

## Patagonia Trek – Torres del Paine (Chile)

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Patagonia is simply a trekker's dream. On this trek we'll enjoy long days on the trail taking in all of the postcard moments of Torres del Paine National Park in Chile. A few of highlights include Los Torres (aka The Towers), The Silence Valley, Los Cuernos, The Bader Valley, The French Valley and the spectacular Grey Glacier.

The trek itself starts out at the main entrance of Torres del Paine National Park. Once in the park we'll get right to it. Day one of the trek takes us up the Ascencio Valley along the Ascencio River, to the base of Las Torres (Spanish for The Towers). The three spectacular granite Towers: Torre D'Agostini (2,850m), Torre Central (2,800m), and Torre Norte (2,600m), are the centerpiece of Torres del Paine National Park. Jaws drop as the towers appear as if from nowhere. We'll spend the night in this area at Laguna Azul to maximize opportunities to see these towers in the evening and morning times.

After enjoying the views of Los Torres and trekking up into the Silence Valley (special permit required), we will make our way west towards Los Cuernos. The day will be spent in the Bader Valley (special permit required). This trek also follows along Lake Nordenskjöld. This beautiful glacier fed lake is named after the Swedish geologist, Otto Nordenskiöld whose studies formed an important contribution to world glacial geology. Then it's onto the French Valley, famous for the hanging glaciers and an amphitheater of granite walls and spires at the head of the valley.

After the French Valley it's on to another highlight of the park, Grey Lake and The Grey Glacier. Once we've reached Refugio Grey we'll remain flexible to take what the weather gives us. If the weather cooperates, we will hop a zodiac boat for about 15 minutes until we reach the west side of Grey Glacier. We will then disembark on the island at the glacier (nunatak) and will walk on the island for about an hour, until we reach the ice. We will then cross the glacier from West to East where we will be able to observe cracks, rivers, lagoons, and tunnels with their beautiful blue colors. We will then hike back to the lodge for the evening. We may also take advantage of some sea kayaking for an optional (\$100) 2–3-hour tour up next to some icebergs and the glacier itself.

Our trip culminates with a ride across Lago Grey on the Grey III boat where we'll enjoy a Pisco Sour chilled by fresh glacier ice.

Once back in Puerto Natales it is time to shower up and celebrate! After dinner, we'll say our goodbyes and prepare to head home.

Let us know what [questions](#) you have or [sign up here!](#)

The IMG Team

### Patagonia: Just The Facts

#### Set Your GPS:

50°56'58"S 72°59'28"W

#### Torres del Paine National Park

The park was established in 1959 as *Parque Nacional de Turismo Lago Grey* (Grey Lake National Tourism Park) and it was given its present name in 1970.

#### Where is Patagonia?

Patagonia in general covers the southern parts of both Chile and Argentina.

#### First Boot Prints on Top

Fitz Roy (3405m) was first climbed in 1952 by French alpinists Lionel Terray and Guido Magnone.

#### What is the IMG 'W' ?

While including all of the must-sees of the standard W trek, we maximize our time in Torres del Paine National Park and check out two oft forgotten valleys, the Silence and Bader Valleys. Because these valleys require a special permit to enter, it is quite common for us have them completely to ourselves.

#### The Great Grey Glacier

Measures in at a total area of 104 sq miles and a length of 17 miles.

#### Pumas vs. Guanacos

Guanacos are a relative of the llama, and are one of the most frequently spotted animals near the park. They are a popular food source of the Puma which an IMG Team was lucky enough to spot in 2014.

#### Don't forget to look up!

Condors are frequent flyers in the park taking advantage of the thermals and the windy weather in Patagonia. 20 in one day is the most seen by an IMG Group!

## Program Fees and Payment Schedule

### DATES:

#### IMG Patagonia "W" Trek:

December 27, 2021 - January 2, 2022

### LANDCOST:

\$5,300 US

\$1,500 application fee required to confirm a reservation. Final payment must be received no later than 90 days prior to the departure of the trip.

