

# Sterling Fitness presents

## Patagonia Trekking Adventure 2027



Covering two exciting adventures, 5 days on the scenic W trek in Torres de Paine, 3 days in Los Glaciers, including the beauty of the Perito Moreno Glacier and complete 2 days hikes with majestic views of Fitz Roy, the Glacier de Los Tres and Mount Chaltén.

The W Trek is named for the shape it traces through the park's three major valleys - each one revealing a different side of Torres del Paine's dramatic landscape. You'll hike to the lookout below the famous towers, pass through the glacier-carved French Valley, and end with a boat crossing in front of the towering Grey Glacier. Along the way, you'll encounter aquamarine lakes, hanging glaciers, twisted peaks and vast Patagonian skies.

### trip highlights

**Trip Duration** 13 days

- Hike one of the world's greatest treks
- Marvel at the peaks of Torres del Paine
- Take in the spectacular Perito Moreno Glacier and the quaint town of Puerto Natales
- Embark on scenic day walks in Los Glaciares National Park
- Explore the beautiful valleys, glaciers and trails around Mount Fitz Roy
- Trek amongst the stunning wilderness of Torres del Paine National Park
- Walk with incredible views of the hanging glacier of the French Valley
- Trek designed and guided by Sonia Wray , Sterling Fitness





# Patagonia Trekking Adventure

19<sup>th</sup> Feb – 3<sup>rd</sup> March 2027

Chile

## trip dates :

19<sup>th</sup> Feb – 3<sup>rd</sup> March 2027 \*Can be adjusted

Joining in Santiago, Chile

## what's included

- 12 nights accommodation
- Comfortable, centrally 4 /5 star hotels on a twin share basis in major cities
- Trekking Lodges whilst on W Trek
- All Meals throughout the trip
- Internal transportation, including Flight from Santiago to Puerto Natales Private transfers to/from hotels with local English-speaking guide
- Treks Guided by Sonia Wray
- Full day tour Perito Moreno with Nautical Safari, with English speaking guides
- Entrance fees to sites and National Parks visited
- Sterling Fitness Buff, Bucket Hat and String Bag

## trip cost :

Fully Inclusive : \$TBA

Accommodation, Trekking, Meals, Transportation

All prices are per person

Single Supplement : \$TBA

Booking Form Link :

<https://tinyurl.com/vt5ynrs5>

## what's not included

- Travel to Santiago
- Travel from EL CALAFATE at end of trip
- Travel Insurance (compulsory)
- Visa's
- Single supplement - Upgrade possible
- Meals not noted as included
- Drinks & items of a personal nature such as laundry





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## at a glance

DAY 1	JOIN SANTIAGO
DAY 2	TRAVEL to PUERTO NATALES
DAY 3	TRAVEL TO TORRES DE PAINÉ NATIONAL PARK
DAY 4	COMMENCE W TREK Las Torres Base Lookout Point
DAY 5	W TREK Day 2: Hike Cuernos Sector
DAY 6	W TREK Day 3: Hike Frances Valley
DAY 7	W TREK Day 4: Hike Grey Glacier Sector - Pehoe Lake - Puerto Natales
DAY 8	TRAVEL TO EL CALAFATE
DAY 9	PERITO MORENO GLACIER Full Day Tour
DAY 10	TRAVEL TO El Chalten
DAY 11	DAY HIKE : Laguna Torre
DAY 12	DAY HIKE : Laguna de los Tres
DAY 13	TRAVEL TO EL CALAFATE , TRIP CONCLUDES





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## detailed itinerary

### DAY 1 Join Santiago

After you arrive in Santiago, a local English-speaking guide will greet you at the airport and escort you to our hotel. Most flights will arrive in the morning, so there is plenty of time to see the city and recover from Jetlag.

We will spend today getting to know each other and complete a final preparation for our 5 Day Trek.

Overnight: Solace Santiago (or similar)

Meals: D

*The Santiago Solace Hotel was designed to be unique. Every single detail was conceived and inspired in order to ensure a wonderful and perfect stay. Nestled in a peaceful area of Providencia, this hotel boasts 108 comfortable and well equipped modern rooms. Facilities include: restaurant, gym, an outdoor pool and two bars. One of them is located on the rooftop terrace of the hotel providing a magnificent panoramic view of the city.*

### DAY 2 TRAVEL to PUERTO NATALES

Today we have a flight booked from Santiago to Puerto Natales. This is the beginning of our Torres Del Paine Experience. We spend the day exploring the town and finalising our trekking gear and plans for our next 5 days.

