

PATAGONIA GLACIER & ICE CAP TREK



Highlights

- Discover one of the world's greatest and purist wildernesses, the wild south of Argentina
- Watch baby blue ice break away from the world's most impressive glacier, Perito Moreno, and plunge into the ice field below
- Explore the rugged glacial landscape, snow-capped peaks and windswept grassy plains on foot
- Witness the golden colour changes of Mount Fitzroy as the first rays of the morning sun touch the sheer granite towers
- See guanacos grazing and Andean condors soaring overhead
- Find sheer tranquillity in the beautiful wilderness
- Free time to explore the colourful frontier town of El Chaltén
- Cap-off your adventure with world-class food and wine in the colourful Buenos Aires
- Join us for this thoughtfully crafted, unique and off the beaten track itinerary by Chief Ewe, Jim, following years of guiding in South America
- Receive a complimentary Water-To-Go bottle when departing on this trip to minimise our plastic footprint in Patagonia!



WELCOME

La bienvenida

Overview

The ultimate destination for the relentless pursuit of 'wow'! Immerse yourself amongst the breath-taking landscapes of Patagonia as you explore this trekkers and photographers paradise. This carefully crafted unique itinerary ensures you experience the ruggedness of Patagonia off the well trodden tourist trails. Following years of leading expeditions across this vast and unspoilt landscape, Chief Ewe Jim has the insider scoop to peel back the layers of this dynamic destination and wind-swept land to ensure you have an incredible journey.

Experience South America's southern frontier of snow-capped sheer granite towers, sweeping glaciers, cascading waterfalls, stunning turquoise lakes and vast grassy plains. Experience the immense blue-hued natural wonder of Glaciar Perito Moreno and trek Loma del Pileuqe. See guanacos roam and a few hardy gauchos tend their sheep, catch a glimpse of condors soaring around the Fitz Roy Massif, camp near the end of the earth in pristine wilderness.

With a rest day built into the itinerary to allow you time to soak up the colourful frontier town of El Chaltén. Fast becoming a mecca for budding adventurers, now is the perfect time to head to this atmospheric and quirky place which is filled with amazing cafes & pâtisseries, local breweries and a plethora of self-guided walking routes. Take your pick how to fill your day before having the chance to indulge in the delicious food and wine of Buenos Aires.

This trip will reward you with a true sense of adventure, a deep love of the natural world and an appreciation of the pristine wilderness and rugged wildness of Patagonia. We love this trip, the place and the people and can't wait to share it with you.





TRIP SUMMARY



Activity: Trekking
Duration: 10 days & 9 nights
Active days: 7 days trekking
Distance: Approx 100kms in total
Accommodation: Cabins, hotels & back country camping
Payment: Deposit: payment required on booking
Remaining balance: due 6 weeks prior to departure

Group size: 6 – 16 people
Trip grading: ■ ■ ■ ■ ■
Tough
Dates: November – March

ROUTE MAP

Get ready for an adventure



DAY 1 & 2
Flight from UK to Buenos Aires to El Calafate

DAY 3
Perito Moreno Glacier & El Chaltén

DAY 4
Trek Los Huemules Nature Reserve (15kms)

DAY 5
Trek Laguna de Los Tres (12kms)

