

15-DAY ADVENTURE

PEAKS OF PATAGONIA

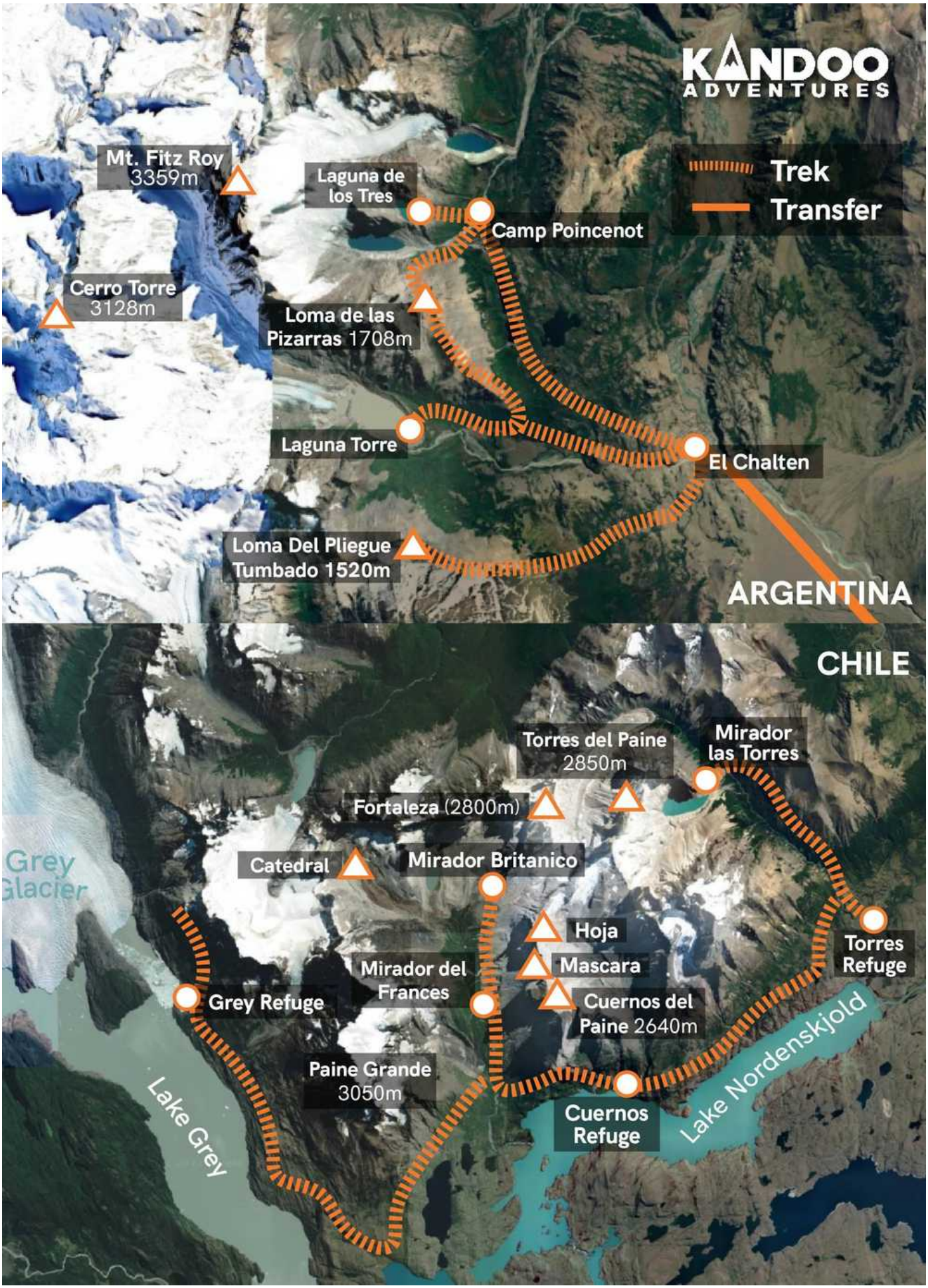
Argentina

All lovers of the great outdoors have seen photos of the majestic peaks of Patagonia and yearned to just grab their backpack and jump on a plane. Let Kandoo Adventures help you make that dream come true. This adventure is for those who want to journey into the very heart of the mountains. In Los Glaciares National Park we will spend 3 days trekking through this formiddable landscape, spending two overnights camping in the shadow of Fitz Roy and Cerro Torre, before returning to the comfort of our hotel in El Chalten and heading up to Loma Del Pliegue Tombado on our final day. Crossing the border into Chile, we will then take on the world renowned W Trek in Torres del Paine National Park. Two challenging trekking routes and one epic journey that will stay with you for a lifetime.

