

6-DAY ADVENTURE

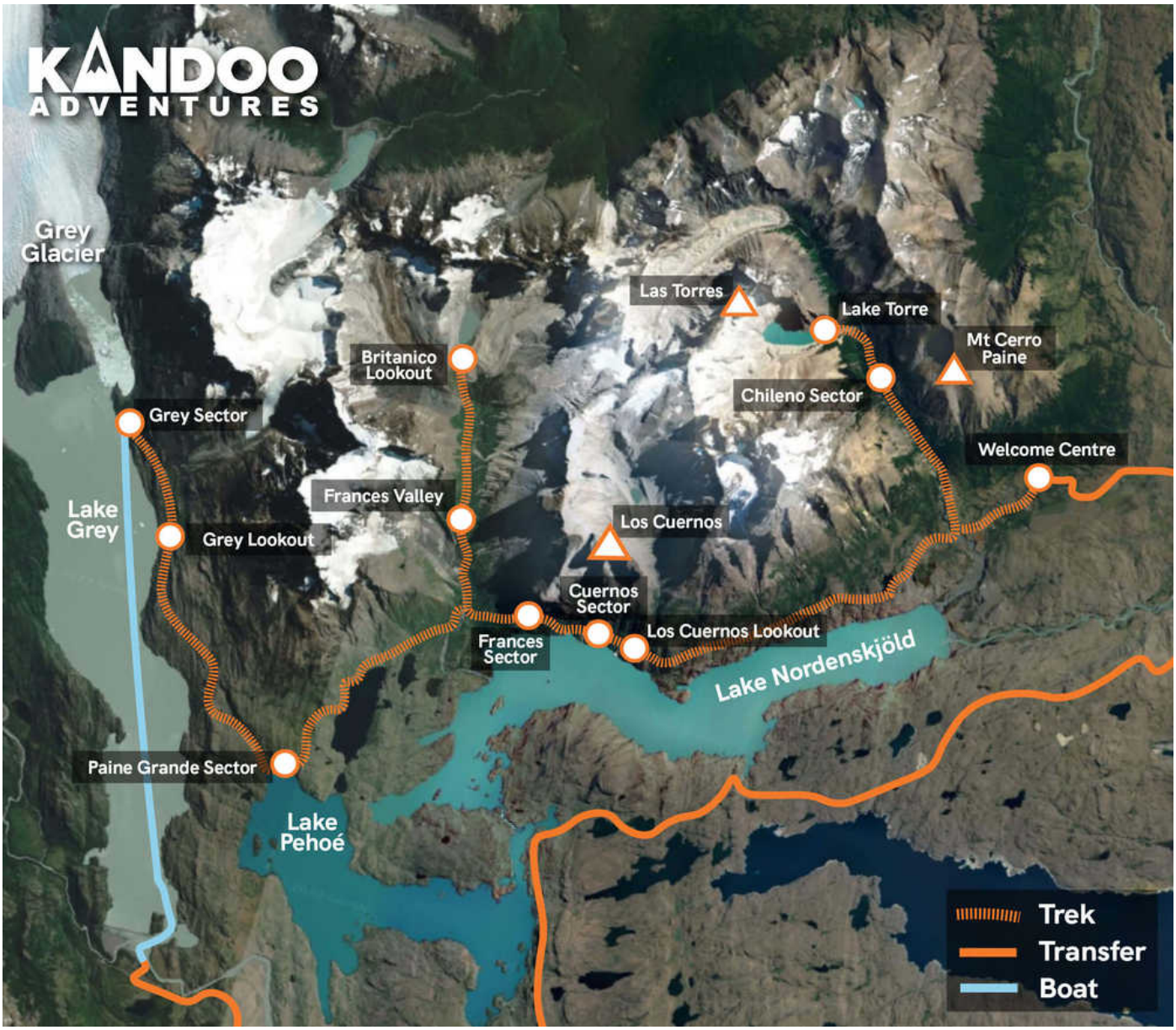
THE W TREK

Chile

The W Trek is a world famous route taking in the incredible scenery of Torres Del Paine National Park. Meander through forests of Lenga and birch, traipse along the gentle lakeshores emanating their vibrant, turquoise hues and weave along alpine pathways in the shadow of the giant pinnacles above. Finishing at the iconic Las Torres lookout, this trek provides a challenging but achievable 4 days of superb walking amongst some of the most savagely beautiful scenery to be found anywhere in the world. We start and end our trip in the nearby town of Puerto Natales, making this the perfect option for anyone looking to incorporate a short trek into their travel plans.