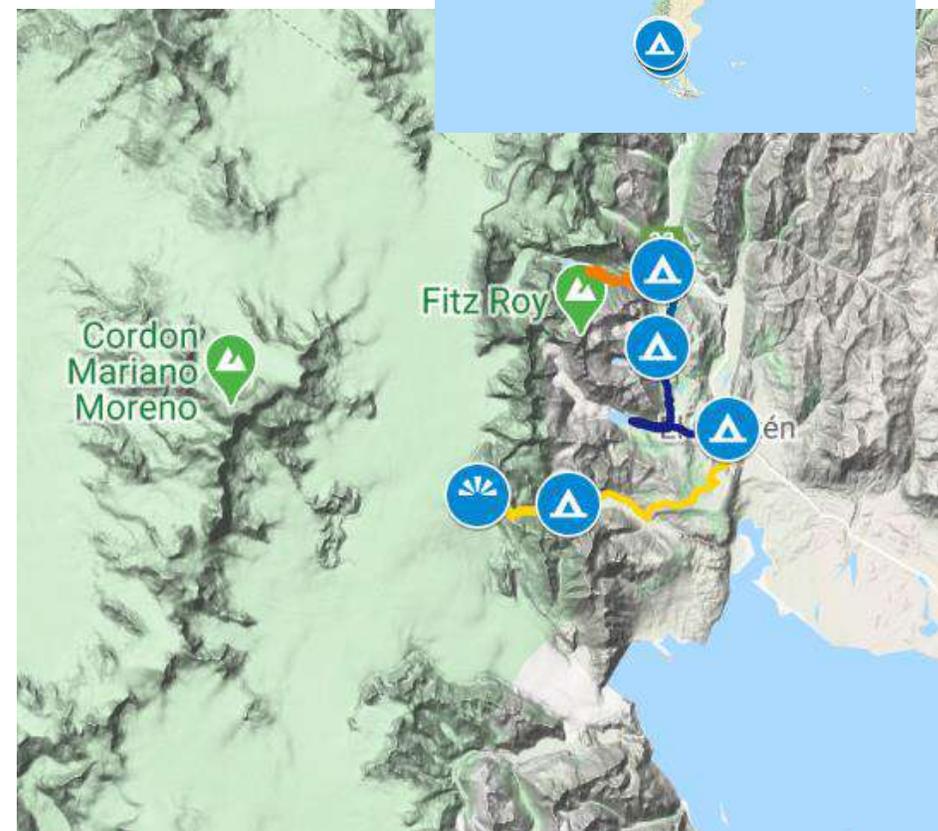
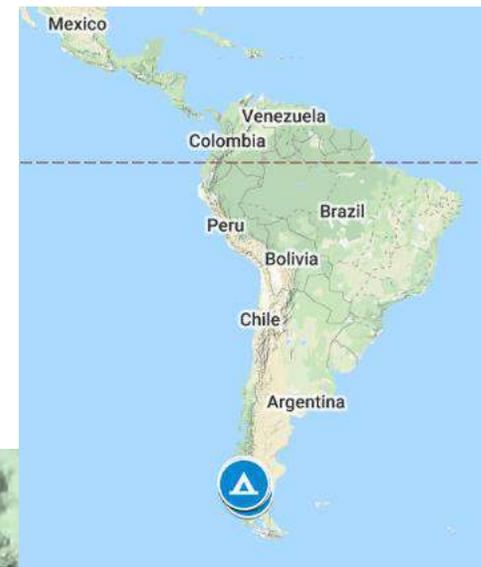
DAY 6
Trek Laguna Torre - Madre Hija Trail (19kms)

DAY 7
Free day in El Chaltén

DAY 8
Loma Del Pliegue Tumbado

DAY 9
El Chaltén to El Calafate to Buenos Aires

DAY 10
Return flight home or extend your stay



ITINERARY

2 boots. 100kms trek. 1 whopping big ice cap & glacier. 1 unique journey

DAY 1 & 2:

Flight from UK to Buenos Aires and on to El Calafate, Argentina

Overnight flight from London UK to Buenos Aires (approx 13 – 14 hours) and regional flight to El Calafate (approx. 3 hours).

On booking this trip, we will provide you with the recommended flights to travel on. You are welcome to book these flights directly or through our ATOL protected Flight Agent at an additional cost. Flights are not included in your to give you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in Argentina if you wish. The recommended group flights for this trip will include airport transfers in Patagonia.

Flight from Buenos Aires to El Calafate

On arrival into El Calafate you will be transferred to your hostel. El Calafate, named for the berry that once eaten, guarantees your return to Patagonia, flanks the southern shore of Lago Argentino. Its main strip is dotted with souvenir shops, chocolate houses and restaurants. Beyond here, pretensions quickly melt away with muddy roads leading to ad hoc developments and open pastures. You'll have time to explore before a team dinner at a local restaurant giving you the chance to sample your choice of traditional Argentinian food. A trek briefing will be given and time to get to know your fellow team-mates.

Included

Accommodation: Hostel (private dorm rooms)
Meals: Not included

DAY 3:

Perito Moreno Glacier & El Chaltén

Morning:

Visit the Perito Moreno Glacier. The Perito Moreno Glacier is one of the most famous geological sights in the world, and the stunning centre piece of the southern sector of the Southern Ice Cap measuring a whopping 30km in length, 5km in width and an impressive 60 metres in height.

Afternoon:

215km transfer to the town of El Chaltén with free time to explore this quaint wild-west town.

Included

Transfers:	Perito Moreno Glacier & to El Chaltén
Perito Moreno Glacier:	Entry into National Park & Local Guide
Accommodation:	Traditional hosteria (twin share basis)
Meals:	Breakfast, packed lunch and dinner



ITINERARY CONTINUED

2 boots. 100kms trek. 1 whopping big ice cap & glacier. 1 unique journey

DAY 4:

Trek Los Huemules Nature Reserve

Following breakfast, you will be transferred to Los Huemules private reserve. This reserve has been designed and managed by a team of naturalists and conservationists specialised in the protection of the critically endangered Patagonian Huemul deer which can only be found in this area.

