



AMC ADVENTURE TRAVEL
Volunteer-Led Excursions Worldwide

TREKKING PATAGONIA: CHILE AND ARGENTINA

JANUARY 29 – FEBRUARY 10, 2023 (TRIP # 2311)



Laguna de los Tres

OVERVIEW

Join us on a spectacular 13-day adventure to remote southern Patagonia, land of superlatives – majestic pinnacle peaks, immense glaciers, fierce winds and exotic animals. Explore some of South America's finest national parks including Torres del Paine National Park famous for granite pillars, lakes and mountains, and the Los Glaciares National Park, home to some of the world's most stunning ice formations.

Patagonia is the geographical region that lies at the southernmost tip of South America, lying in both Chile and Argentina. Patagonia has a well-deserved reputation for outstanding natural and scenic beauty. Spectacular treks will lead us to iconic massifs: Fitz Roy, Cerro Torre, Cuernos and Torres del Paine, and other dramatic sights. Join us on this exciting adventure to see jagged peaks, massive glaciers, icebergs, blue-green lakes and much more. A combination of day hikes to see sights, overnight backpack hikes with full-service backcountry refuges, and guided glacier tours will provide us a unique opportunity to experience this rugged and beautiful area.

TRIP DIFFICULTY

This trip is rated [#5-6 – Vigorous-Strenuous](#). We will hike from six to ten hours per day including breaks. Day hikes will be between 6 and 13 miles with elevation gains of 500 to 3000 feet. We will hike at a modest pace, which will permit time for photos and rest breaks. Participants should be in excellent shape and be able to hike for most of the day. Every evening, the leaders will describe the walk/hike for the following day so participants can plan accordingly.

TRIP ITINERARY SUMMARY

DAY	DATE	DESTINATION
	Sat, Jan 28	Leave USA
1.	Sun, Jan 29	Arrive Punta Arenas, Chile; transfer to local accommodation. (D)
2.	Mon, Jan 30	Morning boat ride to Magdalena Island to watch penguins, weather permitting. Afternoon bus ride to Puerto Natales. (B/D)
3.	Tues, Jan 31	Take the bus to Torres del Paine National Park where we will start the world-famous “W” trek. Hike to Mirador de Las Torres, and back to Refugio Torres Norte. (B/D)
4.	Wed, Feb 1	Hike to Domo Frances along beautiful Lago Nordenskjöld (B/L/D)



5. Thurs, Feb 2 Hike to Paine Grande Lodge; side trip up the French Valley, weather permitting. (B/L/D)
6. Fri, Feb 3 Hike to Refugio Grey ending the W. Take a boat cruise to view Grey Glacier. Private charter van to Puerto Natales. (B/L)
7. Sat, Feb 4 Private charter van excursion from Puerto Natales to El Chaltén (B/D)
8. Sun, Feb 5 Day hike to Laguna Torre for views of Cerro Torre and massive glaciers (B)
9. Mon, Feb 6 Excursion to Vespignani glacier with self-guided trekking trails. (B)
10. Tues, Feb 7 Day hike to Laguna de los Tres for excellent views of Mt. Fitz Roy (B)
11. Wed, Feb 8 Private charter van excursion from El Chaltén to El Calafate (B)
12. Thurs, Feb 9 Sightseeing cruise for close-up view of Perito Moreno Glacier (B/L/D)
13. Fri, Feb 10 Transfer to airport for flights home (B)



Torres del Paine National Park



Magdalena Island



DETAILED ITINERARY (Meals included are indicated as B, L, D)

Sat Jan 28 – Leave USA. You may also choose to leave Friday evening and spend an extra night in Punta Arenas, which might help with snow-related delays departing from the USA.

Day 1. Sun Jan 29 – Arrive in Punta Arenas (PUQ) on the Straits of Magellan and transfer to our local accommodation by taxi (at your own cost). The name and address of your hotel in Punta Arenas will be provided. We will have our first evening meal together with all participants on either the first or second night depending on when trip members arrive. (D)

Day 2. Mon Jan 30 – Morning excursion, weather permitting, to Magdalena Island to walk among the penguins to see them nesting and waddling around. It has been decreed as the Los Pingüinos Natural Monument as there are an estimated 120,000 Magellanic penguins residing on the island. A guide will deliver tour information in English and Spanish. Included buffet breakfast in our hotel opens at 6 AM. In the afternoon we will take the bus to Puerto Natales, our jumping off point for our trek on the famous “W”. Our luggage not used in the 5-day “W” backpack will be stored at our hostel in Puerto Natales. (B/D)

