



**NSPCC**



TRIP NOTES

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**BELIEVE  
ACHIEVE  
INSPIRE**

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**NSPCC TREK PATAGONIA  
ARGENTINA**

Sat 03 Nov - Thu 15 Nov 2018







## In aid of NSPCC

03 Nov - 15 Nov 2018

# NSPCC

### 12 DAYS | ARGENTINA | CHALLENGING

Trekking via jaw-droppingly beautiful lakes and glaciers on this magnificent challenge, you will also hike along ice-capped cliffs and mountains, forests and grasslands. Camping in spectacular locations, you will be able to appreciate the sheer beauty of Patagonia on this epic adventure.

After enjoying a night in Buenos Aires, you will make your way to Calafate and begin your adventure with a visit to the spectacular Perito Moreno Glacier, and a unique canyon region home to fossilised dinosaur and plant remains, La Leona Petrified forest. Afterwards, the main hike begins through the lower valleys of the magnificent Glacier National Park and Huemules Natural Reserve. You'll marvel at the beauty of the region as you trek close to famous peaks, glaciers and lakes, including Loma del Pliegue Tumblado and Laguna de los Tres.

- Trek across the shadows of beautiful glaciers and mountains
- Camp in the stunning wilderness of the National Park
- Enjoy views of exquisite turquoise lakes and ice-capped summits
- Hike with the dramatic backdrop of Fitz Roy mountain
- Raise vital funds for NSPCC

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 03 Nov

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#### International departure from London

The day has finally arrived for your adventure to begin. As you take off for your long haul flight you may feel a bout of nerves but hopefully mostly excitement; all the hard work you've already put into training and fundraising will finally be put to the test.

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### DAY 2 Sun 04 Nov

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#### Arrive to Buenos Aires

You will arrive in Buenos Aires, the capital of Argentina, and be met by your local representative. You will be transferred to your accommodation before enjoying lunch at a local restaurant. After eating, there will be some free time to explore the city followed by dinner at the hotel and perhaps, later, some may enjoy the famous dance from the region - the Argentine Tango.

Overnight in a local hotel.

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### DAY 3 Mon 05 Nov

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#### Arrive to Calafate

After breakfast, you will be transferred to the airport for the next leg of your epic journey. Upon arriving in El Calafate, the true adventure begins. On arrival, you will be transferred to your hotel followed by lunch. You will receive a welcome briefing from your local leader, who will talk you through the exciting days ahead. Dinner at the local hotel.

Overnight in hotel in Calafate.

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### DAY 4 Tue 06 Nov

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#### Mini-trekking on Perito Moreno Glacier

This morning you depart El Calafate from the hotel and journey toward the Glacier National Park for your first introduction to glacier trekking. Arriving at the port, Bahia Bajo las Sombras (Bay of Shadows), you board a boat for a short crossing of the Rico arm of Lake Argentino, taking in the views.

After disembarking, you walk through a small, dense forest of native Lenga trees to arrive at the edge of the ice. Here, you will attach crampons and receive a briefing for the day ahead. The walk on the glacier is fascinating, and a very up-close-and-personal experience. You will be hiking across old ice formations, with its cracks, isolated small lagoons and crevasses of magical deep blue. Watching your step as you cross the glacier, the circular walk provides you with excellent views of the lake before returning to the start point. After lunch, you will return across the lake by boat, to the boardwalk on the east wall of glacier. Here you will go toe-to-toe with this impressive and magnificent river of ice, before heading back to your hotel.

Overnight in Calafate.

\* Note: trekking on this day will require a strong level of fitness and confident trekking abilities\*

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#### DAY 5 Wed 07 Nov

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##### **Trek Estancia los Huemules (15 Kms)**

After breakfast you will transfer from El Calafate to El Chalten, visiting the enigmatic La Leona Petrified Forest brought to life by a specialist geologist who will guide you around the trails. On arrival at the accommodation, it's time to pack your trek-specific kit. You will also receive a trekking-briefing from your local guides, and settle into the rustic environment in preparation for the beginning of your Patagonian adventure.

Dinner at local restaurant. Overnight at Hosteria Los Nires.

