



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

EXTREME CHALLENGE
PATAGONIA
ARGENTINA

Wed 05 Oct - Sat 15 Oct 2022





In aid of Hope for Justice Inc.

05 Oct - 15 Oct 2022



11 DAYS | ARGENTINA | TOUGH

You will trek past beautiful lakes and glaciers on this demanding 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 tough but 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
- Raise vital funds to support the fantastic work of Hope for Justice

YOUR CHALLENGE DAY BY DAY

DAY 1 Wed 05 Oct

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Arrive in to Buenos Aires

You should organise your international flights to arrive in to Buenos Aires, the capital city of Argentina no later than mid afternoon. Depending on your flight times, you may have some free time to explore the city. You will meet the rest of your trekking colleagues and the leader support team this evening for a full introduction and safety briefing, followed by dinner (own expense) and overnight in a local hotel.

Accommodation: Hotel in Buenos Aires

DAY 2 Thu 06 Oct

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Transfer to Calafate

Today you will transfer on an internal flight to Calafate, the true start point of your adventure. Your leader will brief you about the next few days ahead over an introductory dinner. (B,D)

Accommodation: Hotel in Calafate

DAY 3 Fri 07 Oct

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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 the glacier. Here you will go toe-to-toe with this impressive and magnificent river of ice, before heading back to your hotel. (B,L,D)

Accommodation: Hotel in Calafate

DAY 4 Sat 08 Oct

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La Leona Petrified Forest (3 hours)

After breakfast, you depart the city of El Calafate and transfer to the fascinating La Leona Petrified Forest. On the journey, take in the various spectacular panoramic views of the Andes and Mount Fitz Roy. Trek for 3 hours spotting the petrified fossil tree trunks and possibly fossils of different species of dinosaurs, in this semi-desert environment. The sediment formations provide an insight into the geological history of the region, which was vastly different to today's times. After trekking, transfer to Chalten (B,L,D).

Accommodation: Hotel in Chalten

DAY 5 Sun 09 Oct

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Trek Pliegue Tumbado (6/7 hours and 16km approx. 1000m Climb)

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. (B,L,D)

Accommodation: Hotel in Chalten

DAY 6 Mon 10 Oct

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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. (B,L,D)

Accommodation: Camp

DAY 7 Tue 11 Oct

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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. (B,L,D)

Accommodation: Refuge

DAY 8 Wed 12 Oct

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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). (B,L,D)

Accommodation: Refuge

DAY 9 Thu 13 Oct

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Trek to Loma del Diable and transfer to El Chalten (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. 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. (B,L,D)

Accommodation: Hotel in Chalten

DAY 10 Fri 14 Oct

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Calafate to Buenos Aires

Today you will transfer back to Buenos Aires to enjoy a final celebration of your achievements and then stay overnight in a local hotel. (B)

Accommodation: Hotel in Buenos Aires

DAY 11 Sat 15 Oct

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Buenos Aires to Home

Today is time to say Adios Argentina! You can book your flight home anytime today. The flight home is the perfect opportunity to reflect on all you have achieved, before sharing your fantastic journey with friends and family. (B)

Accommodation: No Accomodation today

Self funder: The full cost of this challenge is £3,175. You will be required to pay the non-refundable registration fee of £500 at the time of booking and the final balance of £2,675 due 8 weeks before departure (10/08/2022).

You will receive fundraising advice and sponsorship forms and be asked to raise as much as you can for Hope for Justice Inc. There is a minimum fundraising requirement of £5000 / US\$7000.

As you have covered the full cost of the challenge, 100% of this fundraising will be retained by Hope for Justice and INC.

This is a ground only challenge: This challenge is ground only. This means you will need to organise travel to arrive at the starting point of the itinerary in Buenos Aires, Argentina and to return home at the end of the challenge. You will be provided with details of where and when to arrive and depart but please do budget for the appropriate travel arrangements.

What's included?

Before you go

- 15% off Cotswold Outdoor, Snow and Rock, and Runners Need
- Access to your own password protected account including support materials and training schedules

On your challenge

- Entrance fees to national parks or other places of interest visited on the itinerary
- 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 as per the challenge activity
- A Charity Challenge T-Shirt and medal
- Internal road and air transfers as per the itinerary

What's not included?

Before you go

- Visa
- 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

- International flights to and from Buenos Aires
- Tips
- Departure Tax (if applicable)

Registration fee in instalments: You can pay your registration fee in two instalments. The first instalment of £250 is

due at the time of booking. The second instalment of £250 will automatically be debited from your credit/debit card 31 days after you book. Please note that when paying your registration fee in instalments, a £10 admin fee will be added to your first registration fee payment. Please note that your booking will not be processed until we receive the payment for your second instalment. Your place on the challenge will only be held until 31 days from your initial booking. If we are unable to take your second instalment, your booking will be cancelled and normal cancellation terms will apply. Typical group size: The typical group size is 15 - 24 participants

Optional extras

- Single room supplements*

(*subject to availability)

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 by clicking [here](#). If you are outside of Europe, you could consider <https://www.worldnomads.com/>

Level of Difficulty

The Patagonia challenge is graded as tough due to the rough terrain, the trekking on the Glaciers, 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 probably be very different from your home country 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 above sea level
- Suffering temperatures of down to below zero degrees centigrade
- 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 a thorough safety management system called **Challenge Safe** which 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 1,200m
- 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 condition.

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.

Flights

This is a ground only challenge and participants may be joining from all over the world. You will need to book your flights from home to arrive in Buenos Aires by mid afternoon on 05 October and you can book flights to depart any time on 15 October.

Your internal flights from Buenos Aires to Calafate and back to Buenos Aires are included in the challenge.

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 or US passport you will normally be granted a 90-day stay in the country.

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 are not medical experts and we would encourage you to visit your doctor or travel nurse to discuss vaccination requirements. Your doctor 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>

Climate & 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 & Training Weekends

This challenge is graded '**Tough**' which means that a good level of fitness is definitely required! We recommend that you have significant experience of trekking before departure. Don't forget that the temperature and the altitudes are likely to be different from your home country. 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](#).

Luggage Allowance & 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. 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 15 people in order to run and a maximum of approximately 24 people.

Clothing & 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 & 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 to www.xe.com. GBP can be exchange 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 & 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.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or

specialist in advance and can discuss any advice given by them with the challenge leader or doctor.



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Any more questions?

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