

# TORRES DEL PAINE PATAGONIA WALK



7 Day / 6 Night Guided Walk  
**WALK NOTES**





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# Torres del Paine Patagonia Walk

Located between southern Chile and Argentina, Patagonia is a truly legendary destination for hikers. Torres Del Paine National Park is world-renowned for breathtaking beauty and exhilarating treks. From towering mountain peaks to gushing waterfalls to stunning glaciers and fjords, our Patagonia tour offers an unparalleled hiking and kayaking adventures of this most unique region.

The main highlights include hiking to the base of the Towers, the French Valley and its hanging glacier, and Lago Grey

Our local operator's vast knowledge of the area allows us to take you to discover paths off the beaten track, where you will be able to see the park from different perspectives and observe its flora and fauna at its best.

Torres del Paine National Park



**TRIP DURATION**

7 days / 6 nights

**MAXIMUM GROUP SIZE**

14 guests, plus 1 Antares guide and 1 host

**ACTIVITY LEVEL**

3-4 moderate

**TRIP START**

Puerto Natales

**TRIP FINISH**

Puerto Natales

**HIKING DISTANCE**

74 kms



TORRES  
DEL PAINE,  
PATAGONIA

GUIDED  
BY  
NATURE



## About Us

Guided by Nature is a premier adventure travel company dedicated to curating exceptional hiking experiences, leading small groups to some of the world's most stunning destinations. We specialise in providing intimate connections with nature, people, and local cultures, ensuring each journey is a transformative and immersive exploration that seamlessly blends into the heart of the natural world.

Established in partnership with Australia's renowned eco-tourism leaders, Tasmanian Walking Company and Australian Walking Company, our story unfolds in the footsteps of nature enthusiasts, we believe that every adventure is an opportunity to forge connections. Our roots in sustainable and regenerative travel run deep, ensuring that each step contributes to the preservation of our planet.

See the world in a whole new way with Guided by Nature.

## Why walk with us?

**Elevated Experiences** - We lead small groups to the world's most spectacular destinations, offering intimate connections with people, places, and rich local experiences.

**Local Expertise & Immersion** - We collaborate with responsible local partners to ensure environmental and cultural integrity. Each hike is a holistic experience, blending curated encounters, provincial anecdotes, hearty meals, local wines, and historic accommodations.

**Award-Winning Hiking Experts** - With over 37 years of expertise, Guided by Nature, in partnership with Tasmanian Walking Company, delivers award-winning hiking adventures.

**Lightweight Backpacks** - Lighten your load and heighten your experience. We minimize your pack to essentials, letting you focus on the natural beauty while we handle the rest.

**Premium Accommodation** - Unwind in cozy, premium accommodations. Enjoy a warm, inviting atmosphere to rest and rejuvenate, preparing for the next day's adventure.

**Small Groups** - Discover the magic of our journeys with a maximum of 16 travelers. Forge new connections with fellow explorers and captivating landscapes for an enriching and memorable experience.





# Itinerary

## At a glance

DAY	LOCATION	HIKING	ACCOMMODATION	MEALS
1	Arrive in Puerto Natales	-	Remota Patagonia Lodge	-/-/D
2	Torres del Paine – Lago Toro Hike	5hrs	Kau Rio Serrano Lodge	B/L/D
3	Torre Base	5hrs	Kau Rio Serrano Lodge	B/L/D
4	Grey Glacier, Ice Hiking and Kayaking	3-4hrs	Grey Refugio	B/L/D
5	Grey Glacier and Ice Hiking	5hrs	Kau Rio Serrano Lodge	B/L/D
6	French Valley	7-8hrs	Kau Rio Serrano Lodge	B/L/D
7	Depart Puerto Natales	-		B/-/-

\* PLEASE NOTE THAT HIKING TIMES ARE APPROXIMATE.

Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on **(+61) 07 3709 8068** or email [hello@guidedbynature.com](mailto:hello@guidedbynature.com)



# Day 1

## Arrival Puerto Natales

Upon your arrival in Puerto Natales, a private transfer will be waiting to meet you and take you directly to your hotel.

After checking in, you'll have the afternoon free to unpack and take a leisurely stroll around the town to pick up any last-minute items you may need for your adventure. Meet in the lobby at 6pm for our Welcome Meeting before heading to dinner that night.

### MEALS

Dinner

### ACCOMMODATION

Remota Patagonia Lodge





## Day 2

### Torres del Paine – Lago Toro Hike

Transfer by van to Torres del Paine National Park. This drive crossing typical Patagonian ranches. We stop at Mirador Lago Toro, the biggest lake in the region. The Toro lake viewpoint offers an incredible view of the Torres del Paine massive.

