

PATAGONIA GLACIER & ICE CAP TREK



Highlights

- Discover one of the world's greatest and purist wildernesses, the wild south of Argentina
- Witness chunks of ice shearing off the impressive natural wonder of the Perito Moreno Glacier
- Explore the rugged glacial landscape, snow-capped peaks and windswept grassy plains on foot
- Witness the colour changes on the granite peaks of Mount Fitzroy at sunrise
- Be in awe of the Southern Patagonian Ice Field, the world's third-largest continental ice sheet outside of Antarctica and Greenland
- 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 working 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

Patagonia, the ultimate destination in the pursuit of pure wilderness and awe-inspiring landscapes! On South America's southern frontier, nature grows wild and the scenes are raw and dramatic. Spaces are vast, as are the silences that fill them. This backdrop sets the greatest stage for one heck of an adventure. Following years of guiding in South America, our carefully crafted itinerary ensures you will experience the pure ruggedness of Patagonia and more.

This is an essential trip for trekking enthusiasts to experience snow-capped sheer granite towers, sweeping glaciers, cascading waterfalls, stunning turquoise lakes and sprawling steppe-like plains stretching to the horizon.

This diverse itinerary will have you amidst some of the most jaw-dropping glaciers in the world. From the immense blue-hued natural wonder of Glaciar Perito Moreno to trekking the Tunel Glacier up to Paso Del Viento to witness one of THE most incredible wonders to behold in a lifetime – the colossal Patagonia Ice Field (the third biggest mass of ice in the world after Antarctica and Greenland).

Experience pristine wilderness camping in the shadows of sheer granite towers of the Mt Fitzroy Range and take advantage of the perfect opportunity to marvel at the colour changes of this massif during sunrise and sunset. See guanacos roam and a few hardy gauchos tend their sheep, catch a glimpse of condors soaring in the sky and trek the Los Humules private reserve to catch a glimpse of the critically endangered Patagonian Huemul deer.

Throw in rich cultural traditions, world-class food and wine, the wild-west style town of El Chaltén and the colourful Buenos Aires, you're in for an adventure of a lifetime.

The memories created with trekking Patagonia are endless. You'll be sure to develop a deep love of the natural world and an appreciation of the pristine wilderness and rugged wildness, oh and did we mention the wine?





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
Cost: Deposit: £295 per person
Remaining balance: £2155 per person

Group size: 8 – 16 people
Level of difficulty: ■■■■■
Dates: March or November
Tough

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)

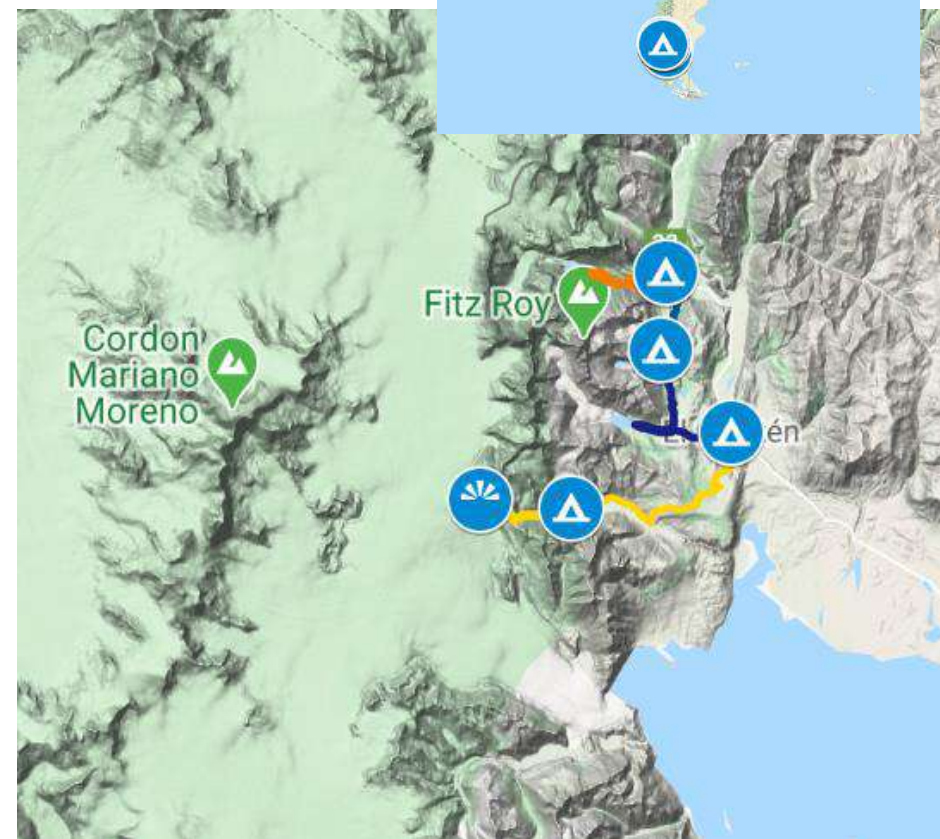
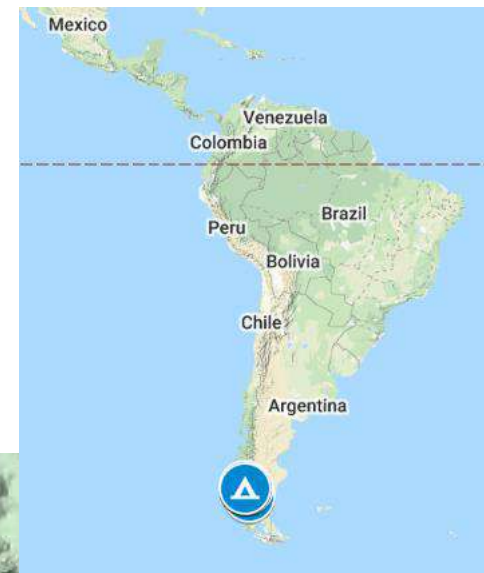
DAY 6
Trek Laguna Torre - Madre Hija Trail (19kms)