#### Costs included:

- Guide fees
- Park entrance fees
- Permit fees
- Double accommodations in hotels
- Shared accommodations in Refugios (huts) while trekking
- Group transportation
- Emergency sat phone
- Breakfasts, lunches & dinners while trekking

#### Costs not included:

- Flights
- Visa fees
- Kayaking option at Grey Glacier (~\$100)
- Restaurant meals
- Beverages during meals
- Personal clothing and equipment (packs, sleeping bag, boots etc.)
- Gratuities of any kind
- Additional nights before/after the stated itinerary
- Personal porter fees if requested (US \$200/day)
- Taxi transportation to/from hotel
- Required [Travel Insurance](#)
- Single supplements (or any changes to hotel/refugio accommodations)

**Single Supplement:** Single supplement is available for the nights in hotels only.  
Chile \$450 (2 hotel nights).

<b>Fee Payment Schedule for the Patagonia Trek December 27, 2021- January 2, 2022</b>	
With Application	\$1,500
90 days before departure	\$3,800

*All IMG program fees are quoted in US dollars. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates noted above. If you require bank wire information, let us know. Our bank does not charge for incoming bank wires; however, please account for wire fees charged by your bank or correspondent banks.*

**REQUIRED Travel Insurance:** IMG requires that all participants on International programs purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. We strongly recommend that you add [Trip Cancellation](#) coverage to your policy to cover cancellation (before trip starts) or interruption (after trip starts.) If you need assistance with

the various insurance options, please email [Becky Kjorvestad](mailto:Becky.Kjorvestad) or call the IMG Office (360.569.2609). **Please extend your insurance policy to cover your trip until you return to your home country.**

### FLIGHT INFORMATION AND TRAVEL PLANS

Seats can sometimes be in short supply to South America and flight schedules can change frequently. Because of this, we encourage you to make your reservations early and strongly urge you to contact Pirjo at [CTT Destinations](http://CTT Destinations): 800 909 6647 or by email at: [img@cttdestinations.com](mailto:img@cttdestinations.com) CTT Destinations specializes in group travel. We've worked with them for years and can highly recommend them to help make your travel arrangements. By knowing our programs, they can do a lot to facilitate your travel plans. It is also beneficial for us to have knowledge of everyone's travel arrangements, please forward your itineraries to [Becky.Kjorvestad@mountainguides.com](mailto:Becky.Kjorvestad@mountainguides.com)

### Patagonia Trip Itinerary (Expanded)

	Sunday, December 26, 2021	Depart Home
Day 01:	Monday, December 27, 2021	Puerto Natales: Our guide will meet you at Puerto Natales. Transfer to your hotel, accommodation at Kau Lodge or Natalino hotel. Welcome dinner and meeting to discuss trip program. (D)
Day 02:	Tuesday, December 28, 2021	Torres del Paine: Transfer by van to Torres del Paine National Park. This is a two-hour journey crossing the pampa Patagonica. Arrival at Torres del Paine. We will begin trekking to the Ascencio Valley where from above you see the river (of the same name) running wildly past refugio Chileno. After a quick stop here we will continue through a forest of the native Lenga (Beech) trees until reaching the glacial moraine. From here it's a 1-hour trek to the top where the towers appear from nowhere! This trek is spectacular where you get to view the 3 pink granite towers with its glacial lake below that made the park famous. (8hours round trip, 19 KM). Night at Laguna Azul. (B/L/D)
Day 03:	Wednesday, December 29, 2021	Los Cuernos: Today we will trek along Lake Nordenskjold (named after the Swedish geologist whose studies formed an important contribution to world glacial geology) and below the hanging glaciers of Mount Almirante Nieto, where we will reach the base of Los Cuernos (5 hours, 11 km). Lodging and dinner at refugio Los Cuernos or French domes. (B/L/D)
Day 04:	Thursday, December 30, 2021	French Valley: Trek to the French Valley. This valley, the most beautiful in the park and one of the most unique in the world. It is surrounded by hanging glaciers (where you can see & hear the ice calving off at various intervals) and an amphitheater of granite walls and spires. There are amazing views throughout this trek and the further you trek into the valley the better they become! For this day we have two hiking options: A consists in getting to further end of the trail, to the British Camp, this is all the way to the end of this natural congregation of mountains. If we reach this point, we will have completed 24km and 7-8 hours hiking. B consists of reaching to the French