Day 3. Tue Jan 31 – After an early breakfast, we will take a bus to Torres del Paine National Park where we will start the “W” trek. We begin with dropping our gear at Refugio Torres Norte and then hike up to the much-photographed Torres del Paine lookout (mirador), taking a break at Refugio Chileno on the way. The hike is about a 7-8 hour round trip, approximately 11.2 miles with 2841’ of elevation gain. When we return to our refugio, we will enjoy a local dinner and get a good night’s rest. (B/D)



Torres del Paine

Day 4. Wed Feb 1 – Today we continue our trek by hiking to Domo Frances along the tranquil northern shores of Lago Nordenskjöld (5 hrs/8.4 miles/820' elev). On the right-hand side are the breath-taking spires of Los Cuernos. We spend the night at Domo Frances. (B/L/D)



Lake Nordenskjold

Day 5. Thur Feb 2 – If the weather is good today, we will hike up to the first Mirador going up the French Valley. There we can enjoy the rumbling of glaciers calving up on the mountain across the narrow valley. Otherwise, we will hike directly to Paine Grande Lodge. The optional side trip to the mirador is 2.5 hours, 2.45 miles with a 935' elevation gain. The straight hike to Paine Grande Lodge is 7.15 miles with a 328' elevation gain and will take about 4 hours. (B/L/D)

Day 6. Fri Feb 3 – We will finish the W trek with a hike to Refugio Grey. The hike is 6.8 miles with 672' of elevation gain taking us about 4 hours. We have then scheduled the Navigation Grey III to take us to the edge of Grey Glacier possibly passing some large icebergs along the way. And then take us to Guarderia Grey where our private chartered van will pick us up and drive us to Puerto Natales. (B/L)

Day 7. Sat Feb 4 – Private charter van excursion and many magnificent viewpoints along the way from Puerto Natales, Chile to El Chaltén in Argentina. (B/D)

Day 8. Sun. Feb. 5



– We will do a day hike in Los Glaciares to Laguna Torre, with magnificent views of the extraordinary rock spire of Cerro Torre and a sprawling mass of intersecting glaciers. We may take a side trip to Mirador Maestri for more views of Cerro Torre and Cordón Adela, a serrated ridge of snow-capped peaks between Cerro Grande and Cerro Torre. Distance is about 13 miles without the side trip. Book time is 6 hours with about 1200' elevation gain. (B)

*Laguna
Torre*

Lago del Desierto



Day 9. Mon Feb 6 – Today we drive from El Chaltén to Punta Sur where we sail across Lago del Desierto for about 30 minutes, spotting the Huemul and Creston glaciers, landing in the Vespignani glacier section, which is located in the middle of the lake. At the Vespignani area, we can take any of the three self-guided trekking trails (30 minutes to 2 hours) which lead us to unforgettable sights of the glacier or simply wander through the beautiful native forest. We will then return to El Chaltén for the evening. (B)



Mt. Fitz Roy

Day 10. Tue Feb 7 – Another day hike from El Chaltén, this time to Campamento Poincenot and Laguna de los Tres, the lake at the foot of iconic Monte Fitz Roy. At Campamento Poincenot we will look directly up at the spires of the Fitz Roy massif. Further views of Fitz Roy from Laguna de los Tres and its surroundings will reward your climb of about 2500'. Distance is about 13 miles and the book time is 8 hours. (B)



Hosteria Cauquenes de Nimez

Day 11. Wed Feb 8 – Private chartered van from El Chaltén to El Calafate. There is an interesting National Park in El Calafate and a wonderful bird sanctuary, Laguna Nimez, which we will visit. The bird sanctuary is an easy walk from our hostel and in the evening we can enjoy the views of Laguna Nimez from the upstairs deck. (B)

Day 12. Thur Feb 9 – Today is an all-day cruise to the amazing Perito Moreno Glacier. The glacier front stands almost 200 feet above the water and if we are lucky, we will witness huge pieces of ice calve off from the glacier front. Our cruise starts at 8:30 AM and continues until 6:00 PM. Hotel pick-up and drop-off is included as part of the package. This beautiful spectacle of nature will provide the crowning memory of an incredible adventure. We will settle down to our farewell dinner in El Calafate for one last evening together. (B/L/D)

Day 13. Fri Feb 10 – Transfer to the airport in El Calafate (FTE) for flights home or elsewhere. (B)



Perito Moreno Glacier

PARTICIPANT PROFILE AND EXPECTATIONS

You should have a keen interest in cultural explorations and enjoy moderate - strenuous hiking. On an average day we will walk for 5-8 hours and cover 6-14 miles. Daily elevation gain ranges from 1,200' – to 3,000'. You need to be prepared to commit yourself to keeping in shape between the time you sign up for this trip to the time you depart on it.

