

Footprint Adventures

the way to go.....



Travel Itinerary



LOS GLACIARES & PAINE ADVENTURE

13 days – 12 nights
(Trek grade: moderate)

Departures: All Saturdays. Guaranteed.

Season: October thru April

Trip starts at: El Calafate Airport

Trip ends at: El Calafate Airport

The FGP – Los Glaciares & Paine Adventure starts at El Calafate, visit Fitz Roy and Cerro Torre, may be the two most emblematic mountains of Patagonia. We then move to the Perito Moreno Glacier (only one in the world that shows a closure and rupture process) and Torres del Paine National Park in Chile. We eventually drive back to El Calafate.

The tour offers the 3 main attractions of Patagonia, which you will travel in an active way, enjoying the company of fellow travellers, leaving aside the long drives of Route 40 and Ushuaia.

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Travel Trust Association Member No R704x



Itinerary

Day 1 El Calafate airport – El Calafate

We welcome you at Calafate airport and transfer to town to check in at your hostel. By 7 pm the group meets in the lobby of the Hostel del Glaciar Pioneros, street Pioneros 251, El Calafate, to meet your guide, discuss details of your program and enjoy your welcome dinner together with your fellow travellers.

Lodging in a Hostel room with shared bathroom.

Alternative: Hosteria or Inn, double or single room with private bathroom.

Meals we provide: Dinner.

Day 2 Bus to El Chaltén – Laguna Capri

After breakfast we take our bus for the 220 km long drive to El Chaltén, a small and picturesque village at the foot of Fitz Roy & Cerro Torre massif. We make a stop half way to enjoy local pastries and hot coffee. Once in Chaltén, we'll meet fellow travellers coming from up north (Route 40) and start our trek. We carry in our packs only the necessary items for this 3 nights and 4 days in which we'll overnight in our Full Camps inside the National

Park.

We hike up a gentle slope on Fitz Roy trail to gain height over the River de las Vueltas valley up to the first viewpoints over Fitz Roy massif. Our hike to Laguna Capri will take us no more than 2 hours and a half, in a clear and easy trail. Once on our Laguna Capri Full Camp, we leave our stuff in our tent and we enjoy an afternoon walk to the sightseeing points around the lagoon.

Full Camps are pitched up early in the season, so we find the camp ready upon arrival. It offers comfortable 3 people igloo type tents for each 2 passengers, with mattresses and sleeping bags. An inside cotton sheet is provided as inner clothing for the sleeping bag. The camp also features a spacious dining tent, a kitchen tent, tables, benches or chairs and a full set of table service and kitchenware. The sanitary services are latrine-type.

Lodging at Laguna Capri Full Camp in double or single tent (rural area)

Meals we provide: Breakfast, box lunch, dinner.

Day 3 Cerro Fitz Roy, Laguna de los Tres

Early in the morning, before the first coffee, we can try to match up the morning light getting pink in Fitz Roy granite walls. You only need this to feel the trip is worthwhile. But of course the day offers much more.

After breakfast, carrying only day personal items such as our parka, gloves, our camera, water bottle and box lunch, we hike along Fitz Roy trail up to Rio Blanco, climbers basecamp to the east side of the mountain. From here a steep 1 h trail leads us to one of the most spectacular viewpoints of the National Park: Laguna de los Tres, with its zephyr blue colour, lays at the foot of the massif, offering full close up views of Fitz Roy massif spires and glaciers. Each wall rises something from 600 to 1500 mts above the surrounding glaciers. Fitz Roy, with its 3405 mts above sea level, is considered the "King of Patagonia" and also considered one of the three most beautiful mountains on Earth (together with Alpamayo in Perú and K2 in the Karakoram). We hike back to Laguna Capri in the late afternoon. Walking time is 5 to 6 hs.

Lodging at Laguna Capri Full Camp in double or single tent (rural area)

Meals we provide: Breakfast, box lunch, dinner.

Day 4 Cerro Torre

Today we make it around Laguna Capri to get to the Lagoons Madre and Hija Valley and down to Fitz Roy river valley, where we meet Cerro Torre trail and we get to Cerro Torre Full Camp. The trail runs along beech forest, bogs and shrubland. From the camp, a short hike takes us to Laguna Torre, enclosed by moraines and with the Glacier Grande calving in its west side. It is usual to see icebergs pushed by the wind in the coast of the lagoon. The thin and elegant 3128 mts of Cerro Torre group and the Adela range in the background complete this spectacular view. Walking time 3 to 4 hs.

Lodging at Cerro Torre Full Camp in double or single tent (rural area)

Meals we provide: Breakfast, box lunch, dinner.

Day 5 Lagoon & Glacier Torre – El Chalten

In the morning we visit Laguna Torre again to reach the old Maestri basecamp, located in a high site up along the north moraine of the lagoon. For keen hikers, we offer an optional excursion, the so called “Holiday on Ice”: early start, crampons and harnesses, a tyrolean (horizontal fixed rope attached to both sides of a river) to cross Fitz Roy river, and we visit Glacier Grande, where we will visit crevices, ice caves and we’ll practice ice climbing with the proper advice of experienced mountain guides.