Flight : 5 hours

Overnight: Waterfront Hotel , Puerto Natales

Meals: B,D

*Set on the waterfront opposite scenic Puerto Laforest, this chic, chateau-style hotel is 4 minutes' walk from exhibits at the Museo Histórico Municipal. Offering views of the sea or the city, the relaxed rooms and suites mix old-world furnishings with modern styles.*





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## DAY 3 Enter the Torres Del Paine National Park

This AM we will transfer by Bus to the entrance of the Torres del Paine National park, and then onto Laguna Amarga the main entrance to the park where you connect with a shuttle to the Refugio Torre central. Our accommodation for 2 nights. Passing flat pampas and lagoons where you can see guanacos, Darwin's Rheas, Chilean flamingos and black-necked swans. We will spend the afternoon marvelling at our surrounds.



Bus Drive: 2hrs + 2hrs

Overnight: Refugio Torre Central (Lodge) Shared dormitory with bunk beds

Meals: B,L,D

*Refugio Torre Central is located in 'Las Torres' sector, at the beginning of the W trek, you may access from Laguna Amarga (entrance to the park), taking the shuttles from this point to Las Torres. Torre Central is a very well equipped Refugio for 60 people, with Shop, Restaurant, Bar, shared rooms for 6, shared bathrooms and central heating.*

## DAY 4 Commence W trek- Base of The Towers Trek

Our first trekking day is to the base of the Torres del Paine (or towers). The hike will be uphill for one hour before stopping to observe the first glimpses of the valley surrounded by unbelievable beech forests, glaciers and waterfalls.

We'll continue through the valley for another 90 mins before ascending a huge terminal moraine to a lookout (900m), excellent for picture taking..

We'll then retrace our steps back to the Refugio where we'll have dinner and rest for the evening.

Trek: 8 hour, 22km, 140m ascent

Overnight: Refugio Torre Central (Lodge) Shared dormitory with bunk beds

Meals: B,L,D





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## DAY 5 W trek : Hike to Refugio Los Cuernos.

Following a delightful breakfast, heading towards the Francés Sectors. This is a day of intense hiking, taking you through some of the most beautiful spots within the national park, such as Lake Nordenskjold and Mount Almirante Nieto, leading to the breathtaking Cuernos del Paine. After 5 hours of trekking, you'll reach the Los Cuernos sector, widely regarded as one of the most welcoming stops along the entire Circuit; and then continue onto our accommodation in the Francés Sector.

Trek 13km ; 6 hours

Overnight : Refugio Domes Frances (Lodge) - Shared dormitory with bunk beds

Meals: B,L,D

*Refugio Domes Frances is located one-hour's trek from Los Cuernos with amazing views of Lake Nordenskjöld and Los Cuernos del Paine. There are three domes with bunk beds with sleeping bags included and shared bathroom.*

## DAY 6 W Trek : Hike to Paine Grande through the French Valley

Our trekking day begins perfectly by trekking to Camping Italiano. The light and magnificent trek will allow our minds and body to be present, processing all the experiences of the previous days. Surrounded by mountains, you'll find tranquillity for your soul, while the sounds and scents of the lake infuse you with energy amidst a varied and lush vegetation that will invigorate you. You'll pass by an astonishing waterfall and can refill your bottle with pure, cold water. This entire experience will be perfectly complemented by the incomparable view from the Valle del Francés. At the viewpoint, you'll be dazzled by the awe-inspiring beauty of the entire circuit, relishing a unique and privileged 360° perspective.

After completing the trek, you'll return along the same trail back to Campamento Italiano, then take the path that leads to the Paine Grande Sector, our accommodation for the night. Here, we'll receive dinner and a well-deserved welcome drink, a fitting reward after an intense journey

Trek 18km ; 9 hours

Overnight : Refugio Paine Grande (Lodge) - Shared dormitory with bunk beds

Meals: B,L,D

*Refugio Paine Grande is located on the edge of lake Pehoé with a privileged view over Cuernos del Paine. The main access to the shelter is an astonishing navigation through lake Pehoé from Pudeto. Shelter Paine Grande is the starting point to Grey Glacier area and the beautiful Valle del Francés. Some rooms feature a beautiful view of the lake, Cuernos del Paine and some others to the mountains. Bathrooms are shared, with wash basins, toilets and independent showers with hot water for men and women.*





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## DAY 7 W Trek Hike Grey Glacier Sector - Pehoe Lake Navigation - Return to Puerto Natales

This morning we will leave all your luggage at the Paine Grande Mountain Refugio allowing us to undertake the hike to Grey Glacier with only the essentials for that day.