Today hike begins directly from this viewpoint where we will ascent through a trail towards the South-East, we enter a Lenga, and Notro (Firebush) forest. The hike is uphill with soft elevation to have views of Lake Toro and its islands to the South, as well as a vast panorama of mountain chains and native forests full of flowers and birds during summertime.

After walking along winding trails surrounded by old trees and lagoons, we will have one of the most impressive views towards the Paine Massif, Glacier Grey, part of the Southern Patagonian Ice-Fields, and the Serrano Valley. We will begin a descent crossing a series of hidden lagoons, opening up the trail until we reach a ridge full of pre-Andean shrubland and Legan forests where it is possible to observe the Magellanic Woodpecker, having as a background the Serrano Valley. From here is 15 minutes hike to reach our Torres del Paine base beside the Serrano River.

#### MEALS

Breakfast / Lunch / Dinner

#### ACCOMMODATION

Kau Serrano Lodge

#### HIKING DISTANCE

15 kms (9,3 miles)

#### HIKING DURATION

5 hours

#### ELEVATION GAIN

250 meters (820 feet)

#### ELEVATION LOSS

300 meters (985 feet)





# Day 3

## Torres del Paine Trekking Torre Base

After enjoying a hearty breakfast, hop into our comfy van as we embark on an incredible journey to the eastern end of Torres del Paine National Park.

Once we arrive at Torres del Paine, get ready for an epic adventure! We'll kick things off with a 2-hour trek up into the Ascencio Valley, making a stop at Refugio Chileno along the way. Take a short break here to soak in the surroundings before continuing on for another hour through a magnificent forest of native Lenga (Beech) trees until we reach the glacial moraine.

From this point, it's just one more hour to the top, where you'll be treated to a close-up view of the awe-inspiring three vertical towers. These towering structures will leave you in awe of nature's grandeur. Don't forget to capture some amazing photos!

Heading back down is a bit easier, and the return trek takes about 4 hours until we reach the end of the trail. Once we've completed this rewarding journey, we'll provide transportation back to our base beside the picturesque Serrano River, where a delicious dinner awaits you.

Get ready for an unforgettable day filled with stunning landscapes, thrilling hikes, and mouth watering meals. Let's make some incredible memories in Torres del Paine National Park!

### MEALS

Breakfast / Lunch / Dinner

### ACCOMMODATION

Kau Serrano Lodge

### HIKING DISTANCE

22 kms (13,7 miles)

### HIKING DURATION

8-10 hours

### ELEVATION GAIN

770 meters (2,524 feet)

### ELEVATION LOSS

770 meters (2,524 feet)





## Day 4

### Grey Glacier, Ice Hiking and Kayaking

We'll start our day with a transfer to Pudeto, where we'll embark on a thrilling catamaran ride across the mesmerizing Pehoe Lake. Once we reach the other side, get ready for an enchanting trek along the stunning Lake Grey. The trek lasts around 3 to 4 hours, covering a distance of 11 kilometres. Along the way, you'll be treated to magnificent views of Glacier Grey and its mesmerizing floating icebergs. Don't miss the chance to visit the glacier lookout point and the lakeshore for an up-close view of the vibrant-blue icebergs. It's no wonder that "Paine" means "blue" in the Tehuelche Indian language.

After the trek, we'll embark on an exciting kayaking adventure. A short walk will lead us to the Bigfoot Patagonia basecamp, situated on the northeast coast of Lake Grey. Here, our knowledgeable guides will introduce us to the necessary equipment and provide a thorough safety briefing. Then, we'll carry the kayaks approximately 20 meters to the edge of the lake, and the real adventure begins! Paddling around the floating icebergs in the lake is a remarkable experience. We'll continue our journey towards the eastern side of the Grey Glacier, marvelling at the spectacular scenery in this extraordinary place. If weather and conditions permit, we may even paddle closer to the glacier for an even better view. Finally, we'll paddle back to the starting point and prepare for a well-deserved dinner at Refugio Grey.

#### MEALS

Breakfast / Lunch / Dinner

#### ACCOMMODATION

Refugio Grey in comfortable dorm style accommodation

#### HIKING DISTANCE

11 kms (6,8 miles)

#### HIKING DURATION

3-4 hours

#### ELEVATION GAIN

250 meters (820 feet)

#### ELEVATION LOSS

210 meters (688 feet)



# Day 5

## Grey Glacier and Ice Hiking

After a satisfying breakfast, our guides will gather everyone for an informative chat about Ice Hiking. They will discuss the route, estimate duration of the tour, and ensure that all equipment is properly tested and adjusted for each participant's comfort and safety.