DAY 7
Trek Laguna Toro (19kms)

DAY 8
Trek Laguna Toro - Paso del Viento (15kms)

DAY 9
Trek Laguna Toro - El Chaltén (19kms)

DAY 10
El Chaltén to El Calafate to Buenos Aires for your return flight home or extend your stay



ITINERARY

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

This action-packed adventure will immerse you in the majestic scenery of Patagonia. From the very outset of your journey you are treated with visiting the stunning centre-piece of the southern sector of Parque Nacional Los Glaciares, the **Perito Moreno Glacier**. Stand in awe of the sights and sounds with the cracking and booming of ice shearing off the main glacier into the chilly depths below. This impressive blue-hued natural wonder is one of Patagonia's real crown jewels. Then your trekking begins with hiking Los Huemules, a private reserve which protects the endangered huemul deer and then continue through the high alpine tarn of Laguna de Los Tres providing one of the most photogenic landscapes in Parque Nacional Los Glaciares. Hike in the shadows of the towering **Monte Fitz Roy** and breath-taking **Cerro Torre** along the more remote **Laguna Toro**, and the only hike that allows views of both Cerros Torre and Fitz Roy at once. Then it's time for an outstanding 3-day expedition style journey with glacial river crossings, Tyrolean rope crossings, remote wilderness campsites as your trek through all-encompassing snow-capped mountain scenery with the rare opportunity of trekking along the Tunel Glacier to witness the colossal Patagonia Ice Field (the third biggest mass of ice in the world after Antarctica and Greenland).

At the end of your trekking adventure you can opt to explore the cosmopolitan Buenos Aires oozing with passion and culture. Visit the Plaza de Mayo, the colourful La Boca district, watch the tango in action or simply enjoy the delicious food washed down with a generous glass of malbec or bonarda. The perfect finish to a once in a lifetime adventure.

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 signing up for the trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you 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 flights for this will include airport transfers in Patagonia. There are direct flights from London and non-direct flights for all major airports across the UK. Return flights from the UK to Buenos Aires and on to El Calafate are operated by British Airways, Lufthansa, KLM, Swiss, Aerolineas, Argentinas and Iberia and cost between £590 - £850pp economy return, depending on your flights and when you book.

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

Trek Laguna Toro

The next two days of the trek are spent expedition style as you venture deep into the Patagonian wilderness. This is an incredible experience as you journey off the beaten track with special permits organised to allow you to trek in such an astounding area. You will be provided with two packed lunches, food bowl, coffee cup and spoon to carry along with your kit. Local porters will take your tent and other food supplies.