Late in the afternoon we walk back to Chaltén along Fitz Roy river valley. Total estimated time of the standard day: 4 to 5 hs. If you go on the “Holiday on Ice”, it is 7 hs plus the trail back to Chalten which is 2 and a half hours more.

Lodging in a Hostel room with shared bathroom.

Alternative: Hosteria or Inn, double or single room with private bathroom.

Meals we provide: Breakfast, box lunch and dinner.

Optional excursion: Holiday On Ice

Day 6 El Chalten – El Calafate

Morning at your own to visit the picturesque village or to make optional excursions such as Lago del Desierto (in spite of its name, its a beautiful, beech forest surrounded lake, with hanging glaciers in its west side), or to see very interesting information at the National Park Visitor Centre.

By 5 pm we take our bus to our next destination, El Calafate, gateway for the glaciers area of the Park. Arrival time is scheduled for 9 pm. Driving distance: 220 km

Lodging in a Hostel room with shared bathroom.

Alternative: Hosteria or Inn, double or single room with private bathroom.

Meals we provide: Breakfast.

Day 7 El Calafate –Perito Moreno Glacier

We dedicate this day to one of the World’s Natural Wonder: the Moreno glacier. This ice field- type glacier flows down from the Patagonian Icefield, a big sheet of ice that with its 22.000 square kilometres is the third largest glacier area in the world, after Antarctica (14 M sq km) and Greenland (1 M sq km). Because unusual favourable local conditions, this glacier is the only one in the world that shows a closure and rupture process. The road leads to the very front of the glacier, which will be only meters away from your eyes. A beautiful, short trail, will lead us from the shores of the lake to the upper viewpoints. The roar of the chunks of ice falling inside the glacier or from the glacier into the lake, the frequent collapse of the front seracs into the turquoise water, makes out of this day a very special and unique experience. We will drive 80 km (1 and a half hour) to get and come back from the glacier across the steppe, watching a wide variety of birds.

Lodging in a Hostel room with shared bathroom.

Alternative: Hosteria or Inn, double or single room with private bathroom.

Meals we provide: Breakfast.

Day 8 El Calafate – Torres del Paine National Park

Early start for a 6 hs drive to our camp in Paine. We drive across the steppe, still following by parts the legendary route 40, to get around Sierra de los Baguales, an impressive range in between Calafate and Paine. We cross the Argentinean Chilean border at Cancha Carrera/ Cerro Castillo. After the border crossing, we start our final sprint to Paine National Park, World Heritage by the UNESCO (United Nations Education, Science and Culture Organization). Approaching the Park, we start to see the different mountains that feature the area: Paine Grande, the Horns, Admiral Nieto and the Towers. We enter the Park by Porteria Sarmiento. A rich wildlife: guanacos, lesser rheas, condors and all types of wetland and buzzard birds, will be available for our eyes and cameras. We’ll stop in the Lake Nordenskjöld and in Salto Grande viewpoints for short walks. In the afternoon we continue to visit the westernmost side of the National Park, lake Grey area, where a short and easy hike along the south shore of the lake allow us to enjoy the blue icebergs that calving from the glacier in the northern side of the lake are pushed by the wind to this side.

Lake Pehoe Full Camp keeps the style of Laguna Capri and Cerro Torre Full Camps, but combined with the first class facilities provided by the campsite: good and clean bathrooms and hot water showers, water and electricity in each camping site.

Lodging at Camping Pehoe Full Camp in double or single tent (area with sanitary services)

Meals we provide: Breakfast, box lunch, dinner.

Day 9 Paine Towers – Ascensio River Valley

We drive an tour to get to Estancia Cerro Paine, headtrail for the world famous Paine towers. We “warm up” hiking a steep one hour slope, to get inside the Ascensio river valley, a narrow “V” shape alpine valley coming from inside

the Paine massif. A gentle downhill leads us to Refugio Chileno, a cozy and comfortable mountain lodge, which can be a good turnaround point for those not willing to make a full day hike. We then walk in a gentle slope along the river side and inside beech forest. A final climb on moraine take us to the Towers viewpoint: a glacier origin lagoon and the three towers rising vertically 1000 mts from the glacier. The lack of breath will be either because the climb and the sight!!!! We go back to our camp on the same way we came. Walking time: 7 to 8 hs.

Lodging at Camping Pehoe Full Camp in double or single tent (area with sanitary services)

Meals we provide: Breakfast, box lunch, dinner.

Day 10 Lake Pehoe crossing – French Valley

Early in the morning a short drive takes us to Port Pudeto to board the catamarán that cross lake Pehoe twice a day. We carry only the necessary stuff to be 2 days and 1 night away from our Camping Pehoe Full Camp, where the rest of our luggage will stay. One in the far side of the lake, we leave unnecessary items in our tents and we set out to the French Valley trail. The trail skirts Paine Grande south slopes and lake Skottberg, to take us after 2 hs and a half of continuous ups and downs, to the hanging bridge upon the French River. This breathtaking location is at the foot of both the 2700 mts south east face of Paine Grande (to the west) and the Horns, with its characteristic black sedimentary topping, to the east. Keen hikers can go on and reach the upper viewpoints of the valley, from where you see the whole group of spires that feature the high valley: Hoja (Blade), Máscara (Mask), Espada (Sword), Catedral (Cathedral), Aleta de Tiburón (Shark Fin) and the magnificent Fortaleza (The Fortress).

