



ZEKESEVEN ADVENTURE

EVT 11861 1324/03

Trekking Fitz Roy – Paine

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1. PROGRAM



During this amazing trekking program you will discover two outstanding National Parks: "Los Glaciares" and "Torres del Paine": we will trek around Fitz Roy Mount and Cerro Torre, the two most emblematic mountains of Patagonia. We then move on to the Perito Moreno Glacier (the only one in the whole world showing a closure and rupture process), declared World Heritage by UNESCO, and Torres del Paine National Park in Chile...

Duration 13 Days 12 Nights	Departures 2008-09 Each Saturday from October to April <i>Departure guaranteed</i>	Season Austral Spring-Summer.
Group size from 2 to 15 people.	Physical and technical level intermediate physical level. Moderate trekking.	Rates - 1660 USD.

ITINERARY

Day 1

Reception at El Calafate Airport. Guides introduction and informative talk. Accommodation in a hostel or hotel.
Meals: Breakfast, Dinner.

Day 2

After breakfast we will travel by bus to El Chalten, a little and colorful town next to Fitz Roy Mount. To arrive to El Chalten we will cross 190 km of gravel road through the Patagonia steppe and we will stop at La Leona, a picturesque inn to enjoy his homemade cakes. From here, the views on the Viedma Lake are superb.

When we arrive to the town, carrying only the necessary for this three days trip, in which we will lodge in a Full Camp. A beautiful trail next to "Las Vueltas" river will take us to the first panoramic views of the Mount Fitz Roy. From now on, we will be approaching to De los Patos Lagoon and finally we will arrive to our camp next to the Capri Lagoon. (3 hs approx.)

The Camp has been previously mounted, featuring spacious dome tents, used in double or single base. Each tent has sleeping bags, inner sheet and insulating mattresses. The camp has a large dining tent with table, benches, dishes and kitchenware. The sanitary services are provided with chemical bathrooms.

Accommodation in Full Camp at Capri Lagoon double or single base (rural area)

Meals Included: breakfast, lunch box and dinner.

Day 3

Early in the morning and carrying only your coat and the photo camera we overcome the Chorrillo Salt, always with the impressive glacier's needles in front of us. The first 2 hours are mainly flat, through forest and open glade and bog areas, with diverse bird life, lead us to Fitz Roy base camp. From here it is a 400 meters/1300 ft climb to the De los Tres lagoon on a steep trail that takes us around one hour and a half at gentle pace. This walk is one of the highlights in the National Park Los Glaciares; the views of Cerro Poincenot, Monte Fitz Roy and the other peaks surrounding these are splendid. We return to Capri Lagoon Full Camp. (5 hs approx)
Accommodation in Full Camp at Capri Lagoon double or single base (rural area)
Meals Included: breakfast, lunch box and dinner.

Day 4

Mount Torre

This morning we hike surrounding Capri Lagoon down by the trail to Madre e Hija Lagoons through a dense forest following the Fitz Roy River. We reach the Mount Torre Valley to glacier-fed Laguna Torre where Fitz Roy river begins. This lagoon contained between moraines, generally piles floes that come off of the Grande Glacier that falls in its west extreme. The impressive group of Mount Torre needles with its slender 3128 meters/10262 ft height, frame the landscape.

Accommodation in Full Camp at Torre Lagoon double or single base (rural area)

Meals Included: breakfast, lunch box and dinner.

Day 5

Torre Glacier and Lagoon – El Chaltén

In the morning we walk the area near Torre Lagoon, with nice views of the Solo Mount and the Adela Glacier. Optionally, you can choose to do a trek on the Torre Glacier, the Holiday On Ice Excursion. We put on our crampons (provided) and trek on the glacier's surface and develop our ice climbing skills (harness and ice axes provided). We return on the same trail to El Chaltén, where we will lodge that night.

Accommodation at Hostel Room with shared bathroom

Meals Included: breakfast, lunch box and dinner.

Day 6

In the morning you can opt to explore the town of El Chaltén freely, with the possibility of visiting The Climbers Chapel; or the Matzen family country, one of the pioneering families in the area; the Del Desierto Lake located 45 Km out of town or to visit the Interpretive Center of National Parks. Around 5 pm we move toward El Calafate retracing the same road we did, arriving to El Calafate around 21 hs.