Starting from El Chaltén at 450 metres above sea level, you will follow the trail to Laguna Toro (Lake Toro) and Pliegue Tumbado. The route climbs through beautiful beech trees to the timberline (1000 metres) at the base of the Pliegue Tumbado Ridge; before heading down to the vast grassy plains. It has been known for the elusive and solitary Patagonian Puma (the "ghost of the Andes") to be seen in this area. From here you will descend through the Tunel River Valley and to Toro Lake campsite at 650 metres, your amazing home for two nights. You will have the chance to savour another epic outlook of Fitz Roy and Cerro Solo though this time from the south.

Distance covered: approx. 19kms
Trekking time: approx. 7 hours

Included

Accommodation: Camping tents (twin share basis)
Meals included: Breakfast, lunch and dinner



ITINERARY CONTINUED

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DAY 8

Trek Laguna Toro - Paso del Viento

It is almost impossible to describe your trekking experience for today as it's an extraordinary journey jam-packed with adventure! With a glacial river crossing, being enveloped with striking snow-capped mountains, trekking the Tunel Glacier, witnessing the expansive view of the third largest icefield in the world and finally a river crossing via a Tyrolean rope. It will be a day you'll remember for many years to come.

To start today's great adventure you will set off from camp and cross the flowing Tunel River in order to approach the Tunel Glacier which originates from the South Patagonian Ice Cap. Depending on the flow of the river, you will either wade across the glacial waters or take the Tyrolean rope (zip-line cable and harness) further upstream. Your route will winds its way through loose rocks, moraines and beautifully exposed bedrock before reaching the Tunel Glacier. With conditions permitting, you will have the rare opportunity to trek across the Glacier and be graced with amazing vast views of the Tunel and Quervain Glaciers and Mount Fitz Roy. Followed by a steep ascent of Paso Del Viento or Windy Pass taking you to a height of 1,500 metres where the Continental Ice Field will unveil itself. The sheer scale of the world's third largest icefield is simply jaw-dropping and a sight that not many people have been fortunate to try and absorb. The route then descends to Lake Toro and re-cross the Tunel River via a Tyrolean rope and return to camp.

Distance covered: approx. 15kms
Trekking time: approx. 10 - 12 hours

Included

Accommodation: Camping tents (twin share basis)
Meals included: Breakfast, lunch and dinner

DAY 9

Trek Laguna Toro - El Chaltén

From the campsite at Lake Toro you will head back downstream and retrace your steps from day 7 via "Pliegue Tumbado". The undulating terrain leads you back through burnt forests, marsh areas and lush beech forests to arrive at the park ranger station where the expedition comes to its end and you'll return to the comforts of El Chaltén.

Distance covered: approx. 19kms
Trekking time: approx. 7 hours

Included

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

Please note, dinner is not included as your celebration meal will be hosted in a local restaurant in El Chaltén where you can enjoy more local cuisine (and wine) of your choice.



ITINERARY CONTINUED

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

DAY 10

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. Here you can either extend your stay in Argentina or return home.

Included

Transfer: From El Chaltén to El Calafate
Accommodation: Not included however it can be arranged for you at an additional cost
Meals included: Breakfast



DAY 11

Arrive back in the UK

Arrive back home filled with a huge sense of achievement, incredible memories, a greater understanding of this amazing country and with new found friends. 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**
Dates, trip overview

 **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 and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

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

We strongly recommend doing both cardio and strength training in preparation for this challenge.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

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 will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you join sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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:

jim@adventurousewe.co.uk

susan@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...

Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. 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 through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

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>.

Insurance

Travel Insurance is an important part of any booking. It is compulsory that everyone who travels with us has taken out adequate travel insurance which includes, among other things, cover for the full value of your trip, medical (emergency, evacuation and repatriation) arrangements, activities undertaken, personal liability, cancellation, curtailment and loss of luggage and personal effects and COVID-19 travel cover.