Walking time for those who reach the upper viewpoints: 8 to 9 hs. For those reaching the lower viewpoints: 5 to 6. We retrace our steps back to Refugio Pehoe Full Camp.

Lodging at Refugio Pehoe Full Camp in double or single tent (area with sanitary services)

Meals we provide: Breakfast, box lunch, dinner.

Day 11 Lake & Glaciár Grey viewpoints

Lake Grey trail leads from Pehoe Valley across ridges to reach Grey valley. This magnificent valley flows down somewhat of 60 km from the Patagonian Icefield, featuring the huge glacier calving down in the grey colour lake. Our trail skirts the lake, going up and down the westerns slopes of Paine Grande, offering some of the most impressive sights of the Park. From the high sections of the trail, many different viewpoints allow us to see the south end of the lake where the blue icebergs gather, the mountains rising far in the distance above glaciers Grey and Tyndall, and of course lake and glacier Grey. The trail reaches a close up point to the front of the glacier. We come back along the same trail, crossing bogs, shrublands and forest. In the evening we take the boat to cross lake Pehoe back to Pudeto and get back to our Camping Pehoe Full Camp.

Time to walk 8 hs. To the half way viewpoints, round way from our camp, 4 to 5 hs.

Lodging at Camping Pehoe Full Camp in double or single tent (area with sanitary services)

Meals we provide: Breakfast, box lunch, dinner.

Day 12 Torres del Paine – El Calafate

We leave early in the morning our camp, as our fellow travellers are going south in a long drive today and we are getting back to the border to reenter Argentina and drive back to El Calafate. Upon arrival to El Calafate you will be met by our local representative and transferred to you hostel. The rest of the day is at your own to visit town.

Lodging in a Hostel room with shared bathroom.

Alternative: Hosteria or Inn, double or single room with private bathroom.

Meals we provide: Breakfast.

Day 13 El Calafate - Aeropuerto El Calafate

Alter breakfast we transfer to El Calafate airport where our services ends.

Meals we provide: Breakfast.

Detail of Services

Included

Bilingual tour leader during all the trip.

Mountain guides while on trek.

Moreno Glacier excursion.

Lake Pehoe boat trips (in and out).

Beagle channel boat trip.

All transfers El Calafate airport – El Calafate - El Chalten – El Calafate – Torres del Paine – El Calafate – El Calafate airport.

During the trip we combine private and regular buses.

Lodging as shown below.

12 breakfasts, 8 box lunch y 9 dinners as detailed below.

Lodging

We offer the Los Glaciares & Paine Adventure in three different type of accommodations.

Basic Accommodation Hostel Room

Nights	1	2	3	4	5	6	7	8	9	10	11	12
Hostel room with shared bathroom												
Full Camp double base (rural area)												
Full Camp double base (area with sanitary services)												

Accommodation Inn Double or Single Rooms

When you choose single base, you have single base accommodations at the Full Camp Tents too.

Nights	1	2	3	4	5	6	7	8	9	10	11	12
(FGP 01) Hosteria double base with private bathroom												
Full Camp double base (rural area)												
Full Camp double base (area with sanitary services)												
(FGP 02) Single Base option available	*	*	*	*	*	*	*	*	*	*	*	*

Meals

Meals included in the program are detailed in the following chart.

Days	1	2	3	4	5	6	7	8	9	10	11	12	13
Breakfast													
Lunch Box													
Dinner													

Not included

Entrance fees to National Parks.

Medical and life insurance.

Tips.

Drinks and beverages (all foods are without alcoholic or non alcoholic drinks).

Flights or airport taxes.

Optional excursions.

Services not shown or detailed in the program.

Notes

Camino Abierto holds the right of changing the itinerary or cancel any of the activities when any natural cause (or any other cause of any type) justifies it in order to look after the group safety.

Meeting Point

The Meeting Point for the Group on Day 1 is at 7 pm at the Lobby of the Hostel del Glaciar Pioneros, street Pioneros 251, El Calafate. This Meeting Point can be modified and will be confirmed upon booking confirmation of the passenger.

List of suggested personal equipment

- Backpack, 50 lts or so
- Thermal underwear
- Trekking shoes or boots
- Trekking pants
- Fleece
- Parka and overpants
- Gaiters
- Gloves
- Thermal socks
- The necessary spare cloth
- Wool hat
- Sun hat
- Sun glasses
- Sun screen (UV is very strong during the southern spring, from september thru december)
- Personal items
- Lamp
- Trekking poles (recommended, if you are use to them)
- Personal medication
- Personal documents to cross the border between Argentina and Chile.

Weather in Patagonia is unpredictable. Not very cold, but it is usually windy. To dress in layers is the best advice.

Important: Before you travel please check your **Tour Voucher** and **Arrival Information** for the latest joining instructions. This will be sent to you upon receipt of final payment.

All itineraries are subject to change without prior notice.