Today's trek will be in a Nothofagus forest and the start of your glacial wilderness experience where you'll have the trail pretty much to yourselves. Very few people experience this enchanting forest, especially during the tail end of the busy tourist season so it will feel like you have the magic of the forest trees to yourself. You will be rewarded with spectacular views of the Fitz Roy Massif and follow Rio Diablo until reaching Laguna Diablo for more breath-taking views toward Glacier Caglirro. On your decent you will see Laguna Azul, the stunning blue glacial lake. Staying overnight in cabins at Ricanor campsite, you'll be surrounded by impressive snow-capped mountains.

Distance covered: approx. 15kms
Trekking time: approx. 8 hours

Included

Accommodation: Traditional hosteria (twin share basis)
Meals included: Breakfast, lunch and dinner



DAY 5:

Trek Laguna de Los Tres

Today's trail winds its way through beech forests towards Poincenot Base Camp with incredible views of the Piedras Blancas Glacier and the Rio Blanco Valley. This valley bestows colourful scrublands and grey coloured trees which artistically display their roots on sheer sandbanks that are intercepted by rocky glacial flowing streams.

Leaving the depths of the forest from Poincenot Camp, a steep trail will guide you to Laguna de los Tres, the most awe-inspiring lookout to Mount Fitz Roy. The skyline's ensnared by the granite spires of the Fitz Roy range, these fearsome jagged pinnacles rise up dramatically from the steppe on the Chile-Argentina border. Focusing on the highest of the high, Mount Fitz Roy at 3405m, the indigenous Tehuelche people believed it to be a volcano because of the wispy clouds that curl around its summit. Indeed, the Tehuelche name for the peak means 'smoking mountain' or 'peak of fire'. This iconic peak pushes even the most hardcore climbers to their limits. Here you will have lunch to maximise your time at one of the most striking mountain sceneries in the world. You may even be lucky to catch sight of condors soaring around the summits or hear the whoosh of the mighty three-meter wingspan of one of the largest birds on earth. Returning to Poincenot Camp to overnight below the jagged backdrop of the Fitz Roy Massif.

Distance covered: approx. 12kms
Trekking time: approx. 8 hours

Included

Accommodation: Tents at Poincenot Camp (twin share basis)
Meals included: Breakfast, lunch and dinner

ITINERARY CONTINUED

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DAY 6:

Trek Laguna Torre - Madre Hija Trail

Set your alarm early to ensure you capture one of the most majestic natural displays as the sun rises against the sheer granite towers of the Fitz Roy Massif imparting a warm orange glow from their soaring peaks.

After breakfast you will start trekking in the shadows of Mount Fitz Roy as the trail takes you along the shores of three picturesque lakes, Laguna Madre, the largest lake and its name means 'mother', the next is Hija, meaning 'daughter', and the smallest is Nieta, meaning 'granddaughter'. There will be plenty of picture postcard photo opportunities of these crystal lakes with the mountains providing the perfect framework. The trail then descends steeply down a number of switchbacks until you reach the Torre Lake Trail which follows the fast-flowing Glacial Fitz Roy River. On further to reach Laguna Torre the trail leads to a lookout with immeasurable views across the glacial moraine towards Cerro Solo, the Adela's Range, Glacier Torre and the legendary savagely steep needle of granite - Cerro Torre, known as the 'impossible mountain'. Following the captivation of these awe-inspiring views, you will then retrace your steps to join the trail along the Rio Fitz Roy to reach your cabins in El Chaltén. Before dinner you will have time to relax, pick up some extra snacks or enjoy the cafés or microbrewery of this frontier town.

Distance covered: approx. 19kms
Trekking time: approx. 8 hours

Included

Accommodation: Traditional hosteria (twin share basis)
Meals included: Breakfast and lunch

Please note, dinner is not included on this day as you will dine in a local restaurant in El Chaltén to sample more local cuisine (and wine) of your choice.



DAY 7:

Free day in El Chaltén

Today is free for you to explore El Chaltén, Patagonia's beating heart and a launch pad for exploring the surrounding scenery. Either opt to do one of the many beautiful short self-guided walks which your local guide can point you in the right direction. Or take it easy and sample some of the freshly baked delicacies in the many cafes and patisseries.

Plus, this small hiking town is home to a large selection of tasty craft beer with plenty of microbreweries. There are lots of amazing places to try a beer made with some of the cleanest water on the planet.

