

CH RITY
CH>ALLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

TREK PATAGONIA CANX
ARGENTINA

Fri 16 Nov - Tue 27 Nov 2018





In aid of your choice of charity

16 Nov - 27 Nov 2018

12 DAYS | ARGENTINA | EXTREME

You will trek past beautiful lakes and glaciers on this magnificent challenge, also experiencing 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 the Viedma Ice trek. Then, you will hike through Estancia lod Huemules, and marvel at the beauty of Pollone Glacier and Laguna de los Tres.

- 7-day trek across beautiful glaciers, mountains, forests and grassland
- Camp in the stunning wilderness of the Glacier National Park
- Enjoy exquisite turquoise lakes and ice-capped summits
- Spectacular panoramic views of the Andes and Mount Fitz Roy
- Enjoy a night in Buenos Aires, Argentina's capital city

YOUR CHALLENGE DAY BY DAY

DAY 1 Fri 16 Nov

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International departure from London

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

DAY 2 Sat 17 Nov

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Arrive to Buenos Aires

You will arrive in Buenos Aires, the capital city of Argentina. You will have some free time to explore and perhaps warm up limbs with the famed dance the Tango. Overnight in a local hotel.

DAY 3 Sun 18 Nov

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Transfer to Calafate

Transfer flight to El Calafate, the true start point of our adventure. Your leader will brief us for the days ahead. Overnight in Calafate.

DAY 4 Mon 19 Nov

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Viedma Ice Trek

This morning will be an early transfer towards El Chalten where you will start your first challenge, to conquer the formidable Viedma Glaciar. Access to the glacier is up a rocky slope and requires the use of ropes and crampons for both the ascent and descent. You will need to concentrate hard on this day and hope that all your training has been enough for the challenge. Overnight in Chalten.

Trekking on this day will require a strong level of fitness and confident trekking abilities*

(* Your trek guide will assess fitness levels and determine whether you will complete this trek or not)

DAY 5 Tue 20 Nov

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Trek Estancia los Huemules (15 Kms)

After a transfer from Chaltén to Estancia Los Huemules you will start a trek up Loma del Diablo. This is a long steady climb with great views of the estancia and Mount Fitz Roy. The trek is varied between forest and open areas; ending with a panoramic view of the mountains, the Laguna Verde and Azul. Overnight in a lodge or Campsite.

DAY 6 Wed 21 Nov

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Trek Estancia los Huemules (15 Kms)

After breakfast you head back to the Estancia and enter a different valley to enjoy another spectacular day of trekking. The trek moves along the relatively flat valley floor and through the beautiful and protected Lenga forests whilst admiring the stunning views of glaciers and their lakes. Overnight in a lodge or Campsite.

DAY 7 Thu 22 Nov

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Trek Pollone Glacier (740m) (16 Kms)

The trek starts Electrico Bridge and hikes through some more forests along the valley and towards the Pollone Glacier.

The trek will be challenging as you will be walking into the strong winds coming off the Continental Ice Field towards the hidden lagoon at the base of the mountains. After this you return back to the refuge at la Piedra del Fraile.

DAY 8 Fri 23 Nov

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Trek Laguna de los Tres (1,200m) (15 Kms)

After breakfast you head towards the Piedras Blancas Glacier and river, arriving at the Rio Blanco campsite. There is a steep ascent from the campsite up to Laguna de los Tres which is the closest you are able to get to Fitz Roy without any technical climbing. The hard work of today's trek will be rewarded by the incredible views of Mount Fitz Roy's Summit and the view of the valley that you have walked through. Weather permitting you may have your lunch at the lagoon before starting your descent towards Poincenot, your campsite for the night.

DAY 9 Sat 24 Nov

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Laguna Torres (20 Kms)

Today is another early morning; after breakfast the route continues through the beautiful lenga forests past the lagoons of Madre, Hija and Nieta. The path is quite flat, so will offer a well earned rest for your legs after all the climbing the day before!

After a couple of hours you drop in to the glacial valley towards Laguna Torre. This valley is both loved by geologists and photographers alike because of its perfect U shape. At the end of the valley is the Laguna Torre, the glacier and the famous Mount Torre. After lunch at the lagoon you head back to El Chalten along the Fitz Roy river valley.