TRIP HIGHLIGHTS

- Experience the awe-inspiring view of the three iconic granite towers and glacial lagoon
- Take a boat ride to see the electric blue of the Grey Glacier up close
- Keep your eyes peeled for great, wide-winged Condors soaring high above you
- Trip fully carbon offset as standard


KANDOO
ADVENTURES
Grey Glacier
Las Torres
Lake Torre
Mt Cerro Paine
Britanico Lookout
Chileno Sector
Grey Sector
Welcome Centre
Frances Valley
Lake Grey
Grey Lookout
Los Cuernos
Cuernos Sector
Frances Sector
Los Cuernos Lookout
Lake Nordenskjöld
Paine Grande Sector
Lake Pehoé
Trek
Transfer
Boat

ITINERARY

DAY 1

PUERTO NATALES

Welcome to Patagonia! One of our team will pick you up and transfer you to your hotel. You will then have free time the rest of the day, take a walk around the small, brightly coloured town with it's delightful 'Costanera'. At 6pm, your guide will come to your hotel for a pre-trek briefing to prepare you for embarking on the 'W' Circuit.

Accommodation: **Hotel**

DAY 2

LAKE GREY TO PAINE GRANDE

This morning, we will take our transfer from the hotel to the edge of Torres del Paine National Park. Here we will board the boat and take a stunning ride on the blissful waters of Grey Lake. The boat will take us tantalisingly close to the electric blue hues of Grey Glacier before dropping us off at Refugio Grey where we will continue on foot. We embark on a relaxing walk in the foothills of the mountains, amongst Antarctic beech (ñirre), Dombey's beech (coigüe) and the Chilean firetrees (notro). Allow this short, yet gratifying trek to fill our senses whilst the incredible views of Mount Paine Grande, the highest peak in the region (3,050m) provides the backdrop to the day. Once we arrive at the campsite, kick-back and relax or take a leisurely walk along the peaceful shore of Lake Pehoé and marvel at it's alluring, turquoise waters.

Hiking time: **4 - 5 hours**
Walking distance: **11 km**
Ascent: **440 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

PAINE GRANDE TO FRENCH VALLEY

The day begins with a wonderful hike into the Francés Valley. Along the way we divulge in the peace and quiet of nature, surrounded by majestic mountain peaks and wild vegetation. Savour in the serenity of the forests and the glacial streams, where we can fill our bottles with pure, fresh water, whilst marvelling at the majestic Los Cuernos Mountains looming overhead. The grand finale for today, finds us at Británico lookout with incredible views over the Francés Glacier and the lesser known peaks of the Paine Massif Mountain Range. For those wanting a steadier day, there is the option to finish at the lower Francés viewpoint.

Hiking time: **8 - 9 hours**
Walking distance: **20 km**
Ascent: **1300 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

FRENCH VALLEY TO CENTRAL SECTOR

We will begin today by following the weaving path of the Arriero River, which offers great places to relax and refill our bottles with fresh running water. Prepare to be drawn into the beauty of the enormous summits that loom over the turquoise lake below and capture the incredible scenery on your lens ready to be flaunted to others back home. Lake Nordenskjöld is surrounded by amazing geographical contrasts and is home to many birds, so keep a keen eye out for Condors overhead. We will then continue along the base of the magnificent Mount Almirante Nieto and its hanging glaciers before setting up camp amidst the shrubbery at the valley mouth.

Hiking time: **5 - 7 hours**
Walking distance: **16 km**
Ascent: **862 m**
Descent: **606 m**
Accommodation: **Camping**
Meals included: **Breakfast / Lunch / Dinner**

DAY 5

BASE TORRES TO PUERTO NATALES

We start the day with a slowly ascending hike through the Patagonian pampas that begins to steepen as we enter the Ascencio Valley, hence the name. This gradually rises to reach the Los Vientos Mountain Pass - with its spectacular, panoramic views of the surrounding landscape and lakes. We will continue hiking, past the Chileno Mountain Hostel and through a native, Lenga forest before approaching the final stretch of our adventure. The path becomes more adventurous as it weaves over rocky terrain, lined with enormous boulders. Awaiting us at the end is the awe-inspiring view of the three iconic, granite towers standing tall over the glacial lagoon. What a way to end the trek!

From here, we make a steady descent back down the valley where a transfer will take us to our hotel in Puerto Natales. Unless your guide has suggested a very early start to the day, it is typical to arrive back in Puerto Natales at around 9pm. Dinner is not included tonight, but there are plenty of bars and restaurants that stay open late and you can head out to grab a bite to eat.

Hiking time: **8 - 9 hours**
Walking distance: **19 km**
Ascent: **814 m**
Descent: **1094 m**
Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 6

PUERTO NATALES

We will collect you from your hotel and transfer you to the airport.