While we relish the breathtaking views and marvel at the glaciers stretching across the mountain's summit, we'll reach the first lookout point upon exiting the forest. This point offers a panoramic view of Lake Grey, and gradually, we'll begin to see chunks of the glacier floating in the lake.

The trail goes around the Paine Grande Hill, the highest peak in the mountain range (3,050 m), with incredible views of its hanging glaciers. Walking amidst Antarctic Beech (fiirre), Dombey's beech (coigue), and Chilean firebush (notro), you will reach the first lookout point of Grey Lake, where we will see floating pieces of glacier. You will continue to walk towards the imposing view of Grey Glacier to reach the Grey Mountain Refuge.

Once we return back from our Hike at Paine Grande Refugio we catch the Hielos Patagónicos catamaran, Disembarking at Pudeto Sector and catch a bus back to Puerto Natales.

Trek 22km ; 10 hours

Overnight: Waterfront Hotel , Puerto Natales ;

Meals: B L,D

## DAY 8 : Transfer to El Calafate

Its another travel day today ; Which allows us to reflect on the incredible journey we have just accomplished.

We will catch the bus from, Peurto Natales to El Calafate. On arrival we will be met and transferred to our hotel.

Bus Drive: 2hrs + 2hrs

OveRnight : Hosteria Los Hielos (Tourist Superior)

Meals: B L,D

*Hosteria Los Hielos is located within the wonderful natural beauty of Argentina's Patagonia, Santa Cruz region. The magnificent landscapes include calm lakes, snow-capped peaks, dense forest and the stunning Perito Moreno Glacier. This luxury boutique hotel blends simplicity and style to fit perfectly within its surroundings. The exclusive Hosteria Los Hielos offers just 12 suites and rooms where guests can soak up the traditional warmth and companionable atmosphere of Patagonia.*





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## DAY 9: El Perito Moreno Glacier (Full day tour)

Stand before one of Earth's last advancing glaciers, where ice meets myth. The Perito Moreno glacier, a UNESCO World Heritage Site, isn't just a frozen monument—it's a living, breathing giant. Every day, its 60-meter-high walls of electric-blue ice fracture with cannon-like booms, sending house-sized icebergs crashing into Lago Argentino. This full-day journey takes you deep into Los Glaciares National Park, where Patagonia's raw power unfolds at every turn.

### **Your Glacier Experience:**

The adventure begins as you travel along Route 11, where the turquoise waters of Argentino Lake mirror the Andes. At Curva de los Suspiros (Bend of Sighs), the glacier reveals itself in a breathtaking first glimpse—prepare for gasps and instant camera clicks. Those craving closer encounters can opt for a thrilling boat ride from Puerto Bajo las Sombras, skimming past icebergs to witness the glacier's crumbling southern face from just 300 meters away.

But the true magic happens on the multi-level walkways. Spend hours wandering 5km of trails each turn revealing new perspectives: peer down into bottomless crevasses from above, watch sunlight dance across the glacier's jagged peaks, and listen for the telltale cracks preceding monumental ice falls. Keep eyes peeled for Andean condors soaring above and the occasional Patagonian fox darting through lenga forests.

Experience the power and beauty of the Perito Moreno Glacier from the water on this unforgettable one-hour catamaran cruise across Lago Rico. Departing from Bajo de las Sombras Port, this short but thrilling navigation brings you just 400 meters from the glacier's imposing southern face.

From this unique vantage point, witness massive ice walls rising up to 60 meters above the lake and, with luck, see and hear the thunderous calving events as chunks of ice crash into the water. The boat travels the full length of the glacier's face, allowing you to take in its scale and stunning textures from an entirely new perspective.

Includes : Nautical Safari

Overnight : Hosteria Los Hielos (Tourist Superior)

Meals: B L,D





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## DAY 10: Transfer El Calafate to El Chalten ; HIKE : Laguna Azul

We will be transferred to El Chalten this morning, a journey of 215 kilometres and three hours. After settling in, we will complete a small hike in the neighbour, 40min travel to a private natural reserve , Estancia Los Huemules.