Your adventure will begin and end in El Calafate, this is a great option for those who are already travelling independently in the area and want to include the trek as part of a larger trip.

TRIP HIGHLIGHTS

- Visit the astounding Perito Moreno Glacier
- Spend 4 days trekking and camping beneath the mighty peaks of Mt Fitz Roy and Cerro Torre
- Reach the summit of Loma de las Pizarras (1708m) for outstanding views
- Trip fully carbon offset as standard


KANDOO ADVENTURES
Trek
Transfer
Mt. Fitz Roy 3359m
Laguna de los Tres
Camp Poincenot
Cerro Torre 3128m
Loma de las Pizarras 1708m
Laguna Torre
El Chalten
Loma Del Pliegue Tumbado 1520m
ARGENTINA
CHILE
Torres del Paine 2850m
Mirador las Torres
Fortaleza (2800m)
Catedral
Mirador Britanico
Grey Glacier
Hoja
Mascara
Torres Refuge
Mirador del Frances
Grey Refuge
Cuernos del Paine 2640m
Paine Grande 3050m
Lake Grey
Lake Nordenskjold
Cuernos Refuge

ITINERARY

DAY 1

ARRIVE IN EL CALAFATE

Arrive in El Calafate and meet your guide and the other members of your group. Your flight will need to arrive in the morning and your guide will be waiting to greet you at the airport. We will have lunch in El Calafate before jumping on a local bus to El Chalten, a journey of about 2½ hours. Once we arrive in El Chalten (weather permitting) we will be able to see the peaks of Fitz Roy and Cerro Torre rising up in the distance. We transfer to our hotel and settle down for the evening.

Accommodation: **Hotel**

DAY 2

EL CHALTEN TO CAMP TORRE

Our first objective is Laguna Torre at the foot of the breath-taking Cerro Torre peak. Our trail passes through forests and various view points as we wind our way up to the lake. If the weather is clear we can continue past the lake, along the Fitz Roy river to the Maestri Viewpoint and gaze up at the incredible Grande Glacier. After taking some time to appreciate the awesome, near vertical granite peaks, we head to Camp Torre to spend the night.

NOTE: In El Chalten you will leave part of your luggage in secure storage so you are only carrying the bare minimum whilst trekking. We will collect our non-essential luggage when we return.

Hiking time: **5 - 6 hours**
Ascent: **450 m**
Descent: **200 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

CAMP TORRE TO POINCENOT CAMP

After breakfast and breaking camp, we set out for the peak of Loma de las Pizarras at 1708m. The name translates as “The Slate Hill” and from the top we will have spectacular views of Mt Fitzroy and the surrounding peaks and valleys. After some time to relax and soak up the views, we descend again and pass by the Madre and Hija lagoons before arriving at Poincenot Campsite.

Hiking time: **7 - 8 hours**
Ascent: **1100 m**
Descent: **1100 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

POINCENOT CAMP TO LAGUNA DE LOS TRES

Today we start with a steep climb up to the Laguna de los Tres. Mount Fitz Roy towers above the icy waters of the lake and we take some time to enjoy our surroundings and take some photos. A little further along the trail, we look down on the turquoise waters of Laguna Sucia and up to the granite spires and hanging glaciers above. We then start to descend, stopping along the way to marvel at the effervescent blue hues of Laguna Capri. We end our day back at our hotel in El Chalten and freshen up after a few days on the trail.

Hiking time: **8 - 9 hours**
Ascent: **400 m**
Descent: **770 m**
Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 5

LOMA DEL PLIEGUE TOMBADO

This morning we set off from El Chalten to explore the Southern side of the Cerro Torre range. The trek up to Loma del Pliegue Tombado offers spectacular views of the less popular side of these jagged peaks, epitomising in a stunning panorama from the summit. After revelling in these views we descend back to El Chalten for another comfortable evening at our hotel.