Meals included: **Breakfast**

PLEASE NOTE

Note: This trip may be completed in reverse depending on availability of allocated campsite places.

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

This adventure is **moderate difficulty**. You will be trekking for up to 4 days, occasionally on steep and rocky terrain. You will be averaging 15km walking per day, the maximum distance covered on a single day being over 20km. There may be as much as 870m of vertical ascent and over 1000m descent in a day. You should be fit and healthy with recent experience of walking in a mountainous environment for several days in a row. On steep and possibly loose ground, care should be taken to avoid slips and trips, you may find walking poles useful. The weather in Patagonia is notoriously changeable and you should be prepared to walk in strong winds and heavy rain. If you have any questions about your suitability for this trip please feel free to get in touch.

FOOD & DRINK

Chilean cuisine consists mainly of meat. You will find grilled meats available everywhere including tripe, intestines and even udders. Meat aside, the cuisine is a mix of **Spanish, native American and Italian influences** so vegetarians can always fall back on dishes like gnocchi, pasta and pizza. In the large towns and cities, you will find all dietary requirements are catered for. You may also have the opportunity to sample "Mate", a Paraguayan tea made from a variety of holly and typical drank from a "bombilla".

In Puerto Natales your hotel is booked on a B&B basis. For your lunch and dinner, you will find a whole host of restaurants serving everything from local cuisine to your home favourites. Patagonia is famous for its BBQs, so grab yourself something off the grill for a true local's experience.

If you have **special dietary requirements** please inform us when booking your adventure. We can cater for vegetarian and gluten free diets but refuges usually have set menus and options for these diets can be repetitive. If you have any special dietary requirements, you may want to bring some food items from home to provide a bit of variety. Please be aware that in Torres del Paine, you will need to carry any special food items yourself. Getting supplies to campsites on this trek is not easy and it isn't possible to nip out to the shop if you need a particular ingredient. For this reason, it is very important that you tell us about any dietary requirements as early as possible after booking so we can ensure that your diet can be catered for. All meals at the campsites are prepared by campsite staff and you will eat in a dining area at the refuge for breakfasts and evening meals. As there is limited space in the refuges, on your arrival your group will be allocated a meal time. Your guide will share this with you. Packed lunches will be provided each morning for you to take with you in your backpack.

All campsites have a shop where you can buy a selection of snacks suck as nuts, dried fruit, energy bars, packets of crisps and biscuits as well as soft and often alcoholic drinks.

Whilst trekking, filtered water is available at every campsite for you to fill your bottles or bladder. We recommend you also bring a water filter or purification system to allow you to refill at streams or springs. All drinks, including water, are your own responsibility through out the trip. We don't recommend the use of plastic bottles which will need to be carried out and recycled.

ACCOMMODATION

Whilst in Puerto Natales we will stay in a **comfortable 3-star hotel**. Rooms will be double or twin with en-suite bathroom. We ensure that the hotel we use is well located to allow you to get out and explore the area.

In Torres del Paine National Park we will be camping. A 2-man tent is provided per two people along with a foam mattress and sleeping bag. Tents will already be set up with mattresses and sleeping bags inside...some of them are even raised on special platforms! There will be shared bathrooms with flushing toilets and hot water at all sites except Camping Los Perros (cold water only). Bathroom facilities can be basic and it is sensible to take flip-flops / sandals for the showers and wet-wipes. Shower facilities are open between certain times only.

Suitable sleeping bags are provided at campsites but these are not always laundered after each use and you should bring your own warm sleeping bag liner.

Your meals will be prepared by the staff at the campsite and you will eat in the refuge 'restaurant' each morning and evening. All crockery and cutlery is provided. Packed lunches will be provided from the refuge kitchens each morning for you to take with you in your backpack.

Wifi is available at the refuges but is generally of poor quality and speed. Every campsite offers 30 minutes free access and you can pay for more time but, be warned, paying for it does not mean that it will be better quality or faster!

There will be access to electrical sockets at refuges and they are free to use but there are limited sockets for guests to use, the power supply is weak and the sockets can be very busy. We strongly recommend taking a power pack with you and keeping phones in airplane mode to preserve battery life.

LUGGAGE

Bag Weight: 15kg.

In Torres Del Paine National Park there is no vehicle access and, as we won't be using porters for this trip, you will be carrying all of your own personal equipment (from Day 2 to Day 5). For this, you will need a **backpack of roughly 40 litres** to carry with you each day. We recommend that this is no more than **12kg** to ensure it is comfortable for you to wear throughout your trek. This can be used as your hand luggage on international and domestic flights. If you wish to bring another bag for items before and after the trek this can be left in secure storage at the hotel for the trekking period. We recommend bringing a luggage lock as an additional layer of security as storage is in an open area. You should keep all valuables with you whilst you are trekking. Suitcases are fine to bring if you plan to leave them at the hotel.

