



**HIKING TO
BASE LAS TORRES
EXCURSION BRIEFING**

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IMPORTANT: BASE LAS TORRES TREKKING IS AN ACTIVITY OF MEDIUM-HIGH DIFFICULTY. IN CASE YOU DO NOT HAVE THE PHYSICAL CONDITION REQUIRED FOR THIS ACTIVITY OR DO NOT COUNT ON THE CLOTHING AND EQUIPMENT INDICATED BELOW, AND ANY OF THESE SITUATIONS PREVENT YOUR PARTIAL OR TOTAL PARTICIPATION IN IT, THERE WILL BE NO REFUND OF THE ACTIVITY PAYMENT.

CLOTHING AND EQUIPMENT

- HAT AND GLOVES (WITH THERMAL LINING PROVIDE GOOD PROTECTION AGAINST COLD AND WIND).
- SUN GLASSES WITH UV FILTER.
- SYNTHETIC FABRIC T-SHIRTS, WHICH ALLOW THE RAPID EVAPORATION OF SWEAT AND PREVENT BODY COOLING.
- SHORTS, SHORT SLEEVES AND LONG SLEEVES SHIRTS.
- PANTS AND TROUSERS FOR WATER.
- GORE-TEX JACKET, RESISTANT TO RAIN AND EXTREME COLD.
- TREKKING OR MOUNTAIN SHOES, PREVIOUSLY USED (DO NOT WEAR NEW SHOES!).
- SUNSCREEN.
- SUN HAT.

GENERAL RECOMMENDATIONS

- IN THE PARK THERE IS NO INTERNET ACCESS, SO DO NOT OVERLOAD YOURSELF BY ADDING ELECTRONIC ITEMS.
- INSIDE THE PARK THE ACCESS TO ELECTRICITY IS LIMITED, SO WE RECOMMEND YOU TO BRING ENOUGH BATTERIES FOR YOUR CAMERA.
- THERE ARE NO ATMS IN THE PARK, SO YOU MUST BRING CASH.
- SMOKING IS NOT ALLOWED INSIDE THE SHELTERS OR ON THE TREKKING TRAILS.
- THERE ARE ASHTRAYS ARRANGED IN THE OUTER SPACES OF THE SHELTERS FOR THOSE WHO WISH TO SMOKE.
- RESPECT THE ROUTES AND SIGNAGE OF THE PARK. DO NOT WALK OUTSIDE THE TRAILS.

MASL	HOUR	DESCRIPTION
	07:00 AM	DEPARTURE FROM YOUR HOTEL IN PUERTO NATALES (APPROXIMATE TIME)
94	08:30 AM	ESTIMATED ARRIVAL TO LAGUNA AMARGA ENTRANCE, TO REGISTER YOUR VISIT TO THE PARK
123	09:00 AM	ESTIMATED ARRIVAL TO THE START POINT. EQUIPMENT DELIVERY, INSTRUCTION AND START OF THE HIKE
419	10:40 AM	APPROXIMATE ARRIVAL TO REFUGIO CHILENO. (10 MINUTES PAUSE)
564	01:00 PM	START OF ASCENT TO FRONTAL MORAIN. (APPROXIMATE 300 MTS OF ELEVATION ON A 1KM LAYOUT)
875	02:00 PM	APPROXIMATE ARRIVAL TO BASE LAS TORRES (45-MINUTE STAY. SUBJECT TO WEATHER CONDITIONS)
	02:00 PM	LUNCH TIME (BOX LUNCH INCLUDED ON THE RATE)
	02:45 PM	INSTRUCTIONS AND START OF THE RETURN THROUGH THE SAME PATH.
123	07:15 PM	ESTIMATED ARRIVAL TO THE VEHICLE AND RETURN TO PUERTO NATALES
	08:45 PM	ESTIMATED ARRIVAL TO PUERTO NATALES. DROPP OFF AT YOUR HOTEL

** SCHEDULES ARE ESTIMATES AND VARY ACCORDING TO WEATHER CONDITIONS AND PHYSICAL CAPACITY OF THE PASSENGERS.
PHYSICAL DEMAND: MEDIUM-HIGH ITINERARY (SCHEDULES ARE REFERENTIAL AND SUBJECT TO CHANGE)

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