You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a great time. If you do that, you will have a great time.

The trip has a moderate to strenuous trek in Torres del Paine NP hiking for 4 consecutive days. Some days will be lengthy with significant elevation gains; others will be shorter and somewhat easier. You should have at least intermediate hiking skills and be able to hike at least 10 miles every day with moderate elevation gain, while carrying enough equipment to keep you safe in the event of bad weather.

When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with appropriate gear. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you will be asked to discuss your

capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities. Please do not be offended by our questions.

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make such changes as necessary, both before and during the trip.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

For additional details, please refer to the [AMC Adventure Travel's Terms and Conditions](#).
Leaders' Expectations of Participants.

ACCOMMODATIONS AND MEALS

The accommodations provided on this trip are a mix of small hotels, hostels and back-country full-service huts (called refugios). At the hotels and hostels, we will have two persons/room with private bathrooms. Room accommodations in the refugios are typically bunkrooms (mixed gender) with shared bathrooms. The refugios provide sleeping bags but you need to bring a sleeping liner along with a towel for showers. All meals in Torres del Paine are included, all breakfasts will be provided when outside the park. Four night's dinners included (Day 1-Welcome dinner, Day 2, Day 7, Day 12 - Farewell dinner). Other meals will be at participant's own expense; trip leaders will assist in finding local restaurants where participants can have dinner, as well as find stores where lunch and snack supplies can be purchased.

AIRLINES AND TRAVEL

Please arrive at Punta Arenas, Chile (PUQ), on Sunday, January 29, in time for the welcome dinner at 6 pm. The trip ends at El Calafate, Argentina, on the morning of Friday, February 10. Your transportation to Punta Arenas, Chile (PUQ) and back from El Calafate, Argentina (FTE) is your responsibility. Ground transportation from PUQ airport to the local accommodation in Punta Arenas and from the local accommodation in El Calafate to FTE airport are your responsibilities as well. You may want to use frequent flyer miles, an airline, or a travel agent. The leaders will research flights and will be happy to make flight suggestions and suggestions for your transfers to and from local accommodations. Do not make any non-refundable travel plans until advised to do so by the leaders.



WEATHER

In Patagonia in February, there will likely be warm days, cool but not cold nights, strong winds, and a possibility of rain, with temperatures ranging between lows in the 30s (6-8 degrees Celsius) and highs in the high 60s/low 70's (17-20 degrees Celsius). This is the height of growth season; the landscape is in full green. You have a high likelihood of seeing wildlife, such as a variety of birds, guanacos, rheas, and possibly, huemuls (a threatened species of deer). Skies are mostly clear with good visibility during the day and night.

SAFETY AND RISKS

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, by boat, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the *Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and call if you have any questions.

TRIP COST

The trip price is \$4700 for AMC members and \$4800 for non-members. To join the AMC and get the lower price, (2021 membership pricing \$50 individual, \$75 family) click [here](#). This will cover the following items:

- Lodging, all meals on the Torres del Paine trek, breakfasts and four dinners.
- All transportation between Punta Arenas, Puerto Natales, El Chaltén and El Calafate
- Entrance fees to all sites and excursions
- Emergency medical and evacuation insurance coverage

All lunches, some dinners, trail snacks, beverages (e.g., coffee/tea, mineral water, alcohol, etc.) and other personal expenses are NOT included. Your transportation to Punta Arenas, Chile and return from El Calafate, Argentina is your responsibility. The trip leaders will advise you as much as you need and will facilitate group travel. At this time, we estimate that the price for a round trip between the east coast and Punta Arenas/El Calafate will be ~ \$1500.

The final trip cost may be adjusted in accordance with the best final arrangements we can make and currency fluctuations. Any savings we achieve, as well as any cost increases, will be passed back to you. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase.

AMC Adventure Travel trips are run on a non-profit basis. Leaders are volunteers who are not compensated except for their travel costs associated with the trip. The advertised trip cost includes a surcharge which goes toward the administrative expenses of the AMC Adventure Travel program.

The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does *not* include insurance for travel delay, interruption, or cancellation, or for baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested. The AMC has a recommended vendor whose material will be sent to you if your application is accepted.

Any unspent funds will be refunded to the participants. If the trip's financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included.