Hiking time: **7 - 8 hours**
Ascent: **860 m**
Descent: **860 m**
Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 6

EL CHALTEN TO EL CALAFATE

Today we travel south by bus, passing the vast Lago Viedma and Lago Argentino, back to El Calafate. The journey by bus will take roughly 2 ½ hours and on arrival we will transfer to Hotel Kapenke. This afternoon we have free time to explore El Calafate, a great opportunity to do some shopping and explore the town. You could also take the 2km trail to Laguna Nimez, home to hundreds of bird species.

Accommodation: **Hotel**
Meals included: **Breakfast**

DAY 7

PERITO MORENO GLACIER

Today we will enter the Los Glaciares National Park once again and have a private tour of the remarkable 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 on the lake which is highly recommended. The views of the glacier from the water are staggering. In the afternoon we return to El Calafate, the 78km journey takes about 1 ½ hours each way.

Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 8

EL CALAFATE TO PUERTO NATALES

As we begin our journey toward Torres Del Paine National Park, we say good bye to Argentina for the time being and cross the border into Chile. Our destination today is the town of Puerto Natales, the bus journey should take around 5 hours but could be longer depending on the border crossing formalities. On arrival, we transfer to our hotel and there will be some time to explore the town and get a feel for life on the Chilean side of Patagonia.

Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 9

PUERTO NATALES TO TORRES DEL PAINE

A short drive of less than two hours in a private vehicle will take us to Torres Del Paine. However, on the way we are going to stop and climb the small peak of Cerro Dorotea, a short hike which should take us around 3 hours. 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 the see the peaks of Torres Del Paine in the distance. After descending we continue our drive north to a mountain refuge on the borders of the national park where we will camp for the night. Tomorrow we will begin the famous W Trek.

NOTE: In Puerto Natales you will leave part of your luggage in secure storage so you are only carrying the bare minimum whilst trekking. We will collect our non-essential luggage when we return.

Hiking time: **3 - 4 hours**
Ascent: **460 m**
Descent: **46 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 10

LAS TORRES

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.

This morning our first objective is Refugio Chileno, after a flat start the trail starts to climb up the valley Ascencio and is moderately steep in places. The surrounding scenery 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, 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 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 back to our campsite.

Hiking time: **7 - 8 hours**
Ascent: **1200 m**
Descent: **1200 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 11

TO THE CUERNOS SECTOR

After a full-on day yesterday, today we take it easy. We head to the Cuernos sector of the park at the foot of the Cuernos del Paine massif. An easy 12km trail along the edge of Lake Nordenskjold takes us to the Cuernos Refuge where we camp for the night.

Hiking time: **4 - 5 hours**
Ascent: **400 m**
Descent: **400 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 12

THE FRENCH VALLEY

Today we leave the refuge early (around 7.30am) as we have a big 25km day ahead of us! Our first objective is the Italian camp, a relatively flat 5km walk and a good warm up. Here we start to climb more steeply on a rocky trail up the valley where Paine Grande towers over us with the French Glacier clinging to its side. We stop at the Mirador del Frances (the French viewpoint) for awesome views of the peak. Another 2 to 3 hours of challenging ascent takes us to Mirador Britanico (the British viewpoint) at the head of the valley. Here in the heart of the national park the scenery on all sides is jaw-dropping. We are surrounded by the peaks of Paine Grande, Hoja, Mascara, Cuerno Norte, Fortaleza and Catedral. We still have a long way to go so we leave this unreal viewpoint and descend back down the valley. After reaching the Italian camp we cross a bridge over the Rio Frances and follow an easy trail for 7km to reach Paine Grande Campsite on the shore of Lago Pehoe.

Hiking time: **10 - 11 hours**
Ascent: **850 m**
Descent: **850 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 13

LAGO GREY

Our final day on the W Trek takes us along the banks of Lago Grey to reach the dramatic glacier at the head of the lake. There is no major ascent although the path will steadily climb as we cross the undulating terrain. Looking down to our left we can see huge blocks of blueish ice that have detached from the glacier and now drift in the lake. After roughly 6km a rocky outcrop provides our first views of the glacier, a whopping 6km across and 90ft high in places. After arriving at Grey Refuge, we will take a boat trip for some up close views of the ice and disembark at Hotel Grey back on the south end of the lake. From the hotel a private transfer will take us to Puerto Natales.

