Patagonia Trek – Torres del Paine (Chile) + Fitz Roy (Argentina)
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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. And if you stick around for the optional extension, you’ll get another stamp in that passport as we cross from Chile over into Argentina en route to El Chalten, home of Fitz Roy. If you’re looking for a Patagonia Trek that has it all, you found it.

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 our first of two nights in this area to maximize opportunities to see these towers.

After enjoying the views of Los Torres, and trekking up into the Silence Valley (special permit required), we’ll make our way west towards Los Cuernos. We’ll spend a day in the Bader Valley (special permit required) and 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 stay flexible to take what the weather gives us. If the weather cooperates we’ll hop in some sea kayaks for an optional ($100) 2-3 hour tour up next to some icebergs and the glacier itself.

Our eight days on the trail 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’s time to shower up and celebrate! After dinner, we’ll say our goodbyes to those who are heading home. Those of us sticking around for the Fitz Roy extension can repack & get ready to cross over into Argentina in the morning!

<table>
<thead>
<tr>
<th>Patagonia: Just The Facts</th>
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<tr>
<td><strong>Set Your GPS:</strong></td>
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<td>50°56’58”S 72°59’28”W</td>
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<td><strong>Torres del Paine National Park</strong></td>
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<td>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.</td>
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<td><strong>Where is Patagonia?</strong></td>
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<td>Patagonia in general covers the southern parts of both Chile and Argentina.</td>
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<td><strong>First Boot Prints on Top</strong></td>
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<td>Fitz Roy (3405m) was first climbed in 1952 by French alpinists Lionel Terray and Guido Magnone.</td>
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<td><strong>What is the IMG ‘W’?</strong></td>
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<td>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.</td>
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<tr>
<td><strong>The Great Grey Glacier</strong></td>
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<td>Measures in at a total area of 104 sq miles and a length of 17 miles.</td>
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<td><strong>Pumas vs. Guanacos</strong></td>
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<td>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.</td>
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<tr>
<td><strong>Don’t forget to look up!</strong></td>
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<td>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!</td>
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**Fitz Roy Extension**

We’ll take our private transportation from Puerto Natales, Chile to El Calafate, Argentina where we’ll spend two days exploring El Calafate and the Perito Moreno Glacier area. The highlight of El Calafate is the 1-hour boat tour which takes us right up next to the glacier. You’ll be close enough to hear the creaks & groans of the glacier as it inches into Lago Argentino…but far enough away should it calve chunks off, as it often does.

After our time in El Calafate we’ll move to El Chalten, home of Fitz Roy. The drive from Calafate to Chalten is a pleasant one. We’ll enjoy views of Lago Argentino, South America’s 3rd largest body of water. Don’t fall asleep in the van – Fitz Roy is just around the corner!

Once in Chalten we’ll hit the trail for an afternoon hike on the Cerro Torre Trail. The first lookout is just 1.5 hours up the trail and features views of Cerro Torre & Fitz Roy. We’ll continue on the trail up to Laguna Torre, known for the calving Torre Glacier. We’ll return to Chalten for dinner and stay at a local hotel. We’ll base out of the hotel for our 3 nights in El Chalten visiting a lot of the hot spots the region as to offer. A few include: Laguna del Los Tres, the climbers Base Camp area of Fitz Roy, the less traveled Loma del Pliegue Tumbado trail.

Fitz Roy (Torre Flagor)

**DATES:**

**IMG Patagonia "W" Trek:**
January 31 - February 12, 2021

**Fitz Roy Extension:**
February 11-17, 2021

**LANDCOST:**

$4,950 US (Fitz Roy Extension +$2,400)
$1000 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 in Chile, group transportation, park entrance fees, emergency sat phone, breakfasts, lunches & dinners while trekking in Chile. Breakfasts & lunches while trekking in Argentina.

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, porter fees, 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 (3 hotel nights), Argentina $750 (5 hotel nights), or $1200 for Chile & Argentina.

CANCELLATION/REFUNDS
Cancellation and refund policies are discussed in the General Terms and Conditions sheet that is included in the sign-up documents package. We encourage you to read that information carefully. Business realities force us to strictly adhere to the conditions outlined in that document.

Patagonia Trek ITINERARIES

CONDITIONING
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.

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. If you have questions just give us a call or shoot us a note Office@mountainguides.com is best.
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. For the Fitz Roy extension, we’ll base out of our hotel and we’ll eat at a different local restaurant each night (not included). Breakfast & lunches are in included on the extension.

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’ll 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 (Chile only) 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. For the Fitz Roy extension we’ll base out of the hotel so we’ll only need day packs.

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 lose 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 & ARGENTINA
U.S. citizens entering Chile & Argentina must have a valid passport. U.S. citizens traveling to Chile or Argentina 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.

REQUIRED INSURANCE: IMG requires that all trip participants purchase Travel Insurance that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. Trip Cancellation Insurance is strongly recommended. Trekking and mountaineering programs are true "adventure travel."

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: 800 909 6647 or by email at: img@cttdestinations.com This is an agency that 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
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.

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 or Argentina. 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 cash, add $500 if you’re on the extension. That’s probably more than you’ll spend but it’s always nice to have extra dollars.
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)

**Hands**
- Mid-weight softshell or fleece gloves

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