of the stunning peak of Cerro Torre (3127m). This incredible peak dominates its neighbours of Torre Egger, Punta Herron, and Cerro Standhart and is often described as un-climbable because of a mushroom rim of ice around the summit. The mountain is truly elegant with its long finger shape and the lake offers the best viewpoint for Cerro Torre. After a spectacular final day of walking we return to our accommodation for our last night in El Chalten.

Meals: **B L D**

	Accommodation Hotel		Ascent 500M		Descent 500M		Time 7 - 8 hrs walking		Distance 21KM
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DAY 13

Transfer to El Calafate and Depart.

After a spectacular time walking we'll have breakfast and transfer back to El Calafate for our afternoon flight.

Land Only services finish after breakfast with a single timed transfer to El Calafate Airport.

Flight Inclusive passengers will fly from El Calafate to Buenos Aires, arriving late afternoon and transfer to the group hotel for a final evening in Buenos Aires before their onward flight tomorrow.

To finish your incredible Patagonian adventure with a flourish, why not add one of our amazing extensions? How about an adventure to the tip of South America to discover Tierra del Fuego and the Beagle Channel or a visit to the incredible Iguazu Falls in the rainforest of Argentina and Brazil?

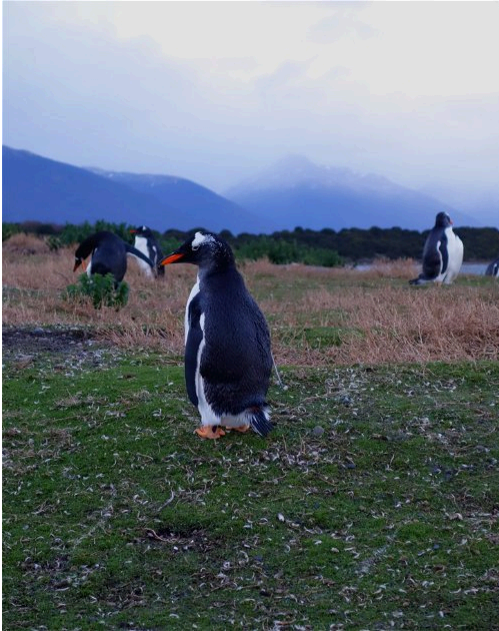
To help with onward travel logistics or simply for more time in these stunning locations additional nights

after your tour in either El Calafate or Buenos Aires can also be arranged.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

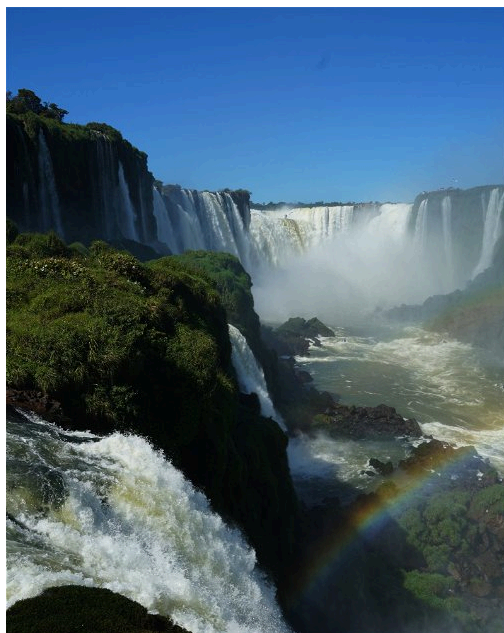


"Land of Fire" - Tierra Del Fuego

The "Land of Fire" or Tierra del Fuego is a breath taking island divided between Argentina and Chile and a must see destination for anyone travelling to Patagonia. It contains one of the most famous stretches of water in the world - The Beagle Channel. KE's excellent extension explores this beautiful part of the world with inflatable canoes, boat and on foot. As the most relaxing way to travel you'll motor and paddle down wonderful waterways, hike secret trails, visit the famed Gable Island with its beaver dams, look for exciting birdlife including seals and meet the penguins on Martillo Island! Staying where the Andes meet the ocean, Ushuaia is the world's most southern town and the perfect place to enjoy, pre- or post-trek.

4 days from

£9,223,372,036,854,776,000 per person



Iguazu Falls

Straddling the border between Argentina and Brazil, the Iguazu Falls are the largest of their kind in the world. Tumbling over the 3km-wide edge of the Parana Plateau, the falls consist of between 150-300 waterfalls, dominated by the long, narrow chasm that is known as the Devil's Throat. One of the world's true natural wonders, the sheer force and power of these falls can be felt on our extension which allows us to visit from both sides of the border. On the Argentinian side, we are able to wonder in, out and between the falls, whereas on the Brazilian side it is possible experience and observe the falls from a step back, which enables a true sense of perspective. What a wonderful way to cap your experience in Patagonia!