Once we're all set, we'll hop aboard a zodiac boat for a thrilling 15-minute ride to the west side of the Grey Glacier. Upon arrival, we'll disembark on the island (known as a nunatak) situated at the glacier and embark on a scenic hour-long walk until we reach the ice itself. Before stepping onto the glacier, our guide will provide a comprehensive safety briefing, including the proper techniques for navigating the ice and how to correctly utilise the equipment.

With the safety briefing complete, we'll begin our exploration of the majestic Grey Glacier, an experience that will last approximately 3 hours. During this time, you'll have the opportunity to marvel at the glacier's captivating features, such as cracks, rivers, lagoons, and tunnels, each displaying a stunning array of blue tones. It's a truly mesmerizing sight that will leave you in awe of nature's wonders.

After our unforgettable time on the glacier, we'll return to the zodiac boat and cruise back to the base camp.

Following lunch, get ready for another incredible adventure as we navigate on the Grey III catamaran. For two magical hours, we'll sail across the pristine lake surrounded by icebergs. The boat will take us on a circuit that brings us up close to the front of the glacier, allowing you to admire its grandeur while sipping on a refreshing pisco sour served with glacial ice. It's the perfect way to take in the breathtaking scenery.

After this scenic journey, we'll transfer you from Grey Lake to the Kau Rio Serrano lodge, where you can relax and unwind after an exhilarating day of exploration.

Prepare yourself for a day filled with awe-inspiring ice hiking, breathtaking glacier views, and memorable moments surrounded by the beauty of nature.

### MEALS

Breakfast / Lunch / Dinner

### ACCOMMODATION

Kau Rio Serrano Lodge

### HIKING DISTANCE

? kms (? miles)

### HIKING DURATION

5 hours





# Day 6

## French Valley

After a delicious breakfast, get ready for an exciting day of exploration! We'll transfer you to Pudeto, where you'll board a catamaran for a 25-minute ride across the stunning Pehoe Lake to reach Refugio Paine Grande.

From there, it's time to embark on a 2.5-hour trek to the entrance of the French Valley. Brace yourself for a jaw-dropping experience as you encounter hanging glaciers and an incredible amphitheatre of granite walls and spires. The views throughout this trek are simply amazing, and the further you venture into the valley, the more breathtaking they become.

There are amazing views throughout this trek and the further you trek into the valley the better they become! For this day we will reach reaching the French Valley Main Lookout, from this point you can appreciate the whole natural amphitheater created by glaciers millions of years ago, it is absolutely breathtaking. You will have hiked for 5-6 hours and completed 16km.

On the return journey you will notice the extraordinary turquoise colour of Lake Pehoe. Cross Lake Pehoe by catamaran where we will be transported back to our Torres del Paine base beside the Serrano River for our final night dinner to share stories or our time together.

### MEALS

Breakfast / Lunch / Dinner

### ACCOMMODATION

Kau Rio Serrano Lodge

### HIKING DISTANCE

16 kms (10 miles)

### HIKING DURATION

7-8 hours

### ELEVATION GAIN

549 meters (1,801 feet)

### ELEVATION LOSS

549 meters (1,801 feet)



# Day 7

## Departure

On our last day together, we'll start with a delicious breakfast to fuel up for the journey ahead. We will transfer back to Puerto Natales airport, ensuring a smooth transition for your departure.

Safe travels, and we look forward to welcoming you back for more extraordinary adventures in the future!

**MEALS**  
Breakfast





## What is included

- + Experienced guides
- + Small groups
- + Pre-trip customer care service available to answer any questions
- + All accommodation for the duration of your trip
- + Most meals (except where indicated, so you can experience local cuisine independently!)
- + Airport transfers on Day 1 & 7
- + Glass of wine per night when staying at Kau Rio Serrano Lodge
- + Kayaking & Ice Hiking equipment
- + All portering
- + All transportation from the beginning until the end of trip
- + Use of hiking poles
- + All activities described in trip itinerary
- + All gratuities for hotels, restaurants, and activities
- + All park and entry fees

## What is not included?

- + Transportation to the start and end of tour
- + Travel insurance
- + Hiking equipment - you will need to bring your own daypack and hiking gear (a full gear list will be provided)
- + Gratuities to guides
- + Meals and drinks not listed in itinerary
- + Any visa requirements
- + International and domestic airfares



## Gear List

This packing list covers necessary items to assure your safety and comfort. You'll need to come prepared for all weather conditions, even though you may not use everything you bring.

