



14-DAY ADVENTURE

THE LAND OF FIRE

Argentina

Meaning "The Land of Fire", Tierra del Fuego is renowned for its breath taking landscapes, snowy peaks and dramatic glaciers. The largest island, Isla Grande, is home to the Argentine town of Ushuaia, also known as "the end of the world" and the gateway to Antarctica.

This adventure will take us by boat into the Beagle channel to observe sea lions, penguins and cormorant. We will gaze southward over the ocean to the Antarctic Peninsular and walk through the forests of Tierra del Fuego National Park. We explore the savagely beautiful Torres del Paine with its iconic granite spires and journey north, crossing the Argentinian pampas to reach the famous peaks of Fitz Roy and Cerro Torre.

TRIP HIGHLIGHTS

- Enjoy a guided tour of Buenos Aires
- Explore Tierra del Fuego by boat and on foot
- Spend the night in a traditional estancia (sheep ranch)
- Climb to the base of the legendary Torres del Paine



ITINERARY

DAY 1

ARRIVE IN BUENOS AIRES

Arriving in Buenos Aires early in the morning we transfer to the Waldorf Hotel (1 hour transfer). After some time to settle in at the hotel we will meet our local guide and set off for a tour of the city. We visit the picturesque Boca district and tour the flea markets of San Telmo. Meals are not included today so you are free to grab a bite at the hotel or any of the local restaurants, a great opportunity to get a glimpse of local life in Argentina.

Transport: **1 hour, 33 km**

Accommodation: **Hotel**

DAY 2

USHUAIA AND THE BEAGLE CHANNEL

This morning after breakfast, we transfer to the airport for our flight down to Ushuaia where our guide will meet us at the airport. On arrival we transfer to our hotel (20mins) and have lunch before heading to the tourist port for a 3 hour boat tour of the surrounding area. Heading first for the Beagle Channel, we have superb views of the city, coast line and surrounding mountains. We sail south west to approach the island of Los Lobos, where we can observe sea lions in their natural environment and continue to Bird Island with its colonies of Magellan and Imperial Cormorants. Passing by "the scouts" lighthouse, where the ship Monte Cervantes sank in 1930, we continue to Martillo Island where we can observe the penguin colony that visit between November and March.

Activity time: **3 hours**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 3

TIERRA DEL FUEGO NATIONAL PARK

Today we have the whole day to explore and enjoy the magnificent Tierra del Fuego National Park. The park was created in 1960, offering protection to 68,909 hectares of marine, forest and mountain environments. The kelp geese are a symbol of the national park and can be found in the coastal areas along with albatross, oyster catchers and the flying steamer duck. In the forests you can spot austral parakeets, woodpeckers and thorn-tailed rayadito. In all there are over 90 different bird species in the park along with mammals such as guanaco and fuegian foxes.

Hiking time: **5 - 6 hours**

Ascent: **150 m**

Descent: **150 m**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

Leaving the hotel after breakfast, we head for Bahia Ensenada, the starting point of our trek along the Beagle Channel. We pass through forests of Lengas, Guindos and Nires trees as we follow the coast line and gaze over the water to distant peaks. Jumping back in the vehicle we continue to Lago Roca where we will have another short walk and lunch by the lake. In the afternoon we will visit beaver dam and Lapataia Bay, located at the very end of National Road 3, 3063km from Buenos Aires. We return to our hotel in Ushuaia in the late afternoon.

DAY 4

TO EL CALAFATE

Today our adventure moves on to its next stage as we transfer to the airport and head north to El Calafate (1 hour 30 mins). Here we will be spending the night in a hotel in the middle of town and we have free time to explore. There is a good range of shops if you feel like picking up some souvenirs or you can take a walk around the Nimez Lagoon, a heaven for various bird species and just a short 2km walk from town.

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 5

OVER THE BORDER TO CHILE

This morning we board a local bus and travel through the Argentinian pampas to the border with Chile. At the border, after completing formalities, we will need to change vehicles before continuing to the town of Puerto Natales. In the afternoon we follow a trail to the small peak of Cerro Dorotea. From the top there is magnificent panoramic views of Seño Ultima Esperanza, literally translated as the "fjord of the last hope". The navigator Juan Ladrillero named the fjord in 1557, because he felt it was his last chance to reach the Strait of Magellan. The fjord ends in a glacier and does not reach the strait. On a clear day we can also see the peaks of Torres Del Paine in the distance. We spend the night in a hotel in central Puerto Natales.