3 days from

✕9,223,372,036,854,776,000 per person

Holiday Information

What's Included

- A professional local leader
- A single timed airport transfer on Day 1 and 13 (to meet the preferred flight)
- Meals as per the Meal Plan
- National park fees
- On trek a full service including food and equipment (excluding personal equipment)
- All land transport involved in the itinerary
- All accommodation as described in the trip notes

What's not Included

- Travel insurance
- Tips for trek staff
- Airport transfers (other than for the group preferred flights)
- Some meals as per the Meal Plan
- Transfers between Buenos Aires Airports
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

On day 1 there will be a single timed group transfer from El Calafate Airport to the group hotel which will be timed to meet the arrival of the recommended group flight. At the end of the trip a single group transfer is provided to coincide with the departure of the recommended group flight. Please note there are a number of airlines arriving and departing from El Calafate and we have no control over schedule changes, so please contact the KE office to discuss flights and transfer times. It is very easy and budget friendly to organise a taxi transfer on arrival as El Calafate is approximately 10 miles from the airport. A taxi will cost around US \$30 - \$40 and is easy to pick up on arrival. KE are also happy to arrange a private transfer for you. Please advise the KE office if you would like us to book transfers and/or any additional hotel nights. Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals except 2 dinners and 1 lunch are included in the holiday price.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Patagonia's rich and fertile land, combined with a fascinating human history of waves of European immigration ensures a rich and diverse cuisine. The glacial waters of the national parks mean an abundance of fresh trout and salmon which are grilled, pan-fried or roasted. It is hard to imagine being able to source fresher and wilder freshwater fish than here! For those seeking a seafood hit, king crab chowder would be hard to beat! An incredibly indulgent dish of crab, cheese and cream, topped with breadcrumbs. Patagonia is also rightly famed for its lamb, often spit-roasted over a wood fire, served with a sauce made from the local calafate berry. Wild deer and boar roam the rugged landscape here, and can often be found on the menu too. Empanadas are very similar to Cornish pasties and are stuffed with lamb, vegetables or cheese. The influence in the highlands is alpine, and happily this also means chocolate of the very highest quality. For those seeking refreshment, Patagonia (like much of Latin America) is experiencing a boom in micro-breweries and are well worth seeking out. The calafate berry also makes it in to the local version of the Pisco Sour, which locals will tell you is far superior to any other! Finally, wine lovers will be utterly spoiled with the very best Malbec, Pinot noir and Torrentes wines.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this holiday, the group will spend 3 nights in a tourist hotel (en-suite rooms) in El Calafate. In El Chalten, we use a traditional hosteria with en-suite rooms. In the Torres del Paine National Park, we spend our first night (day 3) in a hotel/lodge on the edge of the national park. Once we start the trek we use a mixture of the mountain refuges and adjacent campsites. Shared bathroom facilities and dining are in the refuges. Each refuge has a small shop and a restaurant and are part of the fantastic trekking culture in Patagonia. In the event of the refuges being fully booked we will camp on the adjacent campsites. They are all in the most incredible locations and our comfortable camps allow us some extra space and privacy. On day 7, we will stay at a wonderfully remote, rustic estancia.

Accommodation is based on twin sharing. If you are a solo traveller, you will be paired up with another solo traveller of the same gender. For the 3 nights in El Calafate, 3 nights in El Chalten, night 2 at Torres del Paine and night 7 at the Estancia single rooms are available for a supplementary cost. If camping, a single tent supplement is also available.

For Flight Inclusive Passengers, we also stay 1 night at the start and 1 night at the end of the trip in Buenos Aires in a comfortable city centre hotel in the Palermo District close to the airport. Single rooms for these nights are available at additional cost (not included in the land only single supplement price).

Additional hotel nights in El Calafate and Buenos Aires are also available. For hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website. Hotels are subject to availability and prices may vary.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Spending Money

We estimate that US\$300 should cover all of your expenditures whilst in Chile/Argentina, including the above meals, soft drinks, staff tips and airport taxes. If you intend to purchase expensive souvenirs, you should budget accordingly. You can withdraw cash using most credit and debit cards from ATM's in El Calafate, but this cannot be relied upon in smaller towns. You may wish to consider taking your money in cash US dollars including some small denomination notes as you are likely to get a better rate than directly from a bank.

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and porters. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. For your trek crews we recommend that you give a tip if you feel that their services have met your satisfaction. As a rough guide we suggest you allow a total of \$100 for tipping for your crews.

Additional Information

Due to the nature of the Torres del Paine National Park reservation system for the refugios and campsites, it is essential to book early on this trip. Trips often reach their capacity and we cannot accept more travellers beyond this for a given departure. In addition, final accommodation listings are submitted to the National Park sites around 2 months in advance of the trip and can often not be added to after this due to the very high demand in the National Park. Any bookings received after this point will be subject to availability of these accommodations.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

The internal flights to Patagonia have a baggage allowance of 15kg.

Any items that are not required during your trek can be left in your main kitbag at the hotel in Torres del Paine, arranged with your tour leader.

Any items that you will require on trek will be carried by yourself. We recommend that you carry at least a 30 litre rucksack that will contain spare clothes, minimal wash kit and personal items, water proofs and any other items you will require on trek.

