

INTRODUCTION

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TORRES DEL PAINE NATIONAL PARK, CHILE

Walk 1: Torres del Paine circuit (the 'O')

Stage 1 CONAF Administración – Refugio Paine Grande

Stage 2 Refugio Paine Grande – Campamento Italiano

Stage 3 Campamento Italiano – Valle Francés (return)

Stage 4 Campamento Italiano – Refugio Las Torres
Stage 5 Refugio Las Torres – Campamento Torres
Stage 6 Campamento Torres – Mirador Las Torres (return)
Stage 7 Campamento Torres – Campamento Japonés (return)
Stage 8 Campamento Torres – Refugio Las Torres
Stage 9 Refugio Las Torres – Campamento Serón
Stage 10 Campamento Serón – Refugio Dickson
Stage 11 Refugio Dickson – Campamento Los Perros
Stage 12 Campamento Los Perros – Campamento Paso
Stage 13 Campamento Paso – Refugio Grey
Stage 14 Refugio Grey – Refugio Paine Grande



Walk 2 Torres del Paine half-circuit (the 'W')

Stage 1 Refugio Las Torres – Mirador Las Torres (return)
Stage 2 Refugio Las Torres – Campamento Italiano
Stage 3 Campamento Italiano – Valle Francés (return)
Stage 4 Campamento Italiano – Refugio Grey
Stage 5 Refugio Grey – Refugio Paine Grande

Walk 3 Salto Grande and Mirador Los Cuernos

Walk 4 Puente Weber

Walk 5 Mirador Lago Toro and Laguna Verde

Walk 6 Mirador Cóndor

Walk 7 Río Pingo and Mirador Zapata

Stage 1 Guardería Lago Grey – Campamento Zapata
Stage 2 Campamento Zapata – Mirador Zapata (return)
Stage 3 Campamento Zapata – Guardería Lago Grey

Other walks within the national park

Laguna Amarga – Portería Sarmiento

Laguna Azul and trail to Lago Dickson

Excursions from Puerto Natales

Excursion 1 Cueva del Milodón

Excursion 2 Balmaceda and Serrano glaciers (Bernard O’Higgins national park)

Excursion 3 Sierra Baguales

LOS GLACIARES NATIONAL PARK, ARGENTINA

Excursion from El Calafate

Excursion 4 Perito Moreno glacier

Walk 8 Cerro Fitzroy (El Chaltén) and Cerro Torre

Stage 1 El Chaltén – Campamento Agostini

Stage 2 Campamento Agostini – Campamento Poincenot

Stage 3 Campamento Poincenot – Laguna de los Tres (return)

Stage 4 Campamento Poincenot – Laguna Piedas Blancas (return)

Stage 5 Campamento Poincenot – El Chaltén

Appendix A Gateway towns and cities

Appendix B Accommodation within Torres del Paine national park

Appendix C Language notes and glossary

Appendix D Contacts and online resources

Appendix E Further reading