

ANDES ADVENTURES

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PATAGONIA RUNNING ADVENTURE

NATIONAL PARKS: TORRES DEL PAINE, LOS GLACIARES, TIERRA DEL FUEGO

December 19, 2016 to January 4, 2017

Due to recent regulations imposed by the authorities in Torres del Paine, it will not be possible to run in Torres del Paine National Park. We will be able to run ONLY in Argentina Parque Los Glaciares and in Tierra del Fuego in Argentina. Longer hikes will be planned in Torres del Paine to make this a memorable Patagonia experience. After having offered this event the last consecutive 19 years, this will be the LAST Patagonia Running Adventure that we will offer. The adventure is confirmed! Here is the revised itinerary:

Day 1 Monday - December 19: Departure to Santiago

Day 2 Tuesday - December 20: Santiago/Punta Arenas

Early morning arrival in Santiago, where you will be met by your trip leader outside the customs area at the airport and continue together on your flight to Punta Arenas, located on the northern shore of the Strait of Magellan (S 53° 9.6', W 70° 54.5').

Overnight: Punta Arenas, Diego de Almagro Hotel. (D)

Today's run: None scheduled.

Day 3 Wednesday - December 21: Punta Arenas/Torres del Paine

After a nice overnight rest, we drive north through the Patagonian rolling plains. Weather permitting and depending on conditions at the Penguin rookery, we plan a detour to visit a colony of Magellanic penguins in Otway Sound. We stop for lunch at the quaint town of Puerto Natales, situated on the shores of Seno Ultima Esperanza (Last Hope Sound). Afterwards we continue our drive to Torres del Paine National Park, on the way we will see large herds of sheep and baqueanos (cowboys). As we approach the park along Laguna Amarga, we will have our first views of the spectacular granite Towers of Paine. It is likely we will also enjoy sightings of herds of guanacos, condors, flocks of pink flamingos, a variety of foxes, geese, ñandus (wild ostriches) and other wildlife. After entering the park, we get settled at Hotel Las Torres.

Overnight: Hotel Las Torres. (B, L, D)

Today's hike: Optional distances around the hotel in Torres del Paine. (no running in Torres del Paine)

Driving distance: About 240 miles plus additional 40 miles to the rookery.

Day 4 Thursday - December 22: Torres del Paine - Hike to the towers

This morning we run up the Ascencio Valley. We cross the river and continue uphill along a lenga and cypress trail. As we pass by campamento Chileno and the foot of Mt. Almirante Nieto, the trail follows a southern beech forest, finally reaching a moraine that takes us to the cirque below the famous Towers of Paine; Torre Sur (9,350'), Torre Central (9,186') and Torre Norte (8,530'). Downhill run back to the hotel. Additional sightseeing and optional running will be scheduled for the afternoon. Overnight at Hotel Las Torres.

Overnight: Hotel Las Torres. (B, L, D)

Today's hike: 12.5 miles (No running in Torres del Paine)

Day 5 Friday - December 23: Torres del Paine - Hike to Cuernos

This morning we explore our surroundings and hike along the north shore of Lago Nordenskjold following the "W" circuit of the Park. An option to add more distance and the possibility of a run will be offered later on.

Overnight: Refugio Cuernos. (B, L, D)

*Optional upgrade to Cabaña**

Today's hike: 8 miles or about 5 hours (No running in Torres del Paine) A longer hike is possible!

Day 6 Saturday - December 24: Torres del Paine - French Valley

We hike west of Lago Scottsberg and follow a trail along rolling foothills arriving at the Italian camp. You will have views of the enormous horns Cuernos del Paine (7,217', 7,874' and 8,530') on the east and the glaciated Cerro Paine Grande (10,006') on the west, as well as Lago Nordenskjold and Lago Pehoé. Overnight at Paine Grande Mountain Lodge on the shore of Pehoé Lake. Elevation: About 270'.

Overnight: Paine Grande Mountain Lodge. (B, L, D) (No running in Torres del Paine) A longer hike is possible!

Today's hike: 8 miles or about 4 hours. An optional out-and-back hike up the French valley, offers beautiful vistas of the Cuernos del Paine.