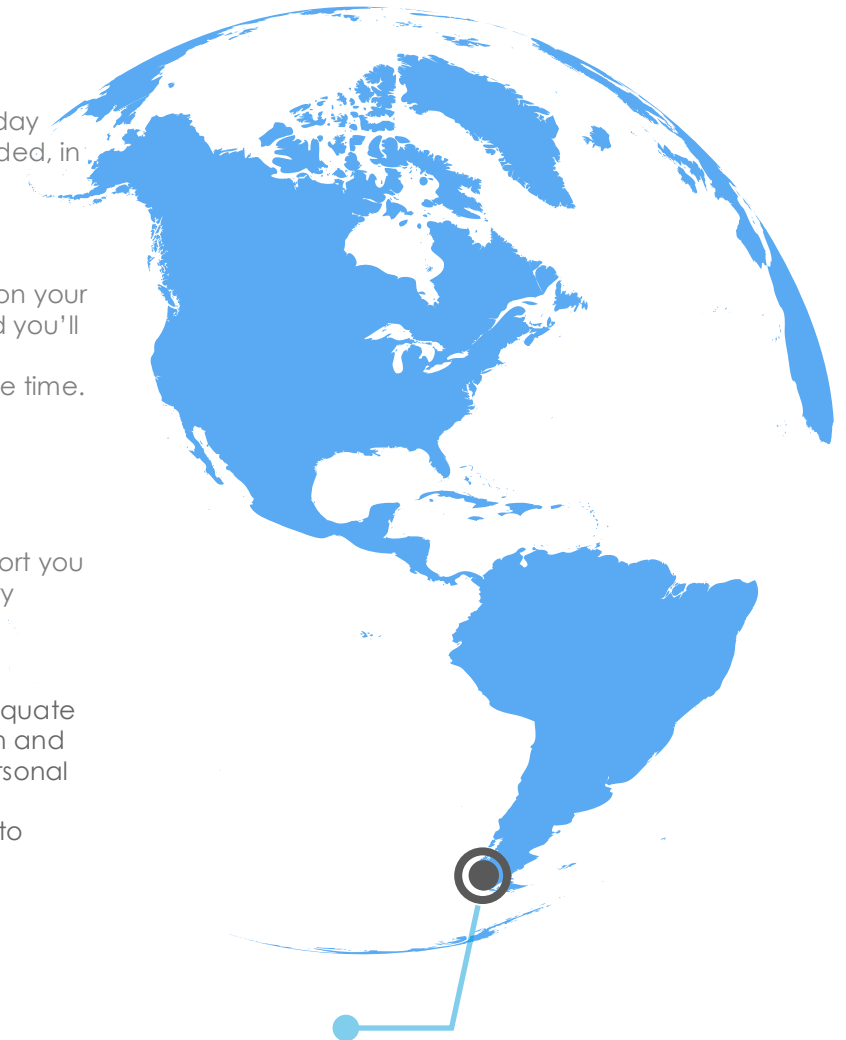
For UK residents we have partnered with **Campbell & Irvine Direct** to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote. You must send your Travel Insurance Policy to Adventurous Ewe no less than one month prior to departure.

COVID-19

For the latest health and travel info please visit [NaTHNaC - Argentina \(travelhealthpro.org.uk\)](https://www.nahtnac.org.uk/argentina)

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**

CARBON FOOTPRINT

We've crunched the numbers to work out the total carbon footprint of the Mt Toubkal Summer Trek, and plant or protect enough trees to suck 2x as much back out the atmosphere.

What's the number?

It works out on average at **315kg** of CO2 emissions per person, including all local transport, accommodation, food, activities, leaders, crew and office operations.

The only thing not included is travel to Morocco. Given that our beloved guests travel from all parts of the UK for this adventure we have no way of reliably knowing their travel plans therefore we're unable to include an individual number in the figure on display here.

What does the number mean?

To give you a snapshot of the numbers:

- Driving 1000miles/1609km would be approx. 281kg of CO2 in an average car (or 140.5kg per person if there was 2 of you).
- A return economy class flight London – New York would be approx. 1,619kg (1.66 tonnes) per person
- 10 trees in a temperate forest are estimated to remove approx. 250kg of CO2 from the air over a period of 5 – 10 years.

What are we doing about it?

Our adventures are relatively low-carbon by design, and we're working to develop long term carbon reduction plan. Following much research into climate change organisations, we carefully selected to support the environmental charity, [Cool Earth](#). They're a sustainable operation and work with rainforest communities across the globe to halt deforestation and it's impact on climate change. We invest 1% of our revenue into supporting critical conservation projects world-wide with [Cool Earth](#).