- + Passport and any VISA documentation
- + Lace-up hiking boots with ankle support; Gore-Tex or leather recommended
- + Polar fleece jacket (preferred) or woollen jumper/pullover
- + Quality day pack (30L-40L); to carry while walking.
- + Waterproof rain jacket; Gore-Tex or similar
- + Waterproof pants
- + Beanie or balaclava
- + Gloves or mittens
- + Thermals; 2 sets: merino or polypropylene long-sleeved top and long johns
- + Shorts and/or light walking trousers; 2 recommended
- + Shirts/t-shirts; merino or polypropylene; 3 recommended
- + Socks; 3 pairs recommended
- + Underwear; quick drying
- + Evening wear; smart casual
- + Lightweight indoor footwear; sandals/ sneakers
- + Sun hat & sunscreen; small bottle for use during the day
- + Sunglasses with UV protection
- + Travel towel or body chamois; light and quick-drying
- + Water bottle(s) or water bladder (2-litre total capacity required; our packs can fit a water bladder - just ask your guides)
- + Toiletries - Toothbrush, toothpaste, soap, shampoo etc. Please only bring travel size products.
- + Any personal medication, including anti-inflammatories and EpiPens. Guides will be carrying a general first aid-kit.
- + Camera (optional)
- + Binoculars (optional)
- + Book (optional)
- + Short gaitors (optional)

\* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE FOR WALKING





# Frequently Asked Questions

## What time of year do trips depart?

We run our Torres Del Paine, Patagonia Walk on selected dates in April & November. Please visit our website for more information.

## Where does the trip commence/ conclude?

Puerto Natales airport, Chile.

## How many guides will be on the trip?

Each trip will be led by 1 local guide and 1 local host.

## How many guests will be on my trip?

Each trip requires a minimum of 4 guests, three months prior to departure. The maximum group size is 14.

## What flights should I book?

Please contact our team of experts to help organise the right flights for your walk.

p: +61 07 3709 8068

e: [hello@guidedbynature.com](mailto:hello@guidedbynature.com)

## What shoes should I wear?

There is nothing more important than wearing the correct shoes. We recommend wearing Gore-Tex or Leather lace up hiking boots with good ankle support. Please make sure your boots are worn in prior to starting your walk to avoid blisters and injuries.

## What's the accommodation like?

Each night, you stay in handpicked boutique accommodation.

Kau Serrano Lodge in Torres Del Paine offers cozy, rustic accommodations with stunning views of the surrounding Patagonian wilderness, providing an ideal base for exploring the national park's natural beauty.

On Day 5, we stay at a traditional hiking refugio right off the track. Unwind and relax in charming surroundings before enjoying a traditional Chilean dinner in the refugios in-house restaurant. Please note on Day 5, you will be split into gender-based twin-share rooms.

## Do I get any free time?

Yes! Although we spend most of our time as a group we do build in free time if you would like to explore the destination for yourself.



### **What's the weather like?**

With trips departing in both April & November, the weather can differ.

The average temperature in Torres del Paine in November for a typical day ranges from a high of 51°F (10°C) to a low of 36°F (2°C). Some would describe it as cold and breezy.

For April departures its moderately chilly and windy. Average highs of 40-50°F (5 to 13°C) and lows of 20-30°F (-3 to 3°C).

### **What's the food like?**

Our included meals are planned to showcase hearty and fresh local cuisine.

Traditional Patagonian cuisine, from the southern regions of Argentina and Chile, features hearty dishes often centered around lamb, beef, and seafood, flavored with simple seasonings, and typically includes regional specialties like asado (barbecue), curanto (earth oven cooking), and rich, earthy stews.

### **Are there age restrictions?**

Our walks have a minimum age of 16. All guests under 18 years old must share a room with a parent or guardian. Our walks have no upper age restrictions. Please check the terms and conditions of your travel insurance as they may place age restrictions on your policy.

### **How fit do I need to be?**

As long as you exercise regularly, are capable of hiking for consecutive days, and are comfortable with varied terrain, you'll be fine!

If you have any concerns about fitness, please give us a call. We are more than happy to discuss additional information about what you can expect.

### **Do I need travel insurance?**

Travel insurance is mandatory for this trip. If you do not have travel insurance prior to the start of your walk you will not be able to travel.

Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. Please see our Booking Terms & Conditions for details and contact us if you have any questions.





## Fitness Training

### 3-6 months before your walk

Multi-day bushwalking/trekking/tramping/hiking is a unique physical activity as it involves endurance, joint stabilisation and strength. Being physically prepared ensures that your experience will be enjoyable. We recommend that you undertake some hiking-specific training in the lead-up, ideally starting 6 months in advance to allow your body time to become conditioned.

