



## Nova Scotia Nature Trust Torres del Paine circuit trek overview:

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**When:** February 2013 (February 1-9)

**What:** Guided trekking challenge through Torres del Paine, Patagonia to raise funds for wilderness conservation in Nova Scotia.

Trekking in the midst of glaciers, granite towers, turquoise lakes and vast grasslands of Patagonia, southern Chile, this trip offers you an adventure of a lifetime. The rare and ecologically-rich environment of Torres del Paine National Park is considered one of the premier treks in the world and represents one of the many breath-taking places protected for its scenic beauty and ecological significance. The Nature Trust's goal is to facilitate a spectacular trek around the high peaks of Torres del Paine in the heart of Patagonia and raise critical funds for wilderness protection in Nova Scotia. Every dollar fundraised is a dollar towards saving natural habitat, old-growth forests and pristine coastlines in Nova Scotia.

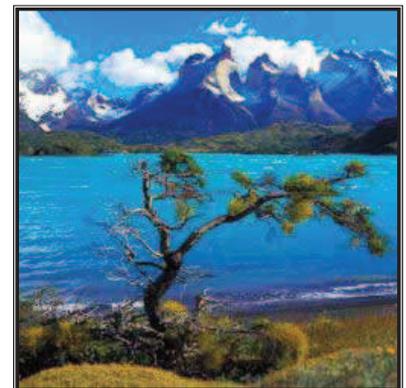
Support the protection of Nova Scotia's natural legacy while exploring one of the world's most unique and fascinating protected areas.

**Trip cost:** \$2750    **Initial deposit:** \$700

**Fundraising target:** \$2,500 per participant

**Trip duration:** 9 days (with optional extensions)

**Who:** participants with a passion for travel, adventure and a moderate/good level of fitness



**More information:** [expeditionfortheearth.ca](http://expeditionfortheearth.ca) · (902) 425-5263 · 1-877-434-5263 · [expedition@nsnt.ca](mailto:expedition@nsnt.ca)



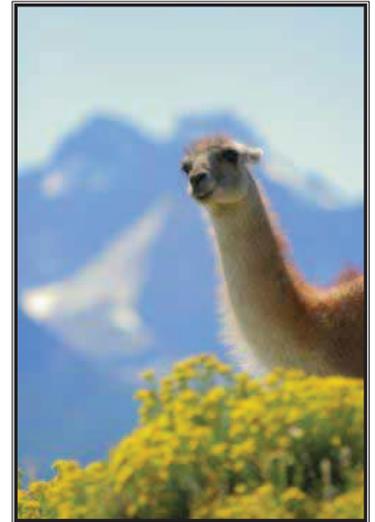
**Description:**

Trek through a land where lakes sparkle like emeralds, where glaciers defy gravity and where wildflowers cover the expansive meadows like a patchwork quilt—Patagonia.

The journey begins at the southern tip of the Americas in Punta Arenas, Chile, the historic port city where many of the early Antarctic expeditions began.

Following our time in Punta Arenas, we travel north to Torres del Paine National Park where our adventure truly begins as we set out to complete the famous “W Trek” alongside the iconic Paine Massif. Highlights of the circuit are countless, but some notable sights will include the massive Grey Glacier, the John Gardner Pass, the Valley of Silence and French Valley, and the countless towering peaks and turquoise lakes that will continuously surround us.

Your knowledgeable and passionate guides will keep you safe, comfortable and engaged with your surroundings. The natural history and human folklore of Patagonia are sure to delight and captivate the curious mind.



## Trip itinerary

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**Day 1** (Feb 1) – Depart Canada for Santiago, Chile. Take connecting flight to Punta Arenas.

**Day 2** – Arrive in Punta Arenas, Chile’s southernmost city. Dinner will be served at the historic Jose Nogueira Hotel, where Sir Ernest Shackleton negotiated the famous Antarctic rescue of his stranded crew on the ship *Endurance*.

### Overnight Punta Arenas in the Hotel Dreams



**Day 3** - Morning departure to Torres del Paine National Park where the real adventure begins. We will stop for a visit to the Milodon Cave a geological wonder and former home to an extinct species of giant sloths.

### Overnight Hotel Torres *Transfer distance – 384 kilometers / 6 to 7 hours’ drive*



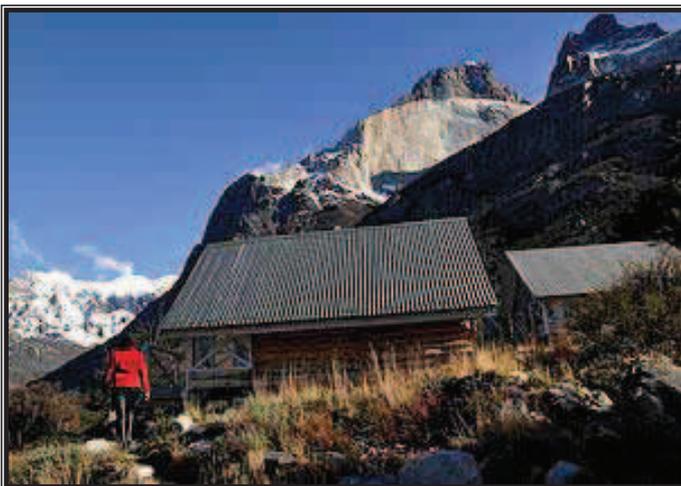
**Day 4** – Our goal is to complete the most famous trekking trails. We walk from the hotel and connect with the winding path up to **Ascencio Valley**. We will pass through beech forests and along bubbling creeks during the walk into the valley. This mass of boulders is the last stop before we meet the Torres del Paine. This is one of the most marvelous sights in the world! The Torres del Paine (2,900 m/ 9,400 ft) are three gigantic monoliths, the remains of a great cirque sheared away by the forces of glacial ice.