Day 4: Continued		Valley Main Lookout, from this point you can appreciate the whole natural amphitheater created by glaciers millions of years ago, it is breathtaking. If you take Plan B, you will have hiked for 5-6 hours and completed 16km. The options will depend on fitness level, timing, and weather conditions. Dinner and night at Paine Grande Lodge. (B/L/D)
Day 05:	Friday, December 31, 2021	Grey Glacier, Kayaking: Trek along enchanting Lake Grey (3-4 hours, 11 KM) with magnificent views of Glacier Grey and floating icebergs. Visit to the glacier lookout point and to the lakeshore for up close views of vibrant-blue icebergs (Paine is a Tehuelche Indian word for "blue"). Kayaking: Short walk to Bigfoot Patagonia basecamp, located on the northeast coast of Lake Grey. Here our guides introduce us to the equipment needed for the tour and we will have a safety briefing. After this, we will carry the kayaks approximately 20 meters to the lakes' edge. Now the tour really begins! We will be paddling around icebergs that are floating in the lake and afterwards we paddle towards the eastern side of the Grey Glacier to wonder at the spectacular scenery in this special place. If conditions permit, we can paddle closer to the glacier to get a really good view. After this, we will paddle back to the start point. Dinner at Grey lodge, accommodation in lodge or camping. (B/L/D)
Day 06:	Saturday, January 1, 2022	Grey Glacier, Ice Hiking: Ice Hiking: Early in the morning we navigate in a zodiac boat for 15 minutes until we reach the west side of the Grey Glacier. On arrival, we will disembark on the island at the glacier (nunatak) and we will walk on it for about an hour until we reach the ice. Before walking onto the glacier, the guide will talk to us about the safety aspects, and they will explain the techniques of displacement in the ice and the correct use of the equipment. Once the safety briefing is complete, we will begin our exploration of the Grey Glacier which will last approximately 3 hours crossing the glacier from West to East. During this time, we will be able to observe cracks, rivers, lagoons, and tunnels with their different tones of blue. Our adventure continues with another 3 hours hiking from Los Guardas to Grey lodge. In the afternoon navigate in Grey III catamaran. Two hours navigation in this magic lake surrounded by ice bergs where the boat does a circuit right up to the front of the glacier whilst you stand on deck sipping your pisco sour served with glacial ice! Transfer from Grey lake to Kau Rio Serrano lodge. Farewell dinner and night at. (B/L/D)
Day 07:	Sunday, January 2, 2022	Puerto Natales: Breakfast and transfer to Puerto Natales airport. End of our services. (B)

## TRAINING FOR THE PATAGONIA TREK

The best training for trekking is trekking (aka hiking). Get outside and log some miles in your boots while carrying a pack. Concentrate on your heart, legs and lungs. Climb or hike at any opportunity. You will enjoy the trip more if you are properly prepared. An aerobic program of running, swimming or bicycling, plus a conditioning program for the thigh muscles is strongly recommended. Running, stairs, weight training or similar programs are excellent.



*Kayaking on Lago Grey*

## FOOD

Breakfasts, lunches, and dinners will be provided while you are on the trail in Chile. Breakfasts at the Refugios typically consist of cereal, scrambled eggs, toast, juice and coffee. Lunches are made up of a sandwich, a chocolate bar, a granola bar and some trail mix. Dinners in the Chilean huts are pretty hearty: chicken and rice, pork chops and potatoes and shepherd's pie are a few examples we've seen on the trail. Vegetarian and gluten free options exist but extremely specialized diets are often hard to accommodate.

The Refugios in Chile have concessions available. Beer, wine, coke, pisco sours, candy bars, chips, cookies, etc. are generally available. Prices have increased recently so be prepared to spend \$8-10 for beer/wine.

## WATER

Clean water is plentiful in Patagonia. The water in the Refugios is fine to drink as is the water out of a lot of the rivers & streams. Ask your guides and they'll let you know if the water is ok to drink / refill your water bottles.

## WEATHER

Seasons in the southern hemisphere are opposite of what we have here in the States. Spring is Fall, Summer is Winter and so on. In January & February we will likely see high temperatures in the 60's & 70's and lows in the 40's, perfect trekking and sleeping temperatures.

## PORTERS, PACKING AND TRAVELING SUGGESTIONS

Each trekker is responsible for carrying their own gear. Porters are available to assist (\$200/day @ 15kg max). Sharing a porter between two people is a good way to save a few pounds and a few bucks. Let the office know if you'd like to use a porter for the trek.



*Silence Valley (Dustin Balderach)*

Most airlines limit checked luggage to two pieces each weighing no more than 20kg depending on the airline. Duffel bags are great for trekkers and climbers alike. Use one duffel for your personal gear (clothes for town, etc.) and the other for your trekking gear. Buy two TSA approved locks for use while traveling. Tip: Use your trekking pack as your carry-on and do your best to travel with the vital pieces of gear (boots, medications, and a few important layers, etc.) just in case your bags get lost en route. Extra gear will be left behind at the hotel in a secure location.

Experienced travelers will also carry a couple of extra passport photos with them as well as a copy of the first pages of your passport. These should be carried in a place separate from your passport. Having them available will greatly facilitate the replacement of your passport if you ever lost it.

Get to the airport early and make sure your luggage gets checked through to the correct destination. Also, make sure that your flight connections aren't too tight. Lost luggage is a pain. Try to keep the number of connections to a minimum when you are making travel plans and use the same airline as much as possible.

Leave expensive jewelry and watches at home. Everyone should wear a watch with an alarm, they are quite handy. Also, it's convenient to have a pen with you for filling in travel forms.

