



CHILE & ARGENTINA

**BEST OF PATAGONIA
BY FOOT
11-DAYS**

This Patagonia trekking tour extends through through an intensely beautiful region of South America. We spend the first five days of this adventure trek in Chile before pushing forward into Argentina. Each region is rugged and beautiful with cliffs, turquoise glaciers, and tangled pine forests. We visit Torres del Paine National Park, trekking during the day and sleeping in an Eco-Camp by night. Next, we journey onward to Argentina's Los Glaciares National Park, hiking in the world famous Cerro Torre and Fitz Roy ranges. Here we spend our nights in cozy mountain lodges and comfortable family-run hosterias. This Patagonia adventure package is packed to the max. You'll enjoy hearty meals, long days, and numerous animal sightings.

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 EcoCamp 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 lays 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 southeast 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.

Accommodation: Camping in Tent

Meals: Breakfast, Lunch, Dinner

BikeHike Adventures

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 gray 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.

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 eco-camp. Dinner is a typical Chilean BBQ to celebrate our achievements. Approximately 8-9 hours of moderate hiking.

Accommodation: EcoCamp

Meals: Breakfast, Lunch, Dinner



BikeHike Adventures

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 5

TORRES DEL PAINE - EL CALAFATE, ARGENTINA

FREE DAY

Early this morning we transfer to the bus station in Puerto Natales where we'll board a public bus to Argentina. Our Chilean guide assists the group getting on the bus, but doesn't accompany the group. Upon arrival into El Calafate, Argentina, there will be an Argentine representative to meet us and assist us with the transfer to our hotel for the next two nights. The remainder of the day is at leisure.

Accommodation: Hotel

Meals: Breakfast



Day 6

LOS GLACIERAS NATIONAL PARK

HIKING

After breakfast we transfer to Los Glaciares National Park in the sub-Antarctic Continental Ice-cap. Between the 48 and 51 South parallels, the Andean Range is covered by a large extension of permafrost known as the Patagonian continental icecap. It stretches 901 km/560 miles from north to south. It is so large, that it is also called "the third pole" because of the huge concentration of ice. It is the origin of 47 major glaciers, such as the famous Perito Moreno glacier that you will have the chance to see. With some luck we'll spot some wildlife in this area including condors, buff-necked ibis, black-chested buzzard eagles and ashy-headed geese. In the afternoon, we return to El Calafate to our hotel where the remainder of the day is at leisure. Dinner is with the group this evening.

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

BikeHike Adventures

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 7

EL CALAFATE - EL CHALTEN

OPTIONAL BIKING & CANOEING

After breakfast, we'll be transferred to the bus station to connect with the public bus to El Chalten, a small windswept town at the foot of Mt. Fitz Roy. There is some free time in El Chalten for lunch, and then we'll transfer to our cozy Adventure Camp. This wilderness active adventure camp is located 17 km/10.5 miles north of El Chalten on the shore of Rio de Las Vueltas. It is surrounded by native beech-tree forest and stunning views of the north face of Mt. Fitz Roy. The lodge has a dining room, offering delicious local cuisine and robust Argentine wines. Mountain bikes and canoes are available for guests wanting to enjoy the outdoors, or if you prefer, there is a cozy fireplace to relax in front of. Overnight in cabins at Laguna Condor Adventure Camp.

Accommodation: Cabin

Meals: Breakfast, Dinner

Day 8

MOUNT FITZ ROY

HIKING

First a wholesome and hearty breakfast and then we're off for a full day trek. We ascend gradually all morning along the Rio Blanco to the Rio Blanco base camp. This is the camp where climbers wait for a break in the weather when attempting the always-difficult ascent of the granite monolith named after Darwin's ship, the HMS Beagle. Weather permitting, we'll ascend more steeply to the Laguna de Los Tres where we will have close-up views of several of the routes used to climb Fitz Roy. In the afternoon, we'll trek to Laguna Capri where we'll be rewarded to dramatic views of the Fitz Roy and the peaks of Saint Exupery, Poincenot, Mermoz and Guillaumet. We'll also have a short hike to the Rio de las Vueltas view point to overlook the Cordon del Bosque valley. We'll end the day at our campsite in Poincenot where we'll spend the night in tents.

Accommodation: Tent

Meals: Breakfast, Lunch, Dinner



BikeHike Adventures

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 9

CERRO TORRE - EL CHALTEN

HIKING

This morning we'll hike in the direction of Torre Lagoon. We'll cross old glacial moraines and wet plains that were formed by previous courses that were formed by the Fitz Roy River passing by the Madre e Hija Trail. We'll eventually make it to Torre Lagoon where there are good possibilities to spot a wide range of birds, including the Magellanic woodpecker. At Torre Lagoon it is usual to see huge icebergs that have calved off of the Torre Glacier. There are various paths over the glacial moraine that we'll follow, allowing us to visit other viewpoints. At the source of the Fitz Roy River there is a Tyrolean traverse (ropes and pulleys), used by the climbers to access the Torre Glacier and get to the base of the mountain they plan to climb. Late afternoon after a rest and lunch, we'll return to a comfortable hotel in El Chalten where we spend the night.

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 10

EL CHALTEN - EL CALAFATE - BUENOS AIRES

TRANSFER

After breakfast we will transfer back to El Calafate by public bus. From here, we will transfer to the airport in El Calafate to connect with our flight to Buenos Aires. You'll be met upon arrival and transferred to a comfortable hotel in this lively cosmopolitan city. The evening is at leisure.

Accommodation: Hotel

Meals: Breakfast



BikeHike Adventures

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 11

BUENOS AIRES

DEPARTURE

Today you will be transferred to the international airport to connect with flights home.

Meals: Breakfast

TRIP INCLUSIONS

Trip Includes

All accommodation (twin shared), meals as indicated, all internal transportation (excluding internal flights), camping equipment, airport transfers and English-speaking guides.

Not Included

International airfare, internal flights (Santiago - Punta Arenas, El Calafate - Buenos Aires), airport departure taxes, gratuities, meals not indicated and items of a personal nature.

BikeHike Adventures

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