Hiking time: **3 - 4 hours**

Ascent: **450 m**

Descent: **450 m**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 6

TORRES DEL PAINE NATIONAL PARK

Torres del Paine National Park was established in 1959 and designated as a Biosphere Reserve by UNESCO in 1978. "Paine" means blue, a reference to the colour of the glaciers and lakes that have made the park so famous. We leave Puerto Natales and take a leisurely drive north into the park, stopping along the way at numerous viewpoints that showcase the jaw dropping landscape. We will visit Lago Sarniento, Laguna Amarga for views of the "Torres", the waterfalls at Salto Grande, Weber Bridge, Nordenskjold for views of Cuernos du Paine and Grey Beach. In the afternoon we will reach Laguna Amarga and settle in to our refuge for the evening.

Hiking time: **2 - 3 hours**

Accommodation: **Refuge**

Meals included:

Breakfast / Lunch / Dinner

DAY 7

THE TORRES

Today we have the opportunity to hike to the foot of the world famous Torres del Paine. Our first objective is Refugio Chileno, after a flat start the trail starts to climb up the Ascencio valley and is moderately steep in places. The scenery surrounding us is breath taking right from the beginning. After 2 - 3 hours the trail descends into forest and we find the refuge and campground on the banks of the river. Beyond the refuge we follow an easy track by the river for 3km before starting a difficult and strenuous climb to Mirador las Torres. The trail is steep and rocky with large boulders scattered about the mountainside, a demanding ascent even for experienced hikers. At the top the reward is staggering. You are standing at the foot of the Torres del Paine, the three granite towers that give the park its name. Raising 4000ft into the sky above you, their distant peaks are reflected in the lake at your feet. After taking some time to contemplate the majesty of our surroundings, we turn back and begin our descent. This is a tough day of strenuous hiking, for anyone who does not want to climb to the foot of the towers an alternative walk on the banks of Lake Saramiento can be arranged.

In the afternoon we take a private transfer to Hotel Posada 3 Pasos, near to the Argentine border, and settle in for a well earned rest.

DAY 8

TO EL CHALTEN

Today we say farewell to Chile as we board a local bus and cross back into Argentina. We reach El Calafate around midday and stop for lunch before boarding a second bus to El Chalten. El Chalten is a town filled with gauchos, trekkers and mountaineers, a bustling place with the slender towers of Cerro Torre and Fitz Roy raising up above the town. On arrival we transfer to hotel Lunajuim, our base for the next 3 nights, and have some free time to rest or explore.

Hiking time: **8 - 9 hours**

Ascent: **1200 m**

Descent: **1200 m**

Accommodation: **Hotel**

Meals included:

Breakfast / Lunch / Dinner

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 9

LAGUNA DE LOS TRES

Here in El Chalten we are in northern most section of Los Glaciares National Park, home to the striking peaks of Fitz Roy and Cerro Torre among others. Today we will be hiking to Laguna de los Tres for staggering views of Fitz Roy. Our trail meanders through forests and clearings and passes by the beautiful Laguna Capri. We slowly draw closer and closer to the shear granite pinnacles touching the sky over 2000m above us. After a steep final ascent over glacial moraine, we are rewarded with our first view of Laguna de los Tres. The hanging glaciers of Fitz Roy cascade down into the water and the vertical rock walls of the mountain rise above the ice. It is often possible to hear the creaking and cracking of the glacier as it makes its slow descent down the mountainside and into the freezing waters at our feet. We will spend some time at the lake to soak up the immensity of our surroundings before returning to El Chalten.

Hiking time: **7 - 8 hours**

Ascent: **700 m**

Descent: **700 m**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 10

LAGUNA TORRE

We head off into the mountains again today to get up close and personal with another iconic peak, Cerro Torre. The hike to Laguna Torre at the foot of the mountain should take 3 to 4 hours and we will aim to reach the lake in time for lunch. A truly spectacular location for a picnic! Depending on the weather conditions it may be possible to continue along the Fitz Roy river to the Maestri Viewpoint for even more staggering views of Cerro Torre. In the afternoon we return to El Chalten.

