



CHILE

HIKE TORRES DEL PAINE BY FOOT 5-DAYS

This trek is to one of the world's last great refuges of wild nature. Located in the southernmost region of Chile, Patagonia is beautiful beyond belief. The beauty is found in mansion-sized icebergs that float silently in the dark waters of the fjords; in the winds that blow snowy dust from the mountain tops; in the aqua-blue glaciers that calve into deep, placid lakes; and in the valleys of Torres del Paine National Park surrounded by steep granite faces. These images are synonymous with Patagonia. On this 5-day adventure to the southern hemisphere, we are dwarfed at every turn by the power of nature, forgotten by time and unspoiled by human progress.

Day 1

SANTIAGO - PUNTA ARENAS - TORRES DEL PAINE

ARRIVAL

All travellers must arrive into the Punta Arenas airport by 11:00am. We'll be there to greet you and transfer you to the famous Torres del Paine National Park, 345 km/216 miles away. The drive is approximately 5 hours, but a very scenic one and in the summer months (December to March) the sun sets around 11pm, so we have plenty of light to admire the landscape en route while entering the park. If we're lucky we'll see guanacos, rheas and huge rabbits grazing on the plains. We stop for lunch in Puerto Natales, and have some time to explore the town. The craggy snow-peaked mountains become visible as we approach the park and check into our cozy eco-camp at Los Torres. There will be an extensive orientation meeting this evening over dinner where we will answer any questions that you may have about the adventure that lies ahead. Overnight at the EcoCamp.

Accommodation: EcoCamp

Meals: Lunch, Dinner



Day 2

FRENCH VALLEY

HIKING

Our active adventure begins with a 30-minute catamaran journey crossing Lake Pehoe to Pudeto where we'll start our challenging trek to Valle Frances, along a steep trail that goes into the very heart of the Paine Massif. A vigorous walk brings us to the hanging bridge over the French River, located at the foot of the south east face of the Massif. We have a wonderful view from this vantage point. We'll then continue up the trail until reaching the upper section of the valley with panoramic views of our dramatic surroundings. We'll rest with a picnic lunch, before heading back on the trail descending through an undulating terrain of mixed grassland and light forest until reaching our home for the night - the campground at Refugio Paine Grande - located on the shores of Lake Pehoe. An optional trek to Mirador Britanico is also available during the day's hike.

Hiking Duration: 8 hours

Hiking Distance: 25 km / 15 mi

Ascent: + 686 m (2250 ft)

Accommodation: Camping in Tent

Meals: Breakfast, Lunch, Dinner

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For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email info@bikehike.com or surf us at www.bikehike.com



Day 3

PEHOE - GREY GLACIER

HIKING

After a hearty breakfast we set off on a hike along the shores of Lake Pehoe to the northern end of the glacial Lake Grey. We'll enjoy a picnic lunch before boarding a boat that sails to the blue face of Glacier Grey. This dramatic glacier is an ancient wall of ice sculpted by time and the elements. It's common to see and hear pieces calving thunderously into the deep grey lake below. The journey concludes crossing Lago Grey and from here we'll transfer from Lake Grey's southern end to the eco-camp for the night. If the weather conditions do not allow us to navigate Grey Lake, we'll hike about two hours along the Grey Trail until reaching a sightseeing point offering a spectacular view of the Glacier. We then return to Paine Grande and take a catamaran to Pudeto's dock, from where we'll drive back to our camp for the night.

Hiking Duration: 4 hours

Hiking Distance: 14 km / 9 mi

Ascent: + 244m (800ft)

Accommodation: EcoCamp

Meals: Breakfast, Lunch, Dinner

Day 4

TORRES DEL PAINE NATIONAL PARK - VALLE ASCENCIO

HIKING

Today is a full day trek to the famous Towers of Paine, a triad of sculpted granite peaks that are the remains of a great cirque that has been sheared away by the forces of glacial ice. For 10 km/6 miles, we trudge along rolling dirt tracks through a pine forest and traverse the mountains with wide-open vistas of the deep valleys below. The last 3 km/2 miles is a scramble on foot over rocks and boulders to the base of this beautiful sculpture. You'll feel the intensity of the natural world, as you sit beneath the jagged spires. This place is truly magnificent. After feasting on the view and a picnic lunch, we backtrack along the same trail through Ascencio Valley and return to the EcoCamp. Dinner is a typical Chilean BBQ to celebrate our achievements.

Hiking Duration: 10 hours

Hiking Distance: 21 km / 13 mi

Ascent: +914m (3,000ft)

Accommodation: EcoCamp

Meals: Breakfast, Lunch, Dinner



Day 5

TORRES DEL PAINE

DEPARTURE

Early in the morning we board the vehicle back to Punta Arenas in time to catch the flight back to Santiago. Please make sure you book a flight that leaves Punta Arenas after 3:00pm.

Meals: Breakfast, Lunch

NOTE about Ascent/Descent numbers:

The ascent/descent numbers are usually generated using Ride with GPS. The numbers are TOTAL ascent/descent for the day and these numbers do not suggest altitude. There are usually multiple small ascents and descents added up throughout the day to reach this total ascent/descent for the day. (While our numbers are generally consistent with Ride with GPS, depending on the mapping technology used, numbers may vary).



TRIP INCLUSIONS

Trip Includes

Meals as indicated, all accommodation (twin shared and 1 night camping in tents), all internal transportation (excluding domestic flights), airport transfers and English-speaking guides.

Not Included

International and domestic flights, airport departure taxes, gratuities, meals not indicated and items of a personal nature.

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