Day 7 Sunday - December 25: Torres del Paine - Grey Lake & Glacier

We hike toward Lago Grey and Glacier Grey - a 4 mile wide glacier originating in the Continental Ice Cap. As we hike along Lago Grey, we will see turquoise-colored icebergs blown to the opposite side of the lake by the strong winds. We hike to Grey glacier and return late in the afternoon.

Overnight: Paine Grande Mountain Lodge. (B, L, D) (No running in Torres del Paine)

Today's hike: About 12 miles or 6 to 7 hours. A longer hike is possible!

Day 8 Monday - December 26: Torres del Paine/El Calafate

We take a catamaran across Lago Pehoé and arrive at Refugio Pudeto where our vehicle is waiting for us. (Depending on wind conditions we may hike to the park headquarters). As we drive to the park entrance, we enjoy the best views of Lago Pehoé, Lago Nordenskjold and Lago Sarmiento as well as the Horns and Towers. We cross the Argentine border and arrive in the village of El Calafate on the shore of Lago Argentino.

Overnight: Tehuel Plaza. (B, L, D)

Today's run: None scheduled.

This is a long day of driving (about 5 1/2 hours), partly over dirt roads across the pampas, but the majority on asphalt road. There is always something to see along the way. Grazing sheep, wildlife and the unusual open range Patagonian steppes scenery.

Day 9 Tuesday - December 27: Parque los Glaciares - El Chaltén

We drive along Lago Argentino to the spectacular Perito Moreno Glacier - the world's only glacier outside the polar region that is still advancing. Afterward we continue our drive north crossing Río Santa Cruz and along Río La Leona to Lago Viedma until we reach the village of El Chaltén at 800 feet. As we approach El Chaltén we can see our first view of Mount Fitz Roy (11,171'), Mount Cerro Torre (10,177') and other granite spires. Overnight in El Chaltén.

Overnight: Kalenshen. (B, L, D.)

Today's run: None scheduled - will have a short hike in Perito Moreno.

Day 10 Wednesday - December 28: Parque los Glaciares - Laguna de los Tres

We drive to north side of the park and hike through a beech and lenga forest. We have views of Piedras Blancas Glacier and Mount Fitz Roy. We cross Poincenot camp and reach the basecamp of Río Blanco. You can continue up the optional climb to Laguna de los Tres, where we have outstanding views of Mount Fitz Roy (11,171'), the adjacent Poincenot Needle (9,849'), Rafael, Saint Exupery and other granite spires. Continue down to El Chaltén.

Overnight: Kalenshen. (B, L, D)

Today's run: 13 miles (including Laguna de los Tres). A shorter 8 mile option without the out-and-back hike-run to Laguna de los Tres. Longer run possible.

Day 11 Thursday - December 29: Parque los Glaciares - Laguna Torre

This morning we run to Laguna Torre at 2,164' at the base of Cerro Torre. Cerro Torre (10,177') is one of the most difficult mountains in the world to climb, because of its vertical walls topped by an overhanging mushrooms of ice. With some luck Patagonia's unpredictable weather will cooperate and it will be clear enough to see Cerro Torre. Note that the height of the vertical east granite face of Cerro Torre is about 4,000 feet - nearly 1000 feet taller than Yosemite's El Capitan. The run continues through Laguna Madre e Hija and descends to El Chaltén. Overnight in El Chaltén.

Overnight: Kalenshen. (B, L, D)

Today's run: About 9 miles or 6 hours, plus additional options if you want to make it longer.

Today's run: 12 miles, plus optional out-and-back side trips. Longer run possible.

Day 12 Friday - December 30: Flight to Ushuaia

This morning we drive to El Calafate airport. Fly to Ushuaia the "Southernmost City in the World" on the island of Tierra del Fuego.

After lunch we board a boat or catamaran for a 3 hour cruise along the Beagle Channel. We cruise south to Isla de Los Pájaros (Birds' Island) and Isla de los Lobos (Sea Lion Island) where you can observe the Sea Lions and Imperial Cormorants. You will also see brown hooded Gulls, South American Terns, Black-browed Albatross, Giant Petrels, Great Skuas and other marine wildlife. After circling the Eclaireurs Light House, we return to Ushuaia sailing along the northern shore of the channel.