Hiking time: **5 - 6 hours**

Ascent: **400 m**

Descent: **400 m**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 11

ESTANCIA PATAGONICA

This morning we transfer to the bus station in El Chalten and return to El Calafate in time for lunch. From there a private transfer takes us to the beautiful Galpon del Glaciar, an Estancia Patagonica (traditional sheep ranch) where we will be spending the night. The estancia sits on the shores of Lake Argentino, on the road to Perito Moreno Glacier, the scenery could not be more perfect. In the afternoon there will be a tour of the estancia and its facilities, a special opportunity to learn what life is like for those who live and work in this extreme corner of the world. An unforgettable experience.

Accommodation: **Hotel**

Meals included:

Breakfast / Lunch / Dinner

DAY 12

THE PERITO MORENO GLACIER

This morning at the estancia there is a choice of activities after breakfast. For bird lovers, a 2 to 3 hour walk on Lago Argentino is a great opportunity to spot some of the 90 plus bird species that call this region home. Alternatively, you could take a horse riding trip from the ranch and soak up the scenery from the saddle.

In the early afternoon we depart for the Perito Moreno Glacier. The glacier is considered the biggest attraction in Argentinian Patagonia. Stretching for 19 miles as it falls from the Patagonian Ice Cap into the waters of Lago Argentino, the wall of ice looms 240ft high. Gigantic ice boulders break away and fall dramatically into the otherwise peaceful waters of the lake. You will have the opportunity to do a boat tour which is highly recommended, the views of the glacier wall from the water are staggering. In the late afternoon we drive to our hotel in El Calafate.

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 13

BACK TO BUENOS AIRES

Today we transfer to the airport in El Calafate for our flight back to Buenos Aires. Free time to explore the city one last time before our journey home.

Accommodation: **Hotel**

Meals included: **Breakfast**

DAY 14

DEPART BUENOS AIRES

Transfer to the international airport for our international flight.

Meals included: **Breakfast**

PLEASE NOTE

The details in this programme are regularly updated but unforeseeable and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made. For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. Under no circumstances would this give rise to a refund or compensation.

TRIP INFORMATION

DIFFICULTY

This adventure is rated as **easy**. The distances covered each day on foot are relatively short and the amount of ascent and descent in a single day does not exceed 700m. There is one exception, which is day 7 in Torres del Paine National Park. To reach the Mirador las Torres viewpoint requires an ascent of 1200m and the final section of the route is on very steep and rocky terrain. This hike is optional and a walk on the shores of Lake Sarmiento is provided as an alternative. Although not as demanding as many of our other adventures, in order to get the most out of the tour you need to be fit and healthy with recent experience of long walks in mountainous terrain. The weather in Patagonia can be unpredictable and you should be prepared to walk in heavy rain and strong winds. Trails can be steep in places with loose rocks and care should be taken to avoid slips and trips. If you have any questions about your suitability for this tour, please feel free to get in touch.

FOOD & DRINK

Argentine cuisine consists **mainly of meat**. More precisely, beef. Argentina is renowned for the quality of its steak and it is a meat lovers paradise. 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 typically drunk from a "bombilla".

If you have special dietary requirements please inform us when booking your adventure. We can cater for vegetarian and gluten free diets and you are welcome to bring along your own gluten free produce. Please be aware that while hiking, you will need to carry any special food items yourself.

Boiled and filtered water is available every morning 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 refuges or springs. All drinks, including water, are your own responsibility throughout the trip. We don't recommend the use of plastic bottles which will need to be carried out and recycled.

ACCOMMODATION

This adventure has been designed with your comfort in mind. On 11 nights you will be staying in comfortable 3 star hotels in either a twin or double room with en-suite facilities. Please refer to the above itinerary to see the names of the hotels we will be using.

We will spend one night in a mountain refuge in Torres del Paine National Park on day 6. The refuge will be either Refugio Torre Central or Refugio Torre Norte, depending on availability. Accommodation will be in dormitories of between 4 and 8 beds with shared bathroom facilities.