The trail begins a few metres from the Visitors' Centre towards the forest of Lenga. After a few minutes' walk you will cross the bridge of the Diablo River where the footpath begins to gain height. In about half an hour you will pass near a waterfall that comes from the Blue Lagoon, and finally another bridge will cross this small stream just before reaching the lagoon.

The lagoon can be seen just in the last metres of the trail, a mirror of crystalline water hidden in the forest of Lenga and flanked to the west by the hill 30 Aniversario. Walking north following along the ridge of the lagoon for another 500 metres, you access the small Laguna Verde from where you have a unique view of the north face of the Fitz Roy that stands from behind the Cerro Eléctrico.

Bus 3 hours + 40mins

Trek 5km/2 hours

Overnight: Senderos Hosteria

Meals: BLD

*This hotel has an excellent location just at the foot of the Fitz Roy Hill. Senderos Hosteria has a typical Patagonian design, inspired in antique farms from 1920 and with all the modern hotel comfort, it offers guests the unique experience to feel and live this outstanding spirit reflected in decoration and mainly shown by the warm and personalized service of its professional staff. The rooms at Senderos Hosteria have been designed to offer guests warmth, privacy, and peace of mind during their stay.*





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## DAY 11 Hike Laguna de los Tres

The most desired and exciting trek that takes you to the foot of Mount Chaltén. This natural viewpoint is the closest site to the mythical walls of the Mount Fitz Roy and its surrounding granite peaks and without a doubt the most famous of all treks.

**Itinerary:** The trail head begins at the end of Avenida San Martín, where the urban area of El Chaltén ends and the car park is located. During the first hour of trekking the path ascends steeply up to a natural viewpoint of the valley of the De las Vueltas river. The trail continues up along the Del Salto stream entering the valley towards Mount Fitz Roy. As the ñires become more numerous along the way, approximately an hour and a half later you will reach a well-marked natural rocky viewpoint with a sign that allows you to interpret the whole unforgettable landscape.

The path follows always up along the Del Salto stream to the drainage area of Laguna Madre e Hija. Four hours ahead from the starting point you will arrive at Poincenot Base Camp, after crossing the Blanco River, you will reach its base camp (for climbers only). From here the path ascends steeply for approximately 400 metres until arriving to Laguna de los Tres, which will require more than an hour of effort.

The trail finishes at the ridge of the old frontal moraine of the De los Tres Glacier (enormous formation in the shape of an arch that currently contains the lagoon, formed by the action of the advance and subsequent glacial retreat) with an extraordinary view of the lagoon and De los Tres glacier. This is the closest view to the granite wall of Mount Fitz Roy and the surrounding peaks. If you make the effort to arrive at sunrise, the prize will be double, since you will be able to witness the extraordinary moment when the hills are dyed red with the first rays of the sun.

Going down the moraine, and skirting the lagoon to its natural draining point, you will find a path heading towards another breathtaking viewpoint: the desolate Laguna Sucia and its hanging glaciers. Although the access to this viewpoint is possible all year round, from April to October it will vary depending on the accumulation of snow on the trail, especially in its final stretch.

Trek 18km / 8 hours

Overnight: Senderos Hosteria

Meals: BLD





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## DAY 11 Transfer to El Chalten

You'll be transferred from El Chalten to El Calafate at the appropriate time; the journey takes around 3 hours.

Meals: B

TRIP CONCLUDES





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## fast facts

**Countries Visited:** Chile

**Visas:** Please check visa requirements with your reservations consultant\*

**Vaccinations:** Please consult a travel vaccination specialist for up to date information

**Advice for people with limited mobility :** This trip is not suitable for people with limited mobility.

## trip grading

**Moderate**

This adventure involves trekking up to 5 or 10 hours a day at a steady pace. The physical activity is sustained and travellers should be comfortable with rough terrain and possibly scrambling. A typical day may include several ascents and descents of 500m or more. You will need a good level of fitness and be in good health.

Trekking Adventures wants to see you achieve great goals and unleash fear through completing remarkable treks around the world. Our TREKFit program ensures you complete your journey of lifetime healthy, proud and with a lasting sense of accomplishment.

To join a trek with Trekking Adventures it is imperative that you agree to the terms of physical training. For each trek a 'TREKFit Preparation Pack' will be created for each client based on a fitness assessment conducted through our partner Sterling Fitness. TREKFit Preparation Packs will include a fitness training program ; Fitness assessment ; Regular monthly check-in video calls; personalize Facebook group page with tips and ideas for the trip, plus pack preparation.