Note: your backpack for trekking will be for your sleeping bag liner and personal equipment only and will not include tent, sleeping bag or mattress as these will be provided at the sites.

Please be aware that on domestic flights in Argentina and Chile there is a maximum weight of **15kg** on all checked luggage. If your main bag weighs more than 15kg you may be asked to pay excess luggage fees which will be your own responsibility.

HOW DO I GET THERE?

You will need a flight that arrives at Teniente Julio Gallardo Airport (PNT) in Puerto Natales on or before Day 1 of your itinerary. To reach Puerto Natales most will people will need to connect through **Arturo Merino Benitez International Airport - Santiago (SCL)**.

To reach Santiago from the UK, British Airways have direct flights departing from Heathrow at 21:55 and arriving at 07:30 the next day (local time). The flight time is 14hrs. Air France offer flights from Manchester with a 2hrs 50min stop in Paris. British Airways have flights from Edinburgh with a stop of 1hrs 4min in Heathrow. Indirect flights have a total travel time of roughly 19 hours to reach Santiago.

For travellers from the USA, LATAM have a direct flight from New York to Santiago departing at 19.30 and arriving the next morning at 05:55 (local time). The flight time is 10hrs 25min. LATAM also offer direct flights from Miami with similar times. Indirect flights are available from Los Angeles, Dallas and San Francisco with LATAM, Delta and Jet Blue.

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

For many people, the journey to Chile is a very long one and you are likely to be pretty tired when you arrive. To give you a better chance of enjoying your trek, we recommend arriving a day early and giving yourself a bit of free time before you start your trek. We can easily book additional hotel nights and arrange transfers for you if you decide to do this.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

ON ARRIVAL

On your arrival, you will be asked where you are staying that night. This information is on your personal itinerary. We recommend keeping this somewhere safe so you have it to hand when you need it.

United States and UK passport holders do not require a visa to enter Chile. On arrival you will be granted a maximum 90 day stay in the country. On arrival in Chile the immigration authorities will issue you with a 'Tarjeta de Turismo – Tourist Card' (also known as a PDI). **Keep this somewhere safe as you must present this at each campsite.**

PRE-TREK BRIEFING

It is a requirement of joining any of our treks that you attend a pre-trek briefing the evening before the trek begins. This gives our guides the opportunity to speak to you about your adventure, and sort out any last-minute queries or concerns. In Puerto Natales this is held at 6pm on the evening of Day 1 at your pre-trek hotel, your guide will meet you there.

BUDGET & CHANGE

In Chile the currency is the **Chilean Peso** (CLP).

Few hotels and restaurants will accept US Dollars as a form of currency so it is advisable to travel with Chilean Pesos. Your guide will show you the best places to change currency at the best rate. We do not recommend the use of traveller's cheques as they are often impractical. Bank cards are widely used for most things but please note that American Express is not commonly accepted.

In Puerto Natales, an average meal for 2 will be around $40 - $50 and a 5km taxi ride around $8. Taxis are plentiful and most drivers should have a meter, however if they don't, always remember to settle on a price before leaving. If you prefer to do it a bit cheaper then take to the streets, pretty much everywhere in Puerto Natales is less than a 20 minute walk from the town centre.

Please note that if you plan to change money on your arrival, currency exchange offices in Puerto Natales can open at irregular hours or not at all on weekends. If you are travelling through Santiago Airport, you may prefer to exchange money there. Alternatively, the Chilean Peso is not a closed currency and can be purchased before your trip.

Our recommended guidance for spending budget per person in Patagonia would be between **$100-150** on top of your tips. This will give you ample souvenir spending money.

TIPS

You should budget for tips for your lead guide and any assistant guides. Tipping is common in Chile but not mandatory and should be based on the level of service you feel you have received, but 50,000 Chilean Pesos (equivalent to £50 - $60) should provide enough for tips for each week on your trip.

The amounts below will give you an indication of how much to tip. Please note that these amounts are for the entire group, not per person, therefore you should divide them by the total number of people in your party.

Lead Guide: 20,000 - 25,000 Pesos ($20-25 / £16-20 per day)
Assistant guide: 7,000 - 8,000 Pesos ($7-8 / £5-6 per day)

As an example: a lead guide may receive $20 per day x 8 days = $160. Divided by 10 people in the group = $16 per person.

If your assistant guide / porters will be leaving you before the end of your trip, they should be tipped after your trek. Your lead guide can be tipped when you return to the hotel.