To give you a flavour of things to do, please see below. You can also select where you would like to have lunch and dinner.

Self-Guided Walks

- Mirodor de Los Condores
- Salto del Chorrillo
- Laguna Capri

Cafes AND Patisseries

- La Esquina
- Mathila Coffee
- Memes Cakes

AUTHOR RESTAURANTS

- Hosteria el Puma (meat, fish, pasta)
- The Asadores (grill)
- Maffia (pasta house)

Microbreweries

- La Cerveceria (great place for pasta too),
- La Zorra Taproom
- La Birre de Rancho

Included

Accommodation: Traditional hosteria (twin share basis)
Meals included: Breakfast

ITINERARY CONTINUED

2 boots. 100kms trek. 1 whopping big ice cap & glacier. 1 unique journey

DAY 8:

Trek Loma del Pileuqe

Secretly one of the best treks in El Chaltén. Today's trail takes you through grass and shrubs as you rise above the town and into the foothills. Don't forget to look behind you for a great view of El Chaltén and the river valley to the north. Soon you'll get your first proper view of the mighty Fitz Roy and Cerro Torre looming in the distance before walking through a peaceful lenga forest and across a large plain with views of Lago Viedma to the south and snowy mountains to the north and northwest. The greenery gradually disappears as you gain elevation. Small shrubs become moss, and moss turns to rocks. There are two excellent viewpoints on this hike. The first is definitely amazing, almost as good as the second one higher up. The view from the top is simply astonishing. It's a 360-degree panorama. Your eyes are drawn immediately to the incredible sight of Cerro Torre and Fitz Roy side by side, with Glaciar Torre spilling into Laguna Torre below.

From up here you can trace the river flowing from the lake towards El Chaltén. As you do, you realize you don't even know where to look because there are so many snow-capped mountains in the distance. And you keep turning, and behind you is Lago Viedma, which from up here appears to have about a dozen different shades of blue.

The terrain on this side looks almost Mars-like, with perfectly formed, reddish mounds of rock. No doubt you'll see some cows as you head back through the fields and keep your eyes peeled for birds as well!

Following an elevation gain of 1100 metres you'll return to El Chaltén for a well deserved evening meal and good nights rest with your mind awchirl of epic landscapes from the day.

Distance covered: approx. 20kms
Trekking time: approx. 6 - 7 hours

Included

Accommodation: Traditional hosteria (twin share basis)
Meals included: Breakfast, lunch and dinner



ITINERARY CONTINUED

2 boots. 100kms trek. 1 whopping big ice cap & glacier. 1 unique journey

DAY 9:

El Chaltén to El Calafate to Buenos Aires

Following breakfast you will be transferred from El Chaltén back to El Calafate for your return flight to Buenos Aires. Argentina's hedonistic capital has been reinventing itself since the 19th century, blurring the distinctions between night and day, past and future, Europe and Latin America. The city has a buzz all of its own, derived from its heady juxtaposition of faded, dusty elegance and edgy, flash modernity. An incredible place to explore and eat out and our local guide will give you plenty of top tips to help you make the most of your time in this exciting city.

Included

Transfer: From El Chaltén to El Calafate
Accommodation: Hotel (twin share basis)
Meals included: Breakfast



DAY 10:

Depart Buenos Aires or extend your stay

Arrive back home filled with a huge sense of achievement, incredible memories, a greater understanding of this amazing country. You'll share stories and experiences of a lifetime for many years to come.



TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Snapshot of trip highlights



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts of your adventure



Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority.

The Patagonia Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something extraordinary. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

Leaders & crew

You will be accompanied by certified Adventurous Ewe Leader and Local Guide for the trek together with a support crew who will accompany you on your expedition days.

They're a friendly bunch with a huge level of care and a great sense of humour. Rest assured they are fully experienced, passionate, filled with vast local knowledge and remote first aid qualified. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Leaders will carry safety equipment and first aid kits with them at all times. Please note, these kits are for emergencies only so please come prepared with your own personal first aid items.

The Leaders and Crew will also be in constant radio communication throughout your adventure.



02



03



Level of difficulty

The Patagonia Trek is graded as **'Tough'**. This is a challenging multi-day trek amongst the mountains and glaciers of Patagonia. It is graded tough due to the consecutive days of trekking and the inclusive 3-day expedition style trek, however there is no high altitude or technical sections involved. The trip is designed for confident trekkers who are looking for a unique adventure.