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#### DAY 6 Thu 08 Nov

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##### **Trek Pliegue Tumbado (6/7 hours and 16km approx.)**

Early this morning, you leave El Chalten and travel towards Laguna Toro. After an hour of ascent, crossing small streams through native woodland, you emerge to a picture postcard view of Mount Fitz Roy, Torre and Huemul. Continuing across the Pampa de las Carretas, and up through the woodlands accompanied by birdsong, you will come to the beautiful alpine meadows. The weather is changeable, and you may experience the biting Patagonian wind and possibly even snow (even in the summer)! Keep your eyes open as it's quite possible to find the remains of 100-million-year-old marine fossils along the route.

The highlight of the day is finally arriving at the viewpoint - nearly 1500m - offering a breathtaking view of the Torre and Fitz Roy massifs. After enjoying lunch with this incredible backdrop, you will return to El Chalten for dinner at a local restaurant.

Overnight at Hosteria Los Nires.

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#### DAY 7 Fri 09 Nov

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##### **Trek to Laguna Torre and Madre e Hija (7/8 hours and 20km approx.)**

After breakfast, you begin trekking towards Laguna Torre through a spellbinding valley, loved by the geologists and photographers alike for its perfect formation. At the end of the valley, you will find Laguna Torre, its glacier and the famous Mount Torre - considered one of the most difficult mountains in the world to climb. After lunch, you will continue walking past the lagoons (including Madre, Hija and Nieta). After a couple of hours, you will arrive at Poincenot base camp.

Overnight camping at Poincenot.

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#### DAY 8 Sat 10 Nov

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##### **Trek to Laguna Los Tres, Lago Piedras Blancas and Rio Electrico Valley (7/8 hours and 18km approx.)**

You may want to get up early today to enjoy a golden sunrise, the closest you can get to Mt Fitz Roy. After breakfast,

you follow the trail that ascends steeply to Laguna de los Tres and your efforts will be rewarded at the top with captivating views of Mt Fitz Roy's summit. There may be some time to rest your legs and explore, before you descend down to the Rio Blanco valley through lush forest on an easy trail, finally joining the Electrico Valley and your base for the night - the Piedra del Fraile Refuge.

Overnight camping.

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#### **DAY 9** Sun 11 Nov

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#### **Trek to Pollone glacier, Laguna Azul, Verde and Los Huemules to Lago del Diablo (8/9 hours and 20km approx.)**

After waking in the foothills of the mountains, you continue along the valley towards the Pollone Glacier, appreciating raw nature at its best. Along the way, you will admire a different angle of Mount Fitz Roy; its northern face. On the trek you will discover hidden lagoons at the base of the mountain, before heading back to Piedra del Fraile. After lunch, you follow the Rio de las Vueltas valley eventually arriving at the private reserve of Los Huemules. You will cross a hanging bridge to enter the Diablo valley, walking along the valley basin before arriving in Puesto Cagliero which will be your home for the night. From here, you can see expansive views of the Cagliero glacier and its lagoon (right in front of the refuge).

Overnight camp beds at the refuge.

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#### **DAY 10** Mon 12 Nov

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#### **Trek to Loma del Diablo and Transfer to El Chaltén (8/9 hours and 15km approx.)**

Today's trek will climb up to Loma del Diablo with a long and steady hike. Today's terrain includes a mix of open land and pathways and forest trails sculpted by the Patagonian winds. Continuing the trek, you take in Laguna Verde and Azul (where you will stop for lunch). You will then return via the same route towards the road to transfer back to El Chalten for a well-deserved hot shower, and your celebratory meal.

Overnight in Hosteria Los Nires.

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#### **DAY 11** Tue 13 Nov

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#### **Calafate to Buenos Aires**

After breakfast you will travel to the airport in Calafate to fly to Buenos Aires. Upon arrival in the capital city, you will be transferred to your local hotel for the night.

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#### **DAY 12** Wed 14 Nov

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#### **Depart Buenos Aires**

It's time to say 'adios' to Argentina as you embark on your journey home. This is the perfect opportunity to reflect on everything you have achieved before getting home and sharing the incredible experience with all your supportive friends and family.

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**DAY 13** *Thu 15 Nov*

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**Arrive London**

You will arrive back in to London Heathrow, before completing the final part of your journey back home.

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## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.  
The costs below are per person.

### SELF FUNDER

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Pay a registration fee of £495.00 when you book

Then a balance of £2769.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

### MINIMUM SPONSORSHIP

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Registration fee of £495.00 when you book

Raise a minimum of £5650.00 for your charity.

### FLEXI

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Registration fee of £495.00 when you book

Then £750.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £4120.00 for your charity.