On day 11, as a special treat, we will be staying in estancia Galpon del Glaciar. This former sheep ranch provides double or twin, en-suite rooms with complimentary toiletries, private seating areas and beautiful views.

LUGGAGE

Your main bag should be a **flexible duffel bag or backpack** of roughly 100 litres. We request that you do not bring a rigid suitcase as they are more difficult to transport. In addition, you will need a **daypack of roughly 40 litres** to carry with you each day. This can be used as your hand luggage on international and domestic flights. Whilst trekking we will leave our main bags in secure storage and carry with us only what we need during the trek.

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?

Your international flight will need to arrive at Buenos Aires Ezeiza Airport (EZE). From the UK, British Airways have direct flights departing from Heathrow at 22.10 and arriving at 09.10 the next day (local time). The flight time is 14hrs. Lufthansa offer flights from Manchester with a 1hrs 30min stop in Frankfurt. KLM have flights from Edinburgh with a stop of 1hrs 45min in Amsterdam. Indirect flights have a total travel time of roughly 17 hours.

For travellers from the USA, American Airlines have a direct flight from New York departing at 21.55 and arriving the next morning at 09.40 (local time). The flight time is 10hrs 45min. American Airlines also offer direct flights from Miami and Dallas with similar times. Indirect flights are available from Los Angeles and San Francisco with Latam, United and American Airlines.

On arrival in Buenos Aires, after clearing immigration and collecting your luggage, please look out for a member of our team in the arrivals area. They will be holding a large KANDOO sign. Airport transfers are included and the journey to our hotel will take around one hour (34km). Depending on the arrival time of the other members of your group you may be required to wait a short period of time before departure. Flights to Buenos Aires from the USA and Europe all tend to arrive between 7am and 9.30am.

BUDGET & CHANGE

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

In Argentina the currency is the **Argentine Peso** (ARS)

For the latest exchange rates please visit www.xe.com

We do not recommend the use of traveller's cheques as they are often impractical. Bank cards are widely used for most things but it is best to use Visa as Mastercard is not commonly accepted. Your guide will show you the best places to change currency at the best rate. It is *best to take Euros or Dollars* with you and exchange locally. The official exchange rate offered by banks and ATMs is not good.

TIPS

Tipping is common but not mandatory and should be based on the **level of service** you feel you have received.

The amounts below will give you an indication of how much to tip. Please note that these amounts are for the entire group, therefore you should divide them by the total number of people in your party.

- Guide: 15 /20 US Dollars per day
- Driver: 5 /10 US Dollars per day

As an example. A guide may receive \$15 per day x 10 days = \$150. Divided by 10 people in the group = \$15 per person.

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. We need this information in order to book your domestic flights.

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 Argentina. On arrival you will be granted a maximum 90 day stay in the country. The same applies in Chile.

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 Argentina:

- Tetanus
- Hepatitis A
- Hepatitis B
- Diphtheria
- Typhoid
- Yellow Fever

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 trek, climb, and any other activities you will participate in. Specifically, for all our adventures in Patagonia, you need to be covered for trekking above 2000m. If you are climbing Aconcagua, you need to be covered for climbing up to 7000m. 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.

We recommend the global supplier of travel insurance, World Nomads. 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

Altitude Sickness

Altitude sickness, also known as Acute Mountain Sickness (AMS) or hypobaropathy, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many climbers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400m. Our routes have been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

Diamox

There has been a lot of research on Diamox that shows it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start the trek to prevent altitude sickness, not once symptoms have developed.

Malaria

There is no risk of malaria in any of the regions of Argentina we operate in. However, malaria is present in some parts of Argentina so 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 can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would and 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

EQUIPMENT & CLOTHING

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
- 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)

EQUIPMENT TO BRING

- 2 water bottles (minimum 1 litre or a water bladder)
- Walking poles (recommended)
- 1 head torch with spare batteries and bulb
- 1 duffel bag - 80 to 100 litres (flexible and water resistant)
- 1 daypack - 30 to 40 liters 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 (including wet wipes)

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.