If you are camping, rather than staying in the refugios (see accommodation notes), and wish to use your own sleeping bag you will need to carry this yourself and may require a larger rucksack.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Flight payment

The LAND ONLY dates and prices are for the itinerary joining in El Calafate. For clients making their own flight arrangements, Calafate airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining arrangements & transfers' section in the trip dossier for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the trip is showing 'Guaranteed to Run' or 'Limited'.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Argentina

UK and USA passport holders do not require a visa for short stays.

Visa Chile

UK and USA passport holders do not require a visa for short stays. USA passport holders will be issued with a tourist card on arrival.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Preparing for your Holiday

It makes sense getting additional exercise before coming on a walking or trekking holiday. The fitter you are, after all, the more enjoyable you will find the experience. We would suggest that you adopt a weekly exercise routine. Running, cycling and swimming are good for developing aerobic fitness and better stamina. You should gradually increase your exercise leading up to departure, and we suggest that you try to fit in a number of long walks before departure.

Climate

The vast unbroken stretch of ocean to the west and south of the South American continent leaves the Patagonian Andes exposed to a variety of weather. As you'd expect when travelling to any mountain region you need to be prepared for all conditions. We operate our holidays to Patagonia during the optimum time for trekking when the days are longer and warmer days. During this time the temperatures in El Calafate are around 22°C and in El Chalten around 19°C. These are maximum figures and night temperatures in Patagonia will be colder than this, and occasionally freezing. Patagonia is a wilderness and at times can be windy and it's not unusual to experience all four seasons in a day.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- The Old Patagonian Express. Land of Tempest - Paul Theroux.
- Mischief in Patagonia - Eric Shipton.
- Travels in a Thin Country - Sarah Wheeler.
- The Motorcycle Diaries - Ernesto "Che" Guevara.
- The House of the Spirits - Isabel Allende.
- In Patagonia - Bruce Chatwin.

Maps

Torres del Paine Trekking Map. Zagier y Urruty. 1:80,000

Torres del Paine at 1:80,000 on a waterproof and tear-resistant map from Zagier & Urruty covering the main part of the park and showing trekking trails, routes recommended only with a guide, campsites and refuges, etc. The map covers the main, most visited part of the national park, extending from Lago Dickson and Lago Paine in the north - across the peaks of the Cordillera Paine and the lakes south of it - to Puerto Toro on the northern tip of the Seno Ultima Esperanza, the arrival point by boat from Puerto Natales.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The maximum weight of your trek-bag should be 15kg.

You should bring the following items:

- Hiking boots
- Gaiters
- Trainers or similar for traveling and camp use
- Socks
- Underwear
- Trekking trousers
- Waterproof over-trousers
- Long johns (thermal underwear)
- Thermal baselayer shirts
- Casual shirts and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses

- Daypack 30 litre
- Sleeping bag liner or sheet sleeping bag
- Selection of dry bags
- Headtorch and spare batteries
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Small towel
- Lightweight thermal gloves
- Warm and waterproof outer gloves or mittens
- Washbag and toiletries
- Sun protection (including total bloc for lips, nose etc.)
- Antibacterial handwash

Basic First Aid Kit, including the following: Antiseptic cream, throat lozenges, diarrhoea treatment

- (Imodium), painkillers, plasters and blister treatment, insect repellent (DEET), and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

❖ **The following items are optional:**

- Spare laces
- Travel clothes
- Trekking poles
- Pen-knife (note: always pack sharp objects in hold baggage)

- Repair kit – (eg. needle, thread, duct tape)
- Small padlock
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

Sleeping bags or suitable bedding, together with sleeping mattresses are provided at the refuges. You should bring a sheet sleeping bag or liner.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in El Calafate. For clients making their own flight arrangements, Calafate airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining arrangements & transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to El Calafate airport via Buenos Aires, including an overnight stop in Buenos Aires on both the outbound and inbound legs. Outbound flights will depart from the UK in the evening, arriving to Buenos Aires the following morning. Following a night in a Buenos Aires hotel (airport transfers included to/from the hotel) we will fly the following morning to El Calafate, arriving early afternoon (day 1 of the itinerary). Return flights will depart Calafate to Buenos Aires in the afternoon of the last day of the itinerary, staying a night in Buenos Aires (Airport transfers included). We will fly the following day from Buenos Aires to the UK. Direct flights from London to Buenos Aires with British Airways are available, please contact the office for a quote.

Why Choose KE

Why KE

Combining the very best of the Los Glaciers and Torres del Paine National Parks in Argentina and Chile, this itinerary is for those who want to immerse themselves into the incredible glacial landscape of Patagonia. With a handpicked selection of estancias and refugios, all picked for their incredibly stunning location, we trek in comfort and style. Our flight inclusive package includes an overnight stopover in Buenos Aires at the start and end of your holiday, allowing us to split the journey and sample this vibrant city, arriving to Patagonia refreshed and ready to explore. Extra nights in Buenos Aires can be arranged either before or after your trip.

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change