Tips can be paid in either US$ or local currency.

FORMALITIES & HEALTH

PASSPORT

As soon as possible after booking your tour, please provide Kandoo Adventures with your passport details (first name, last name, date of birth, passport number, issue date, expiry date) along with a photocopy of the photo page.

Your passport must be valid for 6 months after your departure date.

VISA

United States and UK passport holders do not require a visa to enter Chile. On arrival you will be granted a maximum 90 day stay in the country. On arrival in Chile the immigration authorities will issue you with a 'Tarjeta de Turismo - Tourist Card'.

This information may be subject to change, without notice, by the local authorities. It is your responsibility to check the latest travel requirements and information before departure.

VACCINATIONS

The World Health Organisation recommend the following vaccinations for travel to Chile:

Diphtheria
Hepatitis A
Hepatitis B
Tetanus
Rabies (for those at high risk)

They also recommend primary course and boosters such as MMR and Flu are up to date.
It is your responsibility to check the latest health information before travelling.

INSURANCE

Before you can join any Kandoo Adventures trek, you will need to insure yourself against accident, injury, and illness.

Your insurance must cover the cost of helicopter evacuation and repatriation if necessary. Make sure your insurer knows of your travel plans, and verify that your policy fully covers your trekking and any other activities you will participate in. Specifically, for our adventures in Patagonia, you need to be covered for trekking up to 2000m. It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf. You will also need to bring details of your insurance cover to the pre-trek briefing.

Make sure to choose the correct policy for the altitude you are trekking to. Be sure to read the small print carefully for any policy you are considering - different policies provide different levels of cover, so make sure you understand what is and isn't included in your policy.

HEALTH

Malaria

There is no risk of malaria in any of the regions of Chile. However, if you intend to go travelling before or after your tour, please check the specific health risks for the areas you will be visiting.

Dehydration

You will be exerting yourself over numerous days whilst out trekking. This may be something that your body isn't used to and as a result, you will have to drink much more water than you normally would. You should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

Medication

Your guide carries a first aid kit at all times. However, we recommend bringing any medicine you feel you may need. This could include: -

- Painkillers
- Anti-diarrhoea tablets
- High factor sunscreen for lips and skin
- Moisturising cream (for sunburn)
- Elastic bandage, regular bandages and Blister bandages
- Sanitary products
- Water purifying tablets or filters
- Mosquito repellent

MINIMUM AGE LIMIT

On our Patagonia trips there is a minimum age limit of 15 years old on private trips and 16 years old on open groups. All minors must also be accompanied by a responsible adult. This is a safety requirement put in place by the Torres del Paine National Park.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

Whilst trekking and camping we will provide the following:

- 2 man tent per 2 people
- Foam sleeping mattress per person
- Suitable sleeping bag
- Cutlery, crockery, tables and chairs

CLOTHING TO BRING

- Warm hat and gloves
- Buff / gaiter
- Sunglasses
- T-shirts (short and long sleeve)
- Thermal long sleeve shirt
- Thermal leggings in case of cold nights
- 2 sweaters - 1 light/1 warm
- Soft shell or fleece jacket
- Insulated jacket
- Waterproof and windproof hard shell jacket
- Waterproof and windproof hard shell trousers
- Breathable fast drying underwear
- Comfortable long trousers (fast drying)
- Shorts for trekking in warm weather if desired
- Comfy trainers/shoes for evenings
- Wool and cotton socks
- Hiking boots (with ankle support and a slightly ridged sole)
- Flip-flops / sandals (for use in showers at campsites)
- Microspikes (optional but may be useful if there has been snow on high passes - you may prefer to rent these in Puerto Natales)

EQUIPMENT TO BRING

- Warm sleeping bag liner (this will be carried in your backpack)
- 2 water bottles (minimum 1 litre or a water bladder)
- Walking poles (recommended)
- Head torch with spare batteries and bulb
- 1 duffel bag - for personal items prior to or after trek (flexible and water resistant)
- 1 daypack - 40-50 litres to carry with you each day
- Water purification system (charcoal filter, chlorine tablets or similar)
- Quick drying towel
- Dry bags – for packing your kit into if your bag is not waterproof
- Toiletries
- A container for any toxic rubbish (batteries, sanitary products etc.)
- Luggage locks

GEAR RENTAL

Trekking poles are available to rent from our team Puerto Natales. If you are planning on renting multiple items for your trek, there are numerous rental stores in Puerto Natales that stay open in the evenings. Some have an online reservation service so you can make all arrangements before your trip and collect the items when you arrive. Please let us know if you require further information.

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.