Preparation is key to help you get the most enjoyment and reward from this trip. A good level of fitness, endurance and some gritty determination will help you conquer each day. A training programme will be provided to help you reach the start line knowing that you're set to enjoy the journey ahead.



04



05



Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size to run this trip is **8 people** and the maximum group size is **16 people**.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 8 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

A bespoke training programme will be provided when you join this trek to help you with your preparations. This includes info, videos and an exclusive discount code for a 28 day kettlebell training programme & app which is ideal for strength and endurance training for those short on time. Plus it has great nutritional tips. The more you are prepared, the more you will enjoy the challenge.

Our motto is:
Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list can be found on page 16 of these Trip Notes together with an exclusive Adventurous Ewe discount code for independent outdoor retailer **Crib Goch Outdoors, ULU** and **smoc smoc**.



06



07



Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

Any queries?

Feel free to contact Jim or Sue at:

info@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

Travel Admin

A quick snapshot of what you need to know...

We've got you covered – financial protection

If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection arranged by [IPP \(International Passenger Protection\)](#) which is underwritten by Liberty Mutual Insurance Europe SE (LMIE) trading as Liberty Specialty Markets, a member of the Liberty Mutual Insurance Group. Plus, if you opt to book your flights through our Flight Agent, you're covered as our agent is ABTA and ATOL.

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

Visa

British nationals do not require a visa to enter Argentina for the purpose of tourism. On presentation of a valid British passport you will normally be given an entry stamp permitting you to stay in the country for a period of up to 90 days. For the latest entry requirements, please visit <https://www.gov.uk/foreign-travel-advice/argentina/entry-requirements>.

Australian nationals can stay as a tourist for up to 90 days without a visa, but you'll need a return or onward ticket, a valid passport and travel/medical insurance. For the latest entry requirements, please visit [Argentina Travel Advice & Safety | Smartraveller](#)

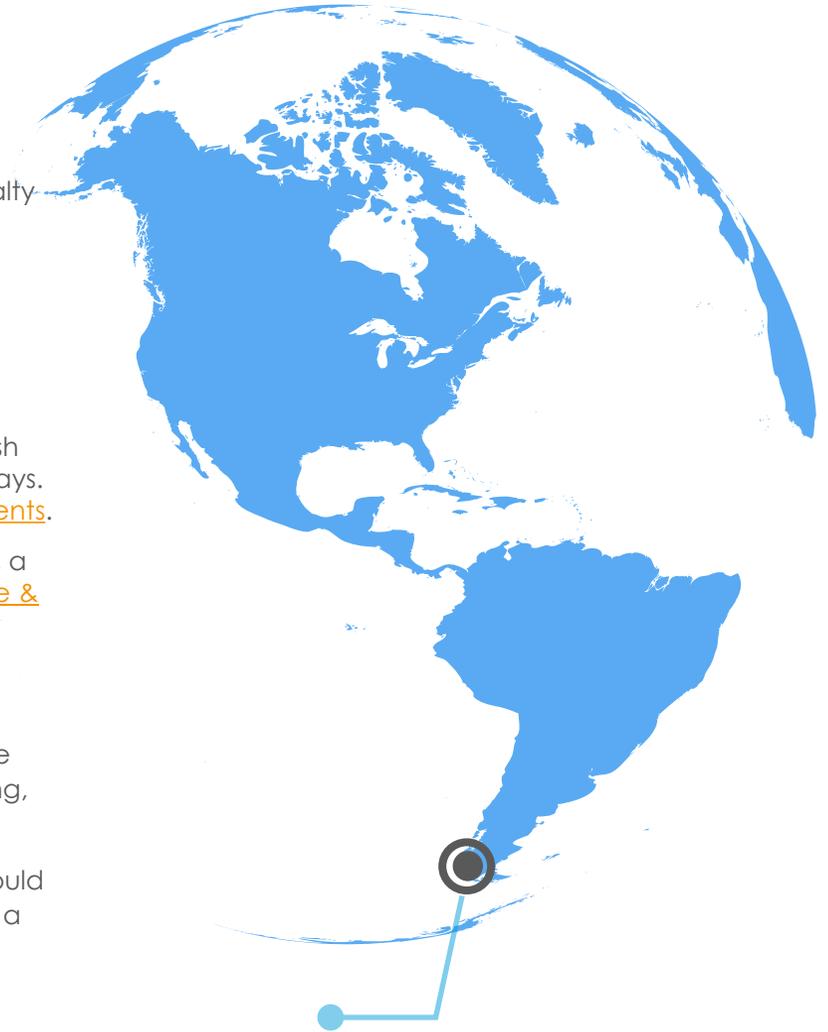
Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking, personal liability, cancellation, curtailment and loss of luggage and personal effects.