Accommodation at Hostel Room with shared bathroom.

Meals Included: breakfast.

Day 7

El Calafate – Perito Moreno Glacier

After breakfast we depart by bus to the Magallanes peninsula, where is located the entrance of The Glaciers National Park. Its centerpiece is the Perito Moreno Glacier, which, because of unusually favorable local conditions, is one of the world's few advancing glaciers. Huge icebergs from the glacier wall collapse into the De los Tempanos Channel. The roar of the gigantic ice rocks falling and crashing into the waters of the channel is an unique experience. Our bus will lead us just in front of the Glacier, allowing us to walk the gangplanks to view the Glacier from different viewpoints.

We return to El Calafate using a different route that we used to arrive.

Accommodation at Hostel Room with shared bathroom.

Meals Included: breakfast.

Day 8

El Calafate – Torres del Paine

We depart early in the morning (around 7 am) from El Calafate to Torres del Paine through a spectacular landscape of the Patagonia steppe. Choiques and flamingos are very common in this area. Almost 4 hours from starting our journey, we will be at the border crossing between Chile and Argentina called "Paso Cancha Carrera". We continue until reach the Torres del Paine National Park. UNESCO gave to this park the World Heritage status, due to its unique wildlife and magnificent scenery. We arrive to our camp at Camping Pehoe Full Camp after 6 hours of travel.

Afternoon, we will visit several panoramic viewpoints of the Nordenskjöld Lake and the "Cuernos del Paine" (Paine Horns), to finally arrive to the Camping Pehoe Full Camp. Duration of the journey: 6 hs approx.

Accommodation in Full Camp Camping Pehoe double or single base (area with sanitarium services)

Included meals: breakfast, box lunch, dinner.

Day 9

Las Torres – Ascencio River Valley

We dedicate this day to one of the most spectacular and classical trekking in the park: the Torres Trail. We transfer after breakfast by bus to the trail start at Las Torres area. We cross a suspended bridge and remount the slopes of the Almirante Nieto Mount, bordering the Ascencio River. After one hour ascending we go into the Valley, and reach Chileno Refuge. From there the trail leads us through the forest, in the middle of unforgettable landscapes, to Las Torres base camp. There the climbers wait good weather conditions to climb Las Torres. We trek one hour more to reach the Las Torres Viewpoint, an amazing natural amphitheater at the bottom of the vertical granite towers that reach 2800 meters height. We return by the same way. It's a total 7-hour trek.

Accommodation in Full Camp Camping Pehoe double or single base (area with sanitarium services)

Included meals: breakfast, lunch box and dinner.

Day 10

Pehoe Lake Navigation, Del Frances Valley

Early in the morning we cross sailing 45 minutes the Pehoe Lake boarding at puerto Pudeto and arriving at the Pehoe Refuge area. We walk from there until get the Del Frances Valley. It's a beautiful mountain valley descending from the middle of the massif toward the Nordenskjöld Lake. Flanked by The Horns to the east and by the impressive Paine Grande (3050 meters/10006 ft) to the west. We ascend the valley until the upper viewpoints located in a natural amphitheater surrounded by some of needles and walls most wonderful of the massif: Cuernos, Espada, Mascara, Hoja, Aleta de Tiburon, Catedral, and Paine Grande. The forest and the suspended glaciers that cause continuous ice and snow fallings, give us a unique scenery to this walk. We descend the same trail and turn west rounding Skottberg Lake until arrive to our Camp for this night at Pehoe Refuge area. It's a total 7-hour trek.

Accommodation in Full Camp Pehoe Refuge area double or single base (area with sanitarium services)

Day 11

Lake Grey trail leads across ridges from Pehoe Valley to Grey valley. This magnificent valley flows down some 60 km from the Patagonian Icefield, featuring the huge glacier calving down into the grey colored lake. Our trail skirts the lake, going up and down the western 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 go back along the same trail, crossing bogs, shrublands and forests. In the evening we take the boat to cross lake Pehoe and then to our accommodation in Puerto Natales, a picturesque fishermen town located on the shores of the Ultima Esperanza (Last Hope) fiord.