DAY 10 Sun 25 Nov

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Pliegue Tumbado - Transfer to Calafate (1500 mts) (16 Kms)

After breakfast, you head up towards Laguna Toro. After a steep ascent there is again outstanding views of Mount Fitz Roy, Torre and Huemul. The trek continues across the Pampas, locally known as "Pampa de las Carretas". Leaving the forest, you walk across alpine terrain, where it can snow even in summer.

After saying goodbye to the glaciers and mountains, it's time to head back to El Chalten and then transfer to El Calafate for a well deserved hot shower and celebratory meal.

DAY 11 Mon 26 Nov

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Calafate to Buenos Aires

Today you transfer to Buenos Aires to overnight.

DAY 12 *Tue 27 Nov*

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Buenos Aires to London

Today is time to say Adios Argentina! The flight home is the perfect opportunity to reflect on all you have achieved, before sharing your fantastic journey with friends and family.

DAY 13 *Wed 28 Nov*

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Arrive in UK

Arriving back onto home soil it's a heartfelt goodbye to your new friends and trekking partners.

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 £545.00 when you book
Then a balance of £2916.00 (8 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £545.00 when you book
Raise a minimum of £5950.00 for your charity.

FLEXI

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Registration fee of £545.00 when you book
Then £750.00 towards challenge costs (8 weeks before your challenge)
Raise a minimum of £4420.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 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.
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA
- Access to training weekends (optional and at additional expense)
- Fitness training notes
- A-Z of fundraising ideas

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)
- Entrance fees to national parks or other places of interest visited on the itinerary
- Drinking water on challenge days
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- 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

WHAT'S NOT INCLUDED

Before you go

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On your challenge

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- Visa
- Vaccinations (please check Trip Notes for requirements)

- Tips

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 07/09/2018), and the remaining 20% within 4 weeks of completing the challenge (by 25/12/2018). 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.

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>.

Level of Difficulty

The Patagonia challenge is graded as tough due to the rough terrain, the trekking on the Glaciars, 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 altitudes 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 Challenge you will be:

- Trekking for 7 days consecutively for very long distances and fighting the winds and bad weather conditions of the Patagonian Mountains
- Trekking at altitudes of up to almost 1,200m
- Suffering temperatures of down to below zero degrees
- Sleeping in locations with very basic facilities

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 en 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.

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 7 days consecutively for very long distances and fighting the winds and bad weather conditions of the Patagonian Mountains.
- You will be trekking at altitudes of up to almost 1,500m
- It will be very windy and cold especially at nights.
- You will be sleeping in locations with very basic facilities
- You will be descending and ascending to the Viedma glacier using crampons. No technical trekking experience is needed, but you will need to be in good physical conditions and no injured. Our trek guide will assess your fitness levels and determine whether you will do this trek or not.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Extension

If an extension is available for your itinerary, this info will be included on the respective expedition website. If you wish to book an extension, you will need to do so no later than 4 months prior to departure.

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 the airport along with your luggage labels and a Charity Challenge t-shirt

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. You don't need a visa to enter Argentina as a tourist unless you're travelling on an Emergency Travel Document. 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](#).

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.

Vaccinations & medication

Vaccinations

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

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

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting so it may be useful to take a copy of your itinerary with you.

Medication

- carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage
- consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- a letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check you can find further information at

<https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

Malaria risk is low throughout the year. The risk is limited to the Departments of Oran and San Martin in Salta Province in the north of the country, and to a lesser extent to Corrientes and Misiones Provinces. There is minimal risk in the tourist resort of Iguazu Falls.

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.

Training and training weekends

This challenge is graded 'Extreme', 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.

Luggage allowance and Valuables

The luggage allowance will depend on the airline we are using for your challenge, but in general it will be one piece of checked baggage at 20kg.

However you should only need around 15kg-17kg. For any valuables, safe deposit boxes are usually provided in Beijing for guests' use in the hotels, but will not be available in the local lodges. Use a padlock on your luggage when in transit to reduce any risks.

Carry your passport with you and make sure you have a photocopy of your documents (travel insurance etc.) in case they get lost or damaged.

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.

Group Size

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

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.

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

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

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.

Money

Currency: Argentina uses the Argentine Peso. For up to date currency exchange, go 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.

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.

Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency, all guides and leaders are maintaining contact via radio.

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Any more questions?

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