When you join a trek with us, you are living the values of Trekking Adventures, which are;

- ❖ Achieve Greatness
- ❖ Fear Less
- ❖ Embrace Nature
- ❖ Live Life
- ❖ Love Humanity
- ❖ Be Healthy

Please remember the fitter you are the more you will enjoy your trek.

## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.





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## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

## country information

Patagonia is a vast and rugged region shared by southern Chile and Argentina, stretching from the windswept plains of the Atlantic coast to the granite peaks of the Andes. It is one of the most remote and visually striking landscapes on Earth, a land shaped by ice, wind and time. In the west, Chilean Patagonia is defined by dramatic fjords, glacial lakes, ancient forests and serrated mountain ranges, including the iconic spires of Torres del Paine National Park. Deep valleys carved by glaciers and a patchwork of rivers and waterfalls create a landscape that feels both wild and pristine. Patagonia's climate can be unpredictable, with strong winds and rapidly shifting conditions. But this is part of the adventure, and those who travel here are rewarded with stunning views, unforgettable trails and the unique sense of space that only remote wilderness can offer. With few roads, sparse settlements and vast distances, Patagonia offers a true escape – ideal for travellers seeking awe-inspiring nature, physical challenge and moments of solitude in one of the world's last great frontiers.

## climate

Patagonia's climate is famously variable and can shift dramatically within a single day. In general, the region experiences cool temperatures, strong winds and relatively low humidity. The best time to travel is from October to April, which includes the southern spring, summer and early autumn. In Chilean Patagonia (e.g. Torres del Paine), summer daytime temperatures typically range from 10–18°C, though the wind chill can make it feel cooler. Rain is possible at any time of year, and wind gusts can be strong, especially in exposed areas. Weather in the region is highly unpredictable, it's not uncommon to experience sunshine, rain, and snow all in one day. Travellers should be prepared for a range of conditions and pack accordingly, including waterproof layers, warm clothing and wind protection, even in summer.

## what you carry

You'll be carrying everything you need for the W trek in your backpack. This should be fully adjustable to your body type, where in addition to water and your packed lunch, you can carry your clothing and personal items. On day 1 you can leave your backpack in the refugio and hike this section with just a day pack. As your accommodation will be in refugios along the way there is no need to bring camping gear, sleeping bag or food, although we suggest to bring some snacks (energy bars, etc).





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## equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list will be provided in the pre-departure information provided).

## visas

Passport holders from Australia, New Zealand, United Kingdom, United States and Canada do not require a visa for entry up to 90 days. You will however need to show a return or onward ticket. All other nationalities should check with your nearest embassy or consulate. When travelling to Chile, you'll receive a tourist card (small slip of paper, similar to a receipt) on arrival at customs. You must keep the card and present it to immigration officials when departing Chile. The tourist card (paper) is also needed to present to tourist accommodation, or you will be charged an additional tax of 19%. If you happen to lose the Tourism Card, you can request a duplicate through the following website: <https://pdivirtual.cerofilas.gob.cl/>

Specific requirements apply for travellers to Easter Island, see the permits and permissions section of the Easter Island predeparture information for details. Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

## how to book

To register, please complete the booking link: <https://tinyurl.com/vt5ynrs5>

Once the booking form is complete an invoice will be forwarded to you. Your DEPOSIT payment is due 7 days after the invoice to confirm your booking.

Your deposit payment is strictly non refundable (transfers possible) . We will require a copy of your passport at the time of payment.

Final Payment Due 95 days before departure dates

Please Direct any enquires to :

Trekking Related : [Sonia@trekkingadventures.com.au](mailto:Sonia@trekkingadventures.com.au)

Fitness Related : [Sonia@sterlingfitness.com.au](mailto:Sonia@sterlingfitness.com.au)

Or call 1800101737 and your call will be directed accordingly





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## Important notes from our travel provider

- **Itinerary Changes:** While we strive to provide accurate itineraries, please be aware that changes may occur without prior notice.
- **Currency Fluctuations:** Our quotes are based on competitive exchange rates. However, significant declines in the Australian dollar may require adjustments to your invoice. We recommend factoring in potential currency fluctuations while budgeting.
- **Airfare Changes:** Airfares, fuel surcharges, and taxes are subject to change by airlines without notice. Once tickets are issued, change penalties may apply.