Walking Time 8 hs. To the half-way viewpoints, a round way from our camp: 4 to 5 hs.

Lodging at a Hostel room with shared bathroom.

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

Included meals: Breakfast, lunchbox.

Day 12

Puerto Natales – 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 your 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

Transfer to the airport.

Included meals: Breakfast.

INCLUDED SERVICES



- 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 in the itinerary.
- 12 breakfasts, 8 box lunch and 8 dinners as detailed in the itinerary.

NOT INCLUDED SERVICES:

- International and domestic flights.
- nights at Buenos Aires.
- Drinks.
- Foods not detailed.
- Entrance to National Parks (5\$ US each and 30USD for Paine park).
- Medical covering.
- Tips.

OPTION:

- Pack Buenos Aires-Domestic flights:

- 2 nights in 3-star Hotel.
 - Domestic flight Buenos Aires - El Calafate
- Please consult us.

-International air fares: please consult us.

2. INFORMATION



Physical Level

This adventure does not require any special physical condition. Nevertheless, fitness is expected as to enjoy this travel.

Technical level

This adventure does not require any special technical level.

Facilities

The regular trip is based on the lodgings described below, but it is possible to change the Hostels for Hotels of a higher rate (please consult us).

- Hostel international: at El Chaltén, El Calafate. Four-single-bed rooms, full bathrooms.

- Full Camp (with or without bathroom facilities): Camps are set up in suitable areas of great beauty, generally next to a lake, lagoon or watercourse. Two-person igloo-type tents with sleeping bags, individual bed linen and insulating mattresses, and dining room tents with tables and benches and fully equipped kitchen.

Security

The trip doesn't include medical assistance. The guides will carry a basic first-aid kit along the walks and VHF communication equipment for any emergency that could take place.

Transport

The transport will be in private services except the rare cases in that the groups are less than 8 people, in which case it is carried out in regular bus.

Guides

All groups have the assistance of guides. They are all professional bilingual Mountain Guides belonging to the Argentine Association of Mountain Guides and authorized by National Parks.

Due to the variety of the destinations of the trip, we have coordinators in different spots, such as El Calafate, and our office at El Chaltén.

Food

This trip includes almost all the meals. The few meals not included are those where experience taught us travelers prefer to choose freely. During stays at hostels or hotels, drinks are not included. When camping out, the four meals are served. The menu, always based on fresh ingredients, is carefully designed considering not only quality and savor but also the energetic demands of physical activity.

Breakfast: Thermos with hot water are provided with tea or coffee, and milk, cookies, jam, fruit and cereal.

Lunch: A main course and dessert or a lunchbox enjoyed at a panoramic point.

Fruit juice for beverages. The lunchbox contains a full salad or a sturdy sandwich, fruit juice and candy or chocolate bar.

Snack: The choice of different teas, cakes, cookies and sometimes "Tortas Fritas", i.e. rich typical fried cakes. Snacks are served in the afternoon, once you return from the trek.

Dinner: It includes a starter (salad or soup), a main course (pasta, rice with squids, beef, stews, etc.), and dessert (such as pears in chocolate cream, fruit, fondue). Fruit juice, wine and coffee.

Equipments and gears

The Southern Patagonia in spring-summer presents a great thermal width. Some days we will be able to take sun baths and other days the cold wind will force us to shelter us with pullover and jackets. So layering is the key to choose your clothes. Without the need of taking with you the whole closet, keep in mind some suggestions:

- Backpack (between 50 and 70 liters of capacity),
- Small Backpack (10-15 liters) optional for the hikes to carry camera/coat/personal objects,
- 2 pairs of "used-not new" footwear: one of comfortable trekking boots (better if they are waterproof) and the other tennis/running shoes,
- several stockings, 3 pairs minimum: 1 wool or polipropilene thick + 1 polipropilene thin + 1 cotton, better two or three of each,
- 2 long pants, loose fitting, jogging type, it is usually more comfortable to walk than jeans that also do not dry easily, 1 light pant waterproof,
- 2 short pants,
- 2 long-sleeved shirts and 3 or 4 short-sleeved shirts,
- 2 coats of polar fiber or pullovers (two layers of coats is better than one heavy coat),
- wind and rainproof jacket,
- coat cap & sun cap,
- gloves, coat & waterproof,
- UV sunglasses,
- solar protector factor 30, lip balm,
- hygiene elements (biodegradable soap), towel, personal medication,
- residual bags (we will Leave No Trace) and zip lock bags for wet clothes,

- torch/headlamp and batteries,
- photo camera, film and batteries.