For UK residents we have partnered with **Campbell & Irvine Direct** to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote. Other travel insurance companies include [True Traveller](#) and [BMC](#).

Vaccinations

There are currently no mandatory vaccination requirements for Argentina. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.



Patagonia,
Argentina.



WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

AITO

Following a rigorous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you.

Travelife Partner

Travelife Partner Award Adventurous Ewe complies with more than 100 criteria, related to an operator's office management, product range, international business partners and customer information. The Travelife Partner level standard is covering the ISO 26000 Corporate Social Responsibility themes, including environment, biodiversity, human rights, and labour relation. Mr. Naut Kusters, manager of Travelife for Tour Operators, "I am delighted to see that sustainability in the tour operator sector is obtaining momentum. The Partner award of Adventurous Ewe will inspire other companies in Europe to follow the same path". Travelife is the leading international sustainability certification for the travel sector. More than 35 national travel associations are promoting the scheme to their members including, SMAL, APAVT, UHPA, ANVR, ABTA, PATA and more.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at www.futureoftourism.org. #FutureofTourism

Glasgow Declaration

Launched at COP26, the Glasgow Declaration aims to unite everyone in the tourism sector around a common set of pathways for climate action. As a signatory, Adventurous Ewe commits to:

- Support the global commitment to halve emissions by 2030 and reach Net Zero as soon as possible before 2050;
- Deliver climate action plans within 12 months from becoming a signatory and begin implementing;
- Align plans with the five pathways of the Declaration (Measure, Decarbonise, Regenerate, Collaborate, Finance) to accelerate and co-ordinate climate action in tourism.

For more info please visit: <https://www.adventurousewe.co.uk/tourism-declares-a-climate-emergency/>



The Specialist Travel Association



**TOURISM DECLARES
CLIMATE EMERGENCY**



Glasgow Declaration
Climate Action in Tourism

ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurosewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>

COOL EARTH



TOP TIPS

Expedition trekking

- Dress the part and in layers of breathable fabric ie merino wool. Wear trousers that can either roll up or zip off for the river crossings
- Train in your trekking kit. including wearing of your daypack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for the expedition side of your trekking adventure
- Have good boots that are sturdy, waterproof, well worn in and comfortable
- Have two bags – a daypack for the trek with your trekking kit (waterproofs, warm layers, river shoes, small towel, sleeping bag & matt, snacks, water, first aid, factor 50 sunscreen & any medication). Ensure your daypack is as light as possible. And your main kit/duffle style bag with a name tag can left at your accommodation whilst on the trek.
- Remember where you've packed your stuff so that it's easily accessible when you need it
- Pack your kit inside a dry bag and also have a rain cover for your daypack
- Bring an inner sheet to sleep in (optional)
- Bring your own facemask (optional) and hand sanitiser (essential)
- Look after your feet – blister prevention
- Trekking poles are ideal to provide stability and support your knees whilst hiking
- Bring some of your favourite high calorie snacks. Remove as much packaging as possible before taking it on the trek (less litter to carry)
- Bring your own water bottle, your Water-to-Go bottle is ideal, plus a camelbak./platypus that you can refill and avoid plastic bottles
- Bring water purification tablets for your camelbak
- Be respectful of the environment and the people
- **Most importantly.....SMILE & ENJOY THE EXPERIENCE!**



TOP TIPS

Camping on the trek

- Have a spare dry bag for dirty/wet clothes
- Take some rope so you can hang your bag in the trees overnight
- Hang up your hiking boots in the evenings and shake out any clothing left outside just in case any little critters have made themselves at home in your stuff
- Have a change of clothes for camp including full length lightweight top and loose trousers for the evenings and to sleep in. Have comfy shoes for camp, your river shoes/sandals will be ideal
- Stuff your sleeping bag cover with your light weight down jacket and other clothing items and use as a pillow
- Ensure you've got some heavy duty insect repellent for camp. If you wish to avoid DEET products try Smidge waterproof protection or Incognito Insect repellent
- Have a good head torch and spare batteries
- There no are showers available at the campsites, so please use biodegradable wet wipes or take a cloth you can wet
- When in camp have a pack of cards, book, headphones, etc.
- Take some ear plugs if you're not accustomed to the tunes of snoring
- Don't forget to check out the night skies too.





COST

Deposit: £295 per person payable on booking

Remaining balance: £2890 per person payable 6 weeks prior to start of trip

Total cost: £3185 per person

These prices are accurate at the time of publication on 01.02.2024

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#) and see our [T&C's](#).