### **PASSPORTS & ENTRY REQUIREMENTS FOR CHILE**

U.S. citizens entering Chile must have a valid passport. U.S. citizens traveling to Chile for recreation, tourism, business, or academic conferences do not need to obtain a visa prior to their arrival to Chile. A Tourist Card will be issued for a stay of up to 90 days upon entry. Currently, there is no reciprocity for US citizens.

## ADDITIONAL MEDICAL INFORMATION

While it's always nice to have a doctor as a participant on our trips, we cannot guarantee one's presence and you should be aware of this. We do ask that you carefully fill out the Medical Information form that is part of the sign up packet which you completed as part of the registration procedure. We need to be informed of any allergies you may have, medicines you are currently taking and any medical conditions which could possibly affect your ability to safely participate on a climbing expedition.

In addition to the first aid items listed on the equipment list, there are a few additional medications that you should consider. These should be discussed with your personal physician and will require his prescription. We want everyone to bring a course of the prescription antibiotic azithromycin. You should also bring some Imodium for treatment of traveler's diarrhea. Please consider both of these medications as part of your REQUIRED equipment list. Any medication should be used only if necessary and use should be discussed thoroughly with your physician and with your guide before you take the medication.



*Los Cuernos (Luke Reilly)*

Water in Patagonia is generally fine to drink. If you're concerned about the water, an efficient, effective and inexpensive method is the use of iodine crystals. These are available commercially at mountaineering stores as a product called 'Polar Pure'. Iodine tablets, such as 'Potable Agua' are also available and work well.

## IMMUNIZATIONS

No immunizations are currently required to enter Chile. We do recommend that you consider the following:

- **Tetanus/Diphtheria:** There is no natural immunity to the tetanus toxin and since it is found throughout the world, immunization is a universal recommendation regardless of age. A combined tetanus/ diphtheria booster is available, good for ten years.
- **Hepatitis Vaccine:** New vaccines are available for both hepatitis A and B.

Please consult your physician or local health department for their recommendations. You should also ask your physician for a prescription for a course of the antibiotic azithromycin. Please consider this to be part of your required equipment.

## MISCELLANEOUS INFORMATION

Casual attire is the rule for most of our activities. It's nice to have a clean shirt with a collar and a pair of pants for evenings in town.

Cash should be carried in the form of U.S. dollars. Well-known credit cards are also accepted at better business establishments. Plan to take about \$500-\$800 cash. That's probably more than you'll spend but it's always nice to have extra dollars. Please make sure you contact your credit card company and inform them of your travel plans. Let them know what countries you will be visiting and ask them to unlock your card. If you do not inform them, your card will get locked when you attempt to use it and will have to call your credit card company to get it unlocked.

## EQUIPMENT

The enclosed PERSONAL EQUIPMENT LIST is for your guidance. Most items are REQUIRED, a few are optional. Please consider each item carefully and be sure you understand what each piece of equipment's function is before you substitute or delete items from the list. Keep in mind that this list has been carefully compiled by IMG.

## Patagonia Trek Equipment List

### Gear

- 40-50L Pack (\*optional rain cover)
- Trekking Poles

### Upper Body (torso)

- Short-sleeved synthetic or wool base layer t-shirt (1-2)
- Long-sleeved synthetic or wool base layer t-shirt (1-2)
- Softshell jacket
- Gore-Tex rain shell jacket
- Insulated jacket (lightweight down or synthetic fill)
- Fleece pullover or wool sweater for huts.

### Lower Body (legs)

- Lightweight long underwear synthetic or wool (optional)
- Softshell pants or convertible nylon trekking pants
- Gore-Tex pants
- Shorts or something casual to sleep in.

### Feet

- A pair of mid-weight Gore-Tex hiking boots that have been worn & tested
- 3 pair of socks (and liners if you wear sock liners)
- Flip flops (shower shoes and around the huts)
- Lightweight gaiters (optional)

### Misc.

- Sunscreen & lip balm
- Small first aid (azithromycin required) & toiletry kit
- Snacks (optional)
- 1 or 2 wide mouth water bottles
- Earplugs
- Watch with alarm
- Small pocketknife or Leatherman
- Camera (extra battery)
- Headlamp (extra batteries)
- 2 trash bags for keeping things dry in your pack
- Small towel

### Head

- Sun hat or baseball hat
- Warm ski hat
- IMG Buff™ (*Provided upon arrival in Punta Arenas*)
- Sunglasses (Polarized with UV protection)



*Torres del Paine National Park*



*Los Torres del Paine*

### Hands

- Mid-weight softshell or fleece gloves

### Sleeping

- Lightweight down or Syn. Sleeping bag (Up to +40°F is ok)