More explanations

- Our team will be in charge of the transfer of the whole camp material.
- Our team retains the right to change the itinerary or to suspend some of the activities when some climatic cause or other cause of any other nature justifies for the security of each member of the group.

Climate

It is usually hot in Buenos Aires during the summer season (north hemisphere winter), i.e. from November to April (30-35° C during the day). The climate can be a little bit dry, but the country receives rainstorms from the oceanside.

In Patagonia, around Bariloche, it is cooler, 18-20° C average in both November and April, to rise up to 22- 24° C in December, January and February.

The extreme south, from Calafate to Ushuaia, is famous for its strong winds, it is obviously much colder (0° to 20° C) and weather conditions change frequently.

Time

GMT -3.

Currency

The local currency is the peso. One euro is about 4 pesos and One Usd is about 3 pesos. It is not necessary to travel with a lot of cash (pesos or dollars). Visa, MasterCard or American express are accepted everywhere.

Customs

To enter the country, only a passport is needed.

Health

Nothing is compulsory concerning vaccination. Being vaccinate against Hepatitis B is recommended. And an important point: do not drink water of the tap.

More About Food

Argentina is well known for its wines, produced mostly in the province of Mendoza, near the Andes, and for its fabulous beef! Ask for a "bife de chorizo" or "lomo" and have it with a good red Malbec wine. In Patagonia, don't miss the Patagonian lamb barbecue, nor the trouts from the lakes nor the Pacific salmons.

If you are a vegetarian: no problem, Argentina is a great fruit and vegetable producer, so you will find quality and variety at very low prices.

3. BOOKING



To book this trip, please fill the [booking request form](#) (direct link) on Zekeseven website.

TERMS OF SALE

Prices

Prices are in Euros or US Dollars per pax. When booking, a deposit of 30% of the contract is required (100% if booking less than 1 month before departure date). Prices can be modified without advanced notice. The entire value of international and domestic air fares will be paid when booking.

Cancellations

Up to 30 days before the trip, all the money will be refunded, except administrative costs (100 US\$). As from 29 to 15 days before departure date: 60% of the contract value will be refunded. As from 14 to 7 days: 30%, and if cancelled less than 7 days before the trip no refunds will be granted.

Special terms for domestic and international flights: refund according to the cancellation policy of each airline company.

Booking

Bookings must be sent by fax or e-mail to our Buenos Aires center. Each booking will be considered confirmed against a payment of 30% of the contract. Customers will then receive a fax or e-mail confirming their booking.

Taxes

All the taxes are included in the programs and the services fitting the contract, except taxes at the Buenos Aires Ezeiza Airport (nearly 18 US\$ per pax.) and taxes of some domestic airports inside Argentina.

Modifications

Each confirmed booking modification will depend on the lodging availabilities and on the airline cancellation system.

Luggage

An extra cost for luggage exceeded weight (international and domestic flights) will not be paid by Zekeseven Travel Agency.

Responsibilities

Zekeseven Travel Agency is not responsible for international or domestic flight delays nor for the subsequent transfer delays or inconvenients.

Zekeseven Travel Agency is not responsible for any injury or physical problem during the travels and the services provided.

Program modification

Zekeseven Travel Agency can change or modify programs for reasons or problems out of its control without advanced notice (weather, delays in domestic and international flights, transfers...).

Refund

Outdoor activities costs and green fees will not be refunded in case of cancellation due to bad weather.

Insurance / Assistance

Zekeseven advises subscription to Travel Guard Americas insurance/assistance.

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