Overnight: Ushuaia, Hotel Tierra del Fuego. (B, L, D)

Today's run: None scheduled.

Driving time: About 3 1/2 hours. Flight: About an hour.

Day 13 Saturday - December 31: Parque Nacional Tierra del Fuego

After breakfast we drive to Tierra del Fuego National Park west of Ushuaia where we run a circuit in Tierra del Fuego National Park. We start our run at the Pampa Alta Trail leading us through lovely sub-Antarctic forests of beech, ñire, lenga, coihue and an abundance of moss and ferns. After reaching the top (about 1,000') we enjoy a panoramic view of the Beagle Channel, Isla Redonda and Ensenada Bay. We descend and connect with Sendero de La Costa (Coastal Trail) and finishing in Bahía Lapataia.

The park offers great opportunities for bird-watching. Some of the species that you will see are the Black-browed Albatross, Giant Petrels, Steamer Ducks, Magellanic Woodpecker, Thorn-tailed Rayadito, Chimango Caracaras, Black-Chested Buzzard Eagles and others.

Overnight: Ushuaia, Hotel Tierra del Fuego. (B, L, D)

Today's run: 11.5 miles. Longer run possible.

Additional options: Hito XXIV Trail along the north east coast of the Roca Lake to the border between Argentina and Chile or the trail up Cerro Guanaco.

Day 14 Sunday - January 1: Ushuaia/Buenos Aires

Morning flight to Buenos Aires, Argentina's cosmopolitan capital. We arrive at Aeroparque Jorge Newberry Airport and transfer to our centrally located hotel, a few blocks from the city's landmark, the Obelisco.

Overnight: Buenos Aires, Hotel NH Latino. (B, L, D)

Flight time: About 3 hours 20 minutes.

Day 15 Monday - January 2: Buenos Aires

We start our tour of Buenos Aires from the hotel. This tour shows you the city's highlights, looking through its history and culture, the historic development, the immigration process, the architectural heritage, Peronismo era and other features of the Argentinean society. You'll learn about cultural topics like tango music and soccer.

Starting from Plaza de Mayo we will enjoy a tour of the most remarkable highlights of this unique metropolis. Our itinerary will focus on the main places of interest of the southern and northern region of Buenos Aires: major plazas, colonial churches, old-time cafes, bohemian artist's quarter, colorfully painted metal houses, grand avenues, palatial mansions and spacious parks. We arrive in the neighborhood of San Telmo and complete our tour by bus, visiting the neighborhoods of La Boca, Puerto Madero, Palermo and Recoleta.

After lunch, time on your own for shopping and sightseeing in Buenos Aires.

Optional tango show and dinner. (See note below.)

Overnight: Hotel NH Latino. (B, L, D)*

Today's run: Optional distances on your own at the Ecological Reserve.

**A popular tango show and dinner is offered at a special discounted price, otherwise dinner is on your own.*

Day 16 Tuesday - January 3: Buenos Aires

Free day to enjoy Buenos Aires on your own.

Afternoon transfer to the Ezeiza International Airport for our evening flight home.

Meals: B.

Today's run: Optional distances on your own at the Buenos Aires Ecological Reserve.

Day 17 Wednesday - January 4: Arrival Home

Please Note:

This adventure offers options of shorter distances on most days. If you want to do every segment of the runners circuit, the longest distances are from Torres to Dickson (20 miles) and from Dickson to Grey (18 miles). You will have all day to do these, and daylight in the park lasts until about 10:00 p.m. You also have the option of following the hiking itinerary, skipping the long distances from Torres to Dickson (20 miles) and from Dickson to Grey (18 miles).

The Patagonia Running Adventure is held at the same time and overlaps much of the itinerary with the Patagonia Hiking Adventure. It is possible for one person to participate on the Running Adventure and another on the Hiking Adventure and spend every night together.

The Running portion in Torres del Paine includes one difficult day. It is possible to follow the hiking itinerary, skipping the difficult long day, if you prefer. All other days have options of running shorter distances.

We can accommodate your choice! Check with us for details!