Hiking-training is more than just regular walking; your body needs to be prepared for not only the duration of the trek, but also the uneven terrain, undulating hills, pack weight and slippery surfaces. Adequate training months before the trek begins will ensure you are skipping around the hut at the end of the day with a smile on your dial.

If you have limited experience with long-distance treks, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program, and gradually increasing the length/difficulty/duration of your walks.

#### Ideas:

- + Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work
- + Getting off your bus a stop earlier and walk the extra distance to work
- + Short bush walks or coastal strolls on the weekend
- + Encourage a friend or family member to walk with you to increase motivation
- + Record distance and duration each day that you walk. Aim to increase either distance or duration each week

## 5 months before your walk

As you become conditioned and can comfortably walk for 30mins to 1hr every second day (3-4 days per week), it is time to start challenging your cardiovascular endurance by adding hills and stair climbs to your weekly routine. Try to find routes that allow you to walk on uneven ground, as this will help strengthen the muscles of your lower limbs. Start by walking at a relaxed speed up the slope or stairs for the first two sessions (record the time it takes you). Focus these sessions on relaxed breathing and your technique (standing up straight, engaging your bottom muscles as you push through your heels when ascending stairs). Each session following try to increase your pace (decreasing your recorded time).

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the wilderness!

Stability is essential for injury prevention when hiking, especially when carrying a backpack. This includes stability around your spine and pelvis and your more distal joints such as knees and ankles. Therefore balance, yoga and/or pilates based exercises should be added to your training.

### Ideas:

- + Single leg balances, keeping a micro bend in your knee

- + Advance single leg balance by standing on a rolled towel, foam mat or pillow
- + Barefoot beach walking on soft sand for ankle stability
- + Pilates based abdominal exercises (various depending on starting level)

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## 4 months before your walk

On your walk you will be carrying a pack, so we strongly recommend that you start wearing a backpack on your training walks. Start with a lighter backpack (~3kgs) and gradually increase the weight of your pack till 100% of the weight you will carry as noted in the Gear List.

### Ideas:

- + Start to add a longer walk ~2hours at least once a week; this includes wearing hiking boots and carrying a pack
- + Soft sand walking
- + Walking on dry riverbeds
- + Alternating training walks with selected focuses e.g. Mon= hills, Wed= intervals of increased pace, Fri=distance

No doubt you are starting to discover new muscles and feeling a little tight and stiff. Adding a gentle stretching program (after you have warmed up) will aid in injury prevention. Aim to stretch major muscle groups such as hamstrings, quadriceps, buttocks and calf muscles. A gentle stretch of the muscles should be felt and pain should never be produced. Hold each stretch for at least 30 seconds and avoid bouncing movements.





## 3 months before your walk

Map out a 7km hike in your area consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and backpack). Complete this hike once per week in conjunction with your other walking. Each week, add an extra km to your hike. By the end of the month the goal is to walk 10km comfortably. This hike is a good chance to practice with all the gear that you intend to take on your actual hike. This will enable you to work out where things are best located in/on your pack for your individual preference. Now is also good time to add in more strength based exercises.

### Ideas:

- + Squats (feet are hip width apart, body weight in your heels). Advance by added weights in each hand or increasing repetitions
- + Lunges (alternating legs in front, protect your knees by making sure front knee does not come further forward than your ankle, keep torso up straight). Advance by increasing repetitions, adding weights in hands or walking lunges

## 2 months before your walk

The trekking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. On the actual hike, you may be required to walk long distances on consecutive days in all weather conditions. Aim to walk 30mins-1 hour every day of the week, despite the weather (in addition to your weekly 7km hike).

Continue carrying your backpack that you will actually need to carry on the walk. Ideally by the end of this month you will be able to comfortably carry up to 100% of the required weight on all your training walks.

## 1 month to go!

This is your "tapering" month, we recommend reducing the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two, decrease your pack weight back to what you will carry on the trek. The last thing you want to do is get an injury just before your walk.

Remember to continue your strengthening and stretching exercises throughout your hike.

## Contact us

To make a booking or enquiry:

**e:** [hello@guidedbynature.com](mailto:hello@guidedbynature.com)

For existing bookings:

**e** [hello@guidedbynature.com](mailto:hello@guidedbynature.com)

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## Leave a review

Don't forget to pass on your feedback at the end of your trip! Is there an aspect of the walk that amazed you, or is there something we can do better? Leave us a review on **Trip Advisor** or **Google** to share your stories with other walkers and pass along any feedback for our team.