On a local level here in the UK, we're an ongoing [business member](#) of the Snowdonia Society, plus Jim and Sue, together with some of our local leaders, also help the Society with their local projects such as planting native trees in Snowdonia. This is to help preserve the landscape and enhance wildlife habitat here in Snowdonia.



TOURISM DECLARES CLIMATE EMERGENCY



Want to know more?

We believe that with great travel, comes even greater responsibility. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. At Adventurous Ewe we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges. [Here](#) is our plan to do our part towards helping reduce factors that we can contributing to climate change as part of [Tourism Declares a Climate Emergency](#).

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 are no 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: £2155 per person payable 6 weeks prior to start of trip

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](#).

Fundraising

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

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 Joe Brown, The Climber's Shop and ashmei athletic apparel 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
- 3 night's camping during expedition
- 4 night's traditional hosteria accommodation in El Chaltén
- National Park Fees
- All transfers as outlined in your itinerary
- Satellite telephone and VHF radio
- Meals as outlined in your itinerary
- All logistical and safety management whilst in Argentina
- Safety equipment and first aid provisions
- All challenge management and hygienic cleaning procedures of equipment 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. Alternately, you can book your flights through our flight agent if you wish who is ATOL protected. Return flights from the UK to Buenos Aires and on to El Calafate are operated by British Airways, Lufthansa, KLM, Swiss, Aerolineas, Argentinas and Iberia and cost approximately between £590 - £850pp economy return.
- Any trip extensions or additional night's accommodation

Items not included

- Travel insurance (mandatory)
- Visas and vaccinations if required
- Any COVID-19 related travel requirements
- 2 evening meals
- 2 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 / cros** – 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**
- 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) & **face mask**
- 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:

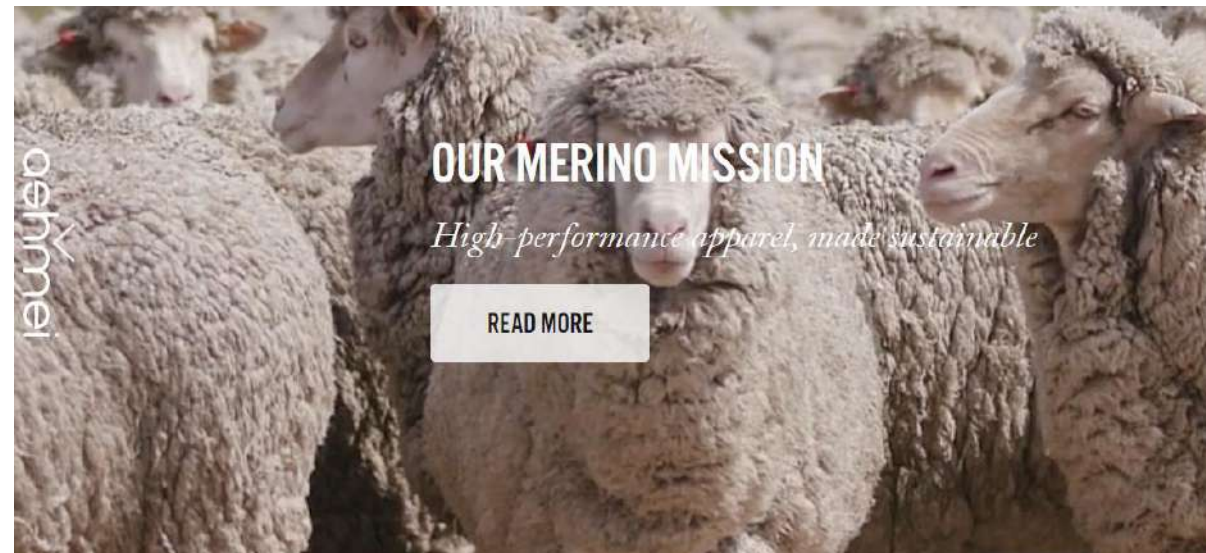
Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Ashmei who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

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



EPIC
ADVENTURES

CONTACT US

For any further info or any questions,
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Online chat on our website at
<https://www.adventurousewe.co.uk/>



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We look forward to welcoming you to Patagonia for this very special adventure showcasing awe-inspiring landscapes and remote wilderness.