Fundraising

All sponsorship monies are to be sent directly to chosen Charity/s / Foundation.

INCLUSIONS & EXCLUSIONS

PATAGONIA GLACIER & ICE CAP TREK

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Trek training guide
- Discount on personal kit from independent specialist outdoor retailers both in shop and online
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

During your trip:

- Adventurous Ewe Leader for groups over 10 people
- Qualified Argentinian Trekking Guide/s with first aid training
- All crew per your itinerary
- 1 night's hostel accommodation in El Calafate
- 1 night's camping during expedition
- 4 night's traditional hosteria accommodation in El Chaltén
- 1 night's hotel in Buenos Aires (twin share basis)
- National Park Fees
- All transfers as outlined in your itinerary
- Meals as outlined in your itinerary
- All logistical and safety management whilst in Argentina
- Safety equipment and first aid provisions
- All trip management before, during and post trek.

NOT INCLUDED

Currently not included but can be organised at an additional cost

- Return flights from the UK to Buenos Aires and El Calafate. We will provide you with the recommended flights for this trip in order for you to take up the airport transfers included in Patagonia. You can book your flights through our flight agent if you wish who is ATOL protected.
- Any trip extensions or additional night's accommodation

Items not included

- Travel insurance (mandatory)
- Visas and vaccinations if required
- 3 evening meals
- 3 lunches
- Perito Moreno Glacier boat cruise
- Additional excursions outside the itinerary
- Personal spending money
- Tips and gratuities for local crew and restaurants
- Single room supplement (where available)
- Any personal snacks, electrolytes, water purification tablets and medication
- Any expenses incurred with leaving the trip early ie. hotel accommodation or change of flight costs.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your trekking journey.

BAGS

- Kit bag** – preferably a soft duffel bag. This bag with any additional clothing can be left your accommodation place whilst trekking. Please ensure you have a luggage label attached to your bag with your name clearly written on it together with a travel padlock.
- Rucksack** – 35 - 45 litre rucksack for your 3-day expedition. Preferably your rucksack should have with waist belt to help distribute the weight and a whistle for safety provisions
- Dry-bags** - we recommend packing your kit inside dry bags to ensure your kit remains dry in the case of wet weather. A wet-weather cover can also be used over your rucksack but this must be securely fastened to your bag especially during high winds.

TREK CLOTHING

- Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- Wind-stopper jacket or soft-shell jacket** which is wind-proof
- Insulated down jacket with a hood** - needs to fit over all insulation layers and should not be heavy or bulky. A must for the evenings and early morning. This should also fit into your day bag for use during the day should it be required. This can also double-up as a pillow at night.
- Midlayer or fleece**
- Trekking trousers** – 2 pairs of fleece or synthetic / nylon or polyester. Avoid cotton. Zip off trousers may be handy for the river crossing as the water levels may exceed knee height
- Base layers** (merino wool or wicking fabric) long-sleeved top x 2 and long johns x 2 (1 set is ideal for sleeping whilst camping)
- Buff** – used for sun protection and warmth
- Beanie** which covers your ears and is lined for extra warmth
- Gloves** – thermal/wind-stopper
- Underwear** – wicking fabric or merino wool base
- Clothes** for casual wear and travel

FOOTWEAR

- Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- Trainers / crocs** – comfy shoes for evenings and at camp
- Water crossing footwear** – light-weight shoes which have grip and toe protection ie. old trainers or hiking sandals
- Socks** – suggest 4 pairs of merino wool or synthetic trekking socks over the liner socks. Please ensure you trial your sock-wear prior to the trek
- Flip-flops** or similar – (optional).

EQUIPMENT

- Water bottle** - we suggest a 2-3 litre capacity. Platypus / Camelbak system plus a wide mouth water bottle is ideal for collecting water. Please bring water purification tablets and your Water-to-Go bottle to avoid purchasing bottled water
- Head torch & spare batteries**
- Sunglasses** – must have strong UVA/UVB protection
- Trekking pole(s)** - optional
- Gaiters** – optional
- Sleeping bag** – a good 3-4 season sleeping bag as the nights can be cold especially in the remote camps. Expect temperatures between 10 °C to -2 °C at night. Use a sleeping bag liner for extra warmth and to keep the inside of your sleeping bag clean
- Sleeping matt** – ideally a full-length & light-weight. A roll matt or light-weight thermarest would be suitable.