Hiking time: **4 - 5 hours**
Ascent: **450 m**
Descent: **450 m**
Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 14

PUERTO NATALES TO EL CALAFATE

Today we travel from Puerto Natales back to El Calafate by bus, crossing the border back into Argentina. Depending on formalities at the border the journey should take roughly 5 hours. After arriving back in El Calafate you will have some free time to have a wonder around the town and enjoy your final evening in Patagonia.

Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 15

DEPARTURE

Transfer to the airport for your flight home or continue your adventure in Patagonia independently.

Accommodation: **Hotel**

Meals included: **Breakfast**

PLEASE NOTE

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 Patagonia adventure is given a **challenging** rating. You will be trekking for up to 4 days at a time, occasionally on steep and rocky terrain. The maximum distance covered on a single day is 25km. There may be as much as 1100m of vertical ascent and 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 to be 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

Whilst camping in the Fitz Roy region your meals will be prepared at the campsites using **fresh and locally sourced ingredients**. We will provide you with a dining tent in which to take your meals and all crockery, cutlery, tables and chairs are provided. Picnic lunches will also be prepared for you.

In Torres del Paine National Park, breakfast and dinners will be taken at the mountain refuges and picnic lunches will be provided. Whilst staying in hotels in the larger towns, you can choose to eat at the hotel or go out and find a **local restaurant**.

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 typical drank 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 in Torres del Paine you will need to carry any special food items yourself.

Whilst trekking, 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 through out the trip. We don’t recommend the use of plastic bottles which will need to be carried out and recycled.

ACCOMMODATION

In El Chalten, El Calafate and Puerto Natales we will stay in **comfortable 3-star hotels**. Rooms will be double or twin with en-suite bathroom. We ensure that all the hotels we use are well located to allow you to get out and explore the area.

In Los Glaciares National Park we will be camping for 2 of the nights. A 3 man tent is provided per two people along with a mattress. Your meals will be prepared at the campsite. A large dining tent is provided for eating meals and as a communal space. All crockery and cutlery is provided. There will be dry "long-drop" style toilets at the campsites but no showers so we advise you to pack wet wipes. On the remaining 3 nights we will be staying at our hotel in El Chalten in twin or double en-suite rooms.

In Torres del Paine National Park we will be camping. A 2-man tent is provided per two people along with a foam mattress. 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.
Your meals will be prepared 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 must be bought on a pre-paid card. This can be purchased at the refuges or mini-markets at the campsites.

LUGGAGE

Bag weight: 15kg

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?

You will need a flight that arrives at El Calafate Airport (airport code FTE) on or before day 1 of your itinerary. If you are arriving on day 1 and not before you should ensure your flight arrives in the morning before midday. To reach El Calafate most will people will need to connect through Buenos Aires. Please be aware that you may need to change airports in Buenos Aires so you should allow time for this.

To reach Buenos Aires 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.

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.

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

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 please note that American Express is not commonly accepted.

In Argentina, the official exchange rate offered by banks and ATMs is not good as these are controlled by the government and reflect the poor rate of the Argentinian peso. You will therefore find that it is best to exchange locally with "arbolitos" or use specific banks that offer 'Blue Dollar' exchange. Your guide will show you the best places to change currency at the best rate.

In Chile, few hotels and restaurants will accept US Dollars as a form of currency so it is advisable to travel with Chilean Pesos. Again, your guide will be able to show you the best places to change currency at the best rate.

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.

In Puerto Natales, an average meal for 2 will be around $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.
In El Calafate and El Chalten, an average meal for 2 will cost around $80.

Expected budget for meals out on your trip (per person): $200

Our recommended guidance for spending budget per person in Patagonia would be between **$300-350** 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 and Argentina 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 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.

You will be joined by an additional local guide for your treks in Argentina and tips should be given to them at the end of the trek.

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. We need this information in order to book your domestic flights (where applicable) and hotels.

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.

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 is that 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

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:

- 3 man tent per 2 people
- Sleeping mattress per person
- Sleeping bags
- Communal dining tent for meals
- 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)

EQUIPMENT TO BRING

- Sleeping bag liner
- 2 water bottles (minimum 1 litre or a water bladder)
- Walking poles (recommended)
- 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)
- A container for any toxic rubbish (batteries, sanitary products etc.)

GEAR RENTAL

Trekking poles and other items are available to rent, this can be prebooked and paid for locally.

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.