## WHAT'S INCLUDED

### Before you go

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- Access to UK based training weekends (optional and at additional expense)
- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
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- Fundraising advice
- Fitness training notes
- Risk assessment and emergency management planning

### On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Accommodation during the challenge (usually in twin share)
- Drinking water on challenge days
- All ground staff including English speaking guide, drivers, cooks, and porters
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- A donation to a community project in one of the countries in which we operate
- A Charity Challenge T-Shirt
- All challenge management before, during and post event
- An English speaking first aid trained challenge leader and full local support team
- Technical equipment required on this challenge

## WHAT'S NOT INCLUDED

### Before you go

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- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)

### On your challenge

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- Tips

- Clothing and equipment listed on your Kit List

## THE DETAILS

### Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 25/08/2018), and the remaining 20% within 4 weeks of completing the challenge (by 13/12/2018). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

### Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

### Raising the sponsorship

Thank you for choosing to fundraise for the NSPCC! We're here to support you throughout and have lots of fundraising tips and guidance to share with you. Every mile you run and every penny you raise will help make sure we can still be here for every child – keep up the good work!

### Typical group size

The typical group size is 15 - 20 participants



## Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

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## Typical Day

During the trekking days you will rise early and pack up before breakfast, then trek carrying your bags for 6-8 hours. There will be a picnic lunch on route and plenty of time to stop and view the remarkable scenery. The evenings are spent in basic, though beautifully located, camps and refuges where the food and facilities are fairly simple.

## Responsible Tourism

Charity Challenge is committed to sustainable and responsible tourism, and works closely with bodies such as the International Porter Protection Group and Climate Care to ensure that challenges continue to benefit the local environments and communities in which they take place.

Charity Challenge ensures that all rubbish is disposed of responsibly, following local guidelines on cultural and environmental protection. For more information about our Responsible Tourism practices, you can visit the Responsible Tourism section of Charity Challenge's website and read the latest policy.

## Phone and WiFi

You will have mobile phone and internet signal during your stay in Buenos Aires, and the main cities El Chalten and Calafate. After that, you will have extremely limited mobile phone or internet reception during your trek.

## Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak fluent English. They will be ultimately responsible for the running of the itinerary and the safety of your group. Your local challenge leader will meet you at your arrival to Calafate, although you will be met by a Charity Challenge representative in Buenos Aires until you check in at your hotel and get your next day flight to Calafate.

## Training and training weekends

This challenge is graded 'Challenging', which means that a good level of fitness is definitely required! We recommend that you have significant experience of trekking within the UK before departure. Don't forget that the temperature and the altitudes are different from the UK. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills or on small mountains (weigh your pack with water containers and pour out the water before your descent to minimise knee stress). Also see our Fitness [Training page](#).

## Training weekends

We offer superb training weekends across various locations in the UK, from Saturday morning to Sunday afternoon. These training weekends not only help you become physically prepared for the challenge, but our experienced instructors and leaders will talk you through your clothing and equipment, camp craft, health and wellbeing, trekking

skills (walking on different terrain/at altitude/at night/using walking poles), teamwork on expedition and many more themes designed to make you get the most out of your challenge. The weekends are great ways for you to get out into the mountains of the UK, while also meeting other Charity Challengers and sharing your experiences. To read more about our training weekends, including dates and prices, check out our dedicated page.

### Food & Drink

During the day a typical packed lunch provided might consist of fruit juice, fresh fruit, sandwiches, etc. The evening meal at the campsite, lodges and refuges will be a starter with some cheese, olives, bread, a main with some beef, chicken or salad, rice, potatoes and vegetables and some fruits for desert. Dinners will vary from day-to-day and so not all will include soft drinks. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

### Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality Gore-Tex waterproof and windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night. A full kit list for this challenge can be found [here](#) and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

### Climate and terrain

The best season for trekking in Patagonia is between October and April. Daytime temperatures can reach 35°C in Buenos Aires and around 22°C in Calafate. Night times, especially when in Calafate and the trekking area can go down from single figures to below zero. You must be prepared for the worst, as mountain weather conditions are extremely unpredictable.