TRAVEL ADMIN

- Passport & pen** for completing landing card
- Flight tickets/e-tickets**
- Travel insurance policy and emergency number**
- Debit/credit cards/cash** – US Dollars and Argentinian Peso's. You can withdraw peso's from ATM's at Buenos Aires Airport, El Calafate Airport and in the town of El Chalten (though quite often the ATM's run out of cash in El Chalten)

ADDITIONAL ITEMS

- Antibacterial hand gel** (essential)
- Sunscreen, lip block & lip salve** – minimum SPF50
- Favourite snacks** - both sweet and savoury
- Electrolytes** -
- Camera** – enclose in a dry bag
- Trek toiletries** – including biodegradable loo paper, dog poop bags, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant
- Travel toiletries** – biodegradable
- Small travel towel** – for river crossings
- Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamine tablets & cream, rehydration sachets, and plasters/Compeed blister pads, zinc oxide or Rock tape, anti-diarrhoea tablets, antiseptic cream/ointment/wipes, water purification tablets and insect repellent, etc.

NICE TO HAVE

- Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- Ear plugs** for camping
- Reading material / card games** for camping and cabins
- Spare dry bag** for dirty or wet clothing
- Portable charger and power plug adapter**
- Reusable small foldaway bag**
- Go-Pro** – or similar. Please note, recharging facilities will be limited so please bring your own charging packs
- Drones** – please check guidelines at <https://uavsystemsinternational.com/pages/argentina-drone-laws>
- Binoculars**

EXCLUSIVE DISCOUNT CODES

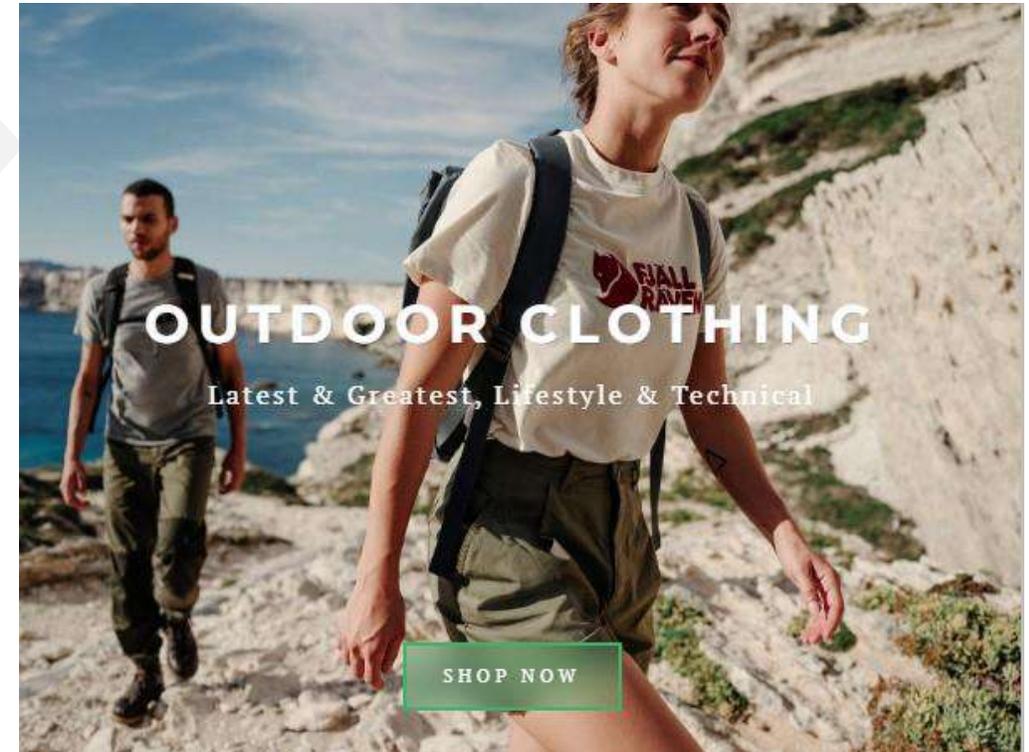
To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

KIT DISCOUNT CODE

Independent UK outdoor retailer, **Crib Goch Outdoors**, are kindly offering any members of our flock a 15% discount* either instore or online at: <https://www.cribgochoutdoor.com/>
CODE: provided once booked

CHANGING ROBES DISCOUNT CODE

Independent UK outdoor retailer, **smoc smoc**, are kindly offering any members of our flock a 15% discount* online at: <https://www.smocsmoc.co.uk/> valid for their waterproof smocs only.
CODE: provided once booked



For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>

ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



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We look forward to welcoming you to Patagonia for this very special adventure showcasing a beautiful country and its people.