REGISTRATION AND CANCELLATION

To apply, you must complete and submit the application, confidential medical form, supplemental medical form (if appropriate) and acknowledgement and assumption of risk and release forms (2). You can download them from this website: [Patagonia Application Documents](#). Mail the registration deposit of \$1,500 and all required forms to Leslie Carson at the address shown on the application form. You will not actually be accepted, and your check will not be deposited, until the leader has determined by telephone conversation with you that you and the trip are a good match. The 2nd payment of \$1600 is due May 1, 2022 and the final balance of \$1600 is due October 1, 2022. Deposit checks from waitlisted applicants will not be cashed until they confirm continued interest in joining the trip. All payments by check should be payable to the *Appalachian Mountain Club*.

The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. Once you are notified the trip is declared to run as scheduled, the minimum cancellation fee is \$200. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to force majeure [e.g., terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.]. In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc.).

This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip.

In the unlikely event that the trip is cancelled because not enough acceptable participants apply, everything you have paid will be refunded in full.

QUESTIONS AND REQUESTING APPLICATION MATERIALS

If you have any questions, please feel free to contact Leslie or Dirgny. Leslie can be reached at 508-737-6627 before 9PM Eastern Time or at lesliecarson929@yahoo.com. Dirgny can be reached at 603-234-2268 before 9PM Eastern Time or at dirgnyp@gmail.com.

**All photos by Leslie Carson 2020*



Guanaco

TRIP LEADERS



Leslie Carson: Leslie Carson is a four-season hiking/backpacking leader with the AMC Southeastern Massachusetts Chapter. She completed the New England 67 4K Footers in 2017 and has led hikes for AMC's August Camp in the Pacific Northwest since 2013. She has led AT trips hiking in the Dolomites, Nepal, Patagonia, Morocco, Utah, Idaho and trekking the Haute Route in Switzerland. Her personal travels include the Tour du Mont Blanc, Nepal, Ireland, Peru, New Zealand, Spain, Italy, Belize, Canada, Caribbean islands, Hawaii and many of our national parks. She is certified in Wilderness First Aid and CPR. When not hiking, planning trips or traveling, she enjoys kayaking, cross-country skiing, reading and gardening.

Dirgny Perdigon: Dirgny is from Caracas, Venezuela and is fluent in Spanish and English. She is an active leader for the NH Chapter and August Camp. She is also an instructor at the NH Chapter's Winter Hiking Series and Cardigan School. Dirgny enjoys day hikes, backpacks and is currently attempting to hike all the White Mountain Guide trails. She is certified in Wilderness First Aid and CPR.



EQUIPMENT LIST

Required and Essential Gear

- passport, at least six months before expiration at the time of travel (it is best to have 7+ months before expiration; if it needs to be renewed, do it now)
- backpack, at least 3000-4000 cubic inches (50-65 liters)
- waterproof pack liner or both a liner AND a pack cover (a pack cover will not keep water out in very high wind, but can keep the outside of the pack dryer)
- sturdy, comfortable, waterproof hiking boots with extra shoelaces
- sleeping bag liner for "W" trek
- (Note: a sleeping bag is not required as it will be provided in the lodges)
- synthetic hiking clothing (tops and bottoms); no cotton on hikes
- waterproof rain gear (tops and bottoms)
- sweater/jacket, wool or fleece, vest, down sweater
- long pants, wool or fleece
- Nalgene bottles or Camelback (at least 2 liters total capacity)
- sun hat or bandanna, rain hat, visor
- warm hat, neckband or balaclava, Buff
- gloves/mittens
- minimum 3 pairs of hiking socks (wool or synthetic), liners if needed
- Crocs, Tevas or other similar footwear (to wear in lodging)
- headlamp or flashlight with fresh batteries
- sunglasses
- sunscreen and insect repellent
- personal blister kit, first aid kit and personal medications
- high-energy trail snacks
- whistle
- camp towel or light weight bath towel for backpack trip (yes, there are showers in the huts!)

	SKY	WIND	T [°] C.
24		N/O 80 KM/h	17° C
25		N/O 80 KM/h	16° C
26		N/O 60 KM/h	16° C / F
27		N/O 80 KM/h	18° C / 8°
28		N/O 60 KM/h	16° C / 8°
CATAMARAN:			-12:30-18:30 h.s.

Typical March weather in Torres del Paine National Park

Recommended and Optional Gear

- small daypack/lumbar pack for sightseeing (or adaptation of full pack)
- gaiters (for rain and debris)
- hiking poles (not in carry-on luggage), highly recommended for stream crossings, in rain and high winds
- casual clothing
- phone, camera and spare batteries/charger and voltage converter or adapter as required
- Type C Adaptor in Chile and Type I & Type C Adaptors in Argentina

- hiking knife (do not put knife in carry-on luggage)
- Ear plugs
- Power charger and cords for electronics
- Spork and lunch bag