### Accommodation and Toilets

In Buenos Aires, we will be staying in a local 3\* local hotel. During the trek we will be staying in campsites, refuges and lodges. The accommodation in campsites will be sharing with someone of the same sex. The accommodation in refuges and lodges might be with more people of your group since the rooms are from 4 to 8 beds. If you are travelling with a friend or partner who you wish to share with, please ensure you submit this information at the time of booking or email [challenges@charitychallenge.com](mailto:challenges@charitychallenge.com)

Foam sleeping mats and sleeping bags are provided, but do take your own if you require extra comfort.

### Level of Difficulty

The Patagonia challenge is graded as challenging due to the rough terrain, the trekking on the glacier, and basic facilities. A good level of fitness and regular training is required for this challenge. The more prepared you are for this challenge, the more you will enjoy it. Anyone who leads a fairly active and moderately healthy lifestyle should be able to complete the trek as long as they train regularly over a period of at least three months leading up to it, so as to build up stamina and endurance. Don't forget that the temperature and the weather will be very different from the UK and that you will be exercising constantly for a number of days. You can tell your supporters that on your Patagonia Trek Challenge you will be:

- Trekking for 5 days consecutively over long distances and fighting the winds and bad weather conditions of the Patagonian Mountains.
- Trekking at altitudes of up to 1,200m
- Potentially experiencing cold weather conditions below zero degrees
- Sleeping in locations with very basic facilities

### Flights

You will be making a return journey from London Heathrow indirectly to Calafate, Argentina. A copy of your e-ticket will be issued to you upon departure at London Heathrow along with your luggage labels and a Charity Challenge t-shirt

### Vaccinations

For up to date vaccination information, please check the Travel Health Pro website:

<https://travelhealthpro.org.uk/countries>

Charity Challenge cannot provide medical information or advice, and would encourage you to visit your GP or travel nurse to discuss your vaccination requirements. Your GP may ask questions about your specific itinerary so it may be useful to take a copy of this with you.

### Group Size

Each Group is intended to be a minimum of 10 people in order to run and a maximum of approximately 16 people.

### Money

**Currency:** Argentina uses the Argentine Peso. For up to date currency exchange, go [XE.com](http://XE.com). GBP can be exchanged at Buenos Aires airport and in the city.

**Credit Cards:** These are accepted in all major hotels, banks and stores in Argentina. Credit card receipts from stores and restaurants will be priced in Argentine Peso, although you will be billed in the currency of your own country with the official exchange rate having been taken into consideration

**ATMs:** There is an extensive network of ATMs where visitors can use. You should check with your bank before departure that your card can be used overseas and what the charges will be, as UK cash cards are not always accepted by Argentinean cash machines. It is wise to take sufficient funds in cash for periods away from the major cities.

**How much to bring:** You will not need a large amount of money during this trip and other than at the start and end of the challenge, you will be in the rural areas away from any foreign exchanges or banks. You will only need money for



tips, additional food & drink, gifts & souvenirs, and for any other additional activities that you wish to do specially in Buenos Aires. On average we recommend around £300.

**Tipping:** Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. GBP 10 per person per challenge day and this should be given to the expedition leader at the end of the trip who will advise you how to distribute it among the support team.

## Visa

You must hold a full ten-year passport with at least six months to run from the end of your expedition. Airlines may not carry passengers holding passports with less than 6 months validity. As a British national, you don't need a visa to enter Argentina as a tourist. On presentation of a valid British passport you will normally be granted a 90-day stay in the country.

If you're travelling to Argentina for any purpose other than tourism, contact the [Embassy of the Argentine Republic in London](#).

## Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Patagonia Trek Challenge, there are a couple of important points that you should be aware of:

- You will be trekking for 5 days consecutively over long distances and fighting the winds and bad weather conditions of the Patagonian Mountains.
- You will be trekking at altitudes of up to 1,200m
- It will be very windy and cold especially at nights.
- You will be sleeping in locations with very basic facilities
- You will be crossing the Perito Moreno Glacier using crampons. No technical trekking experience is needed, but you will need to be in good physical conditions and not injured. Your trek guide will assess your fitness levels and determine whether you will do this trek or not.

## Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge.

If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy. This should include protecting the charity in the event of your cancellation 56 days or less prior to departure; the specific activities on your challenge including trekking at high altitude (up to 3000 meters); medical

(emergency, evacuation and repatriation) specifically for this trip covering helicopter evacuation.

If you choose not to purchase the Charity Challenge recommended travel insurance policy when you book, we will send you a disclaimer which you should complete and return.

# CH>RITY CH>LLENGE

**Any more questions?**

Contact us:

+ 44 (0)20 8346 0500

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