



### Day 1: September 9<sup>th</sup>, 2019- Puerto Natales – Torres del Paine

Starting our walk from the Las Torres camping area, it will take us 1 ½ kms to approach the beginning of the Ascencio Valley. From this point, it will take us about two hours to walk steadily up the next three kms to reach Refugio Chileno, where we will pause to recover. In this section, we will ascend about 300 meters. We will continue climbing gently one more hour through a beautiful forest of Lengas, crossing pristine watercourses with beautiful views of the Valley, to reach an altitude of about 600 meters.



After a well-deserved rest in the forest, we will begin to walk the last stretch of our objective, through a large moraine left by the Torres Glacier, with a difference of 300 meters; it will take us about 1 hour to walk this last kilometer. The terrain becomes more abrupt in this section, as we will walk through the huge terminal moraine that left the glacier in its path, encountering materials such as sand, gravel and mostly stones, which will serve as stairs. That is why it is important to watch your next footsteps! In front of your, The Torres del Paine! - 1200 meters of vertical granite from its base to its top, with its glacial lagoon in front of them, makes this place one of the most beautiful on the planet.

After taking photos and having a good rest, we begin our way back to Refugio Central. Guests will spend the night of the 9<sup>th</sup> at the "Refugio Central" right were we began our hike that same day. *(Breakfast, lunch and dinner included)* **NIGHT 1: Refugio Torre Central.**

### Day 2: September 10<sup>th</sup>, 2019 - Trekking Refugio El Chileno – Refugio Los Cuernos

After a good breakfast, we will begin walking towards the west, following a trail that has no difficulty compared to what we did the day before. After about 4 ½ hours of hiking through Patagonian Flats, we will reach a nice and cozy Refugio, that has a wonderful view.

At this spot, we can relax for the rest of the day, appreciating an astonishing view of the Nordenskjold Lake.

The guides will do a small briefing of what comes next. *Breakfast, lunch and dinner included)* **NIGHT 2: Refugio Los Cuernos.**

### Day 3: September 11<sup>th</sup>, 2019 - Paine Grande Lodge

After breakfast, we begin preparing our small backpack and poles to begin the third day of our adventure.

Walking for approximately an hour, we will reach the Italiano Campsite, named after an expedition that settled their base camp in this area. We will take a small rest and begin an uphill section on the side of a moraine. In this section we have to ascent 250 mts in 1 ½ kms that it might take us 1 hour. From high above, we will have the chance to see the lakes and its colors, the French Glacier falling from Paine Grande's summit. On the other side, we will have the imposing Cuernos with its different rock colors on its summit.

We return the same path and continue walking along the base of Paine Grande until we reach Paine Grande Lodge, our home for the next 2 nights. *(Breakfast, lunch and dinner included)* **NIGHT 3: Paine Grande Lodge.**



#### Day 4: September 12<sup>th</sup>, 2019 - Grey Valley- Paine Grande Lodge



After having the chance to see the sunrise from your room and with a view of the Pehoe Lake, we head towards the Grey Valley, an imposing 10 km trail that will take us closer to this big mass of ice and one of the 47 different “arms” that detach from the Southern Ice fields. There are over 350kms of ice that end right here, in Torres del Paine National Park.

We will have the chance to see all three faces of this big glacier. This area is known to be the most exposed to the climatic conditions, where the wind will blow as hard as possible from north to south, that means that it might push us backwards as we move towards the glacier, and it will go

on our backs once we start hiking back to the Lodge.

Once in the lodge, we can enjoy our experience while we sit down in the dining room and relax, reflecting how strong we can be when we put our minds into something. *(Breakfast, lunch and dinner included)* **NIGHT 4: Paine Grande Lodge.**

#### Day 5: September 13<sup>th</sup>, 2019 - Rio Serrano- Grey Navigation

After spending our last night in this Lodge, and having the last view of the sunrise, we begin our trek back and what a better way than taking a catamaran early in the morning! The catamaran will cross us through the Pehoe Lake, a wonderful turquoise color will be decorating the landscape as we sail back to the road. Once on the other side, Rio Serrano vehicle will be awaiting for us.



After the drive back, we will check into the Rio Serrano and prepare ourselves for the last adventure. We will drive for 30 minutes to the western area of the Park, where the Grey area is located. After walking for 1 ½ kms we will be on board of a big Catamaran that will take us as close as possible to the Grey Glacier and its three different faces, this boat ride takes 3 hours that will make us appreciate from a comfortable seat what we’ve accomplished. *(Breakfast, lunch and dinner included)*

**NIGHT 5: Rio Serrano**

#### Day 6: September 14<sup>th</sup>, 2018- Departure Day

Early wake up, after breakfast we head back to Punta Arenas airport to take our flight back to Santiago, Chile. *(Breakfast included)*



### Recommended Packing List for the W Extension

One of the most fascinating parts of this region of Chile, aside from the landscape, is the temperature and climate. In just five short days, you can experience all the seasons, some even in the same day!

With that in mind, consider packing waterproof or quick dry hiking boots as it can be rainy or there can be snow on the ground. *Keep in mind they will be going from winter to spring so the weather can be quite temperamental.*

Based on this, we highly recommend having our rain gear always at hand, which should include waterproof pants and a raincoat.

The other most important element is the wind. With constant speeds between 20- 30 km this factor is the most important factor to consider when choosing your equipment. Our body loses temperature especially through the head (ears) and hands. It will be crucial to bring a hat or bandana type neck cover to keep the wind off your body. In addition, waterproof gloves will be very useful.

Recommended Equipment / What to bring:



Hat  
Warm/Waterproof Gloves  
Sweat Wicking Short Sleeve Shirt  
Waterproof Jacket  
Hiking Boots  
Toiletries  
Sunscreen (Optional)  
Trekking Poles (Optional)

Sunglasses  
Sweat Wicking Long Sleeve Shirt  
¾ Zip Up  
Waterproof Pants  
Day Back Pack  
Water bottle  
Sweat Wicking Socks  
Headlamp (Optional)

*Looking forward to trekking with you!*