#### Overnight Hotel Torres



**Day 5** – Today we will hike along the winding Cuernos trail beside beautiful Lake Nordenskjold. We will get a taste of the park's scenery, wildlife, strong winds and changing weather. As we advance, we'll enjoy the magnificent views of the park's central lakes and Paine's Horns; majestic black horn-like peaks of slate atop gray granite. We stop for some great photo opportunities and to enjoy a delicious lunch. The trek ends at Refugio Los Cuernos, a small and cozy mountain refuge located by the shores of Lake Nordenskjold.

#### Overnight Refugio Los Cuernos



**Day 6** – Today our trek will be more challenging. Our goal is Valle Frances (French Valley), which is accessed by a steep trail that leads into the very heart of the Paine Massif. When we reach the hanging bridge over the French River located at the foot of the south-east face of the Massif, we'll enjoy our first amazing views. From here, we continue up the trail until we reach the upper valley. The entire group of geological formations of the high valley can be seen here: Hoja (Blade), Máscara (Mask), Espada (Sword), Catedral (Cathedral), Aleta de Tiburón (Shark's Fin) and the Fortaleza (Fortress). An optional trek to Mirador Británico is available as well.

### Overnight Refugio Paine Grande



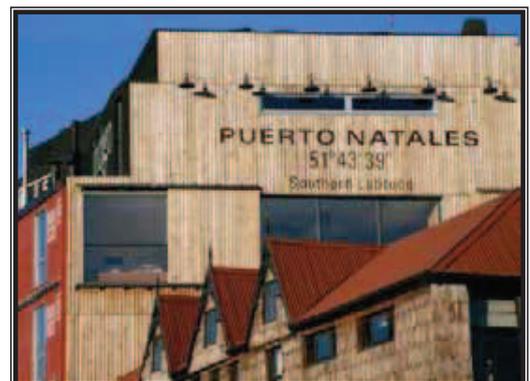
**Day 7** - We hike from the refugio along the shores of Lake Pehoe to the northern end of Lake Grey. We'll enjoy lunch before boarding the boat that sails to the blue face of Glacier Grey. If the weather conditions prevent us from navigating Lake Grey, we'll hike back to Paine Grande and board the catamaran to Lake Pehoe. Transfer to our hotel.

### Overnight Hotel Torres.

**Day 8** – Drive to Punta Arenas. Visit the colourful town of Puerto Natales along the way.

### Overnight Punta Arenas .

**Day 9 (Feb 9)** - Return flights to Santiago and Canada.  
**BAI Trip Ends.**



## Trip information

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### Trip costs include:

- accommodations in Chile (double occupancy)
- all transportation for those on the regular (official) schedule
- meals as indicated on the official itinerary
- all park fees and permits for participants and staff
- all group equipment for the trek
- personalized guide services of a top Berg Adventures International guide



### Trip costs do not include:

- international round-trip airfare to South America and all domestic flights
- international visas for Chile
- meals, hotels and transportation outside the regular itinerary
- excess-luggage charges and airport taxes
- personal gear
- international vaccinations
- single-room supplement for hotels
- medical/evacuation trip insurance
- charges incurred as a result of delays and itinerary changes beyond the control of Berg Adventures International (travel insurance is strongly recommended to cover any unforeseen costs; please contact our office for more information)
- tips and gratuities
- alcohol and bottled drinks

### Weather conditions:

Heading into the Patagonian Andes, travelers will experience strong winds. During hikes, a strong sun makes for a hot midday however evening temperatures are often cool. Expect to experience classic variable mountain weather: warm in direct sunlight, cool on cloudy days and at night. Dress in layers and prepare to adjust your layers all day as you climb and hike in Patagonia. The majority of the trekking will take place at lower elevations despite featuring some of the wildest mountain scenery in the world.

## Web updates:

Your adventure in Southern Patagonia will be updated on the internet via satellite phone. Daily reports will be posted to the web on BergAdventures.com as a great way for your group to share stories and photographs of your adventures while “on the scene” during your trip. In the past, these updates have been used by family, friends and supporters to track the progress of groups, by classrooms to learn about the wild places visited, and by local newspapers to report stories of interest. Internet access and cellular reception will be very limited within the National Park, however there will be opportunity for phone and internet connection in Punta Arenas and Puerto Natales.

## What do I need to organize?

Almost nothing. Let the Nature Trust and Berg take care of everything allowing you to focus on fundraising! Just give the Nature Trust a call or email and we will put Berg Adventures in touch with you to provide all the information you need including what to pack, travel information and exciting trip extensions if you would like to explore even more after the trek!

## Fundraising

This adventure trek will raise critical funds for land conservation in Nova Scotia. Each participant is asked to raise a minimum of \$2500 in order for every dollar to go towards land conservation. We have lots of fun and easy fundraising ideas to help you reach your goal (and beyond!) – Check out our “Fundraising Ideas” information sheet.



## Who is Berg Adventures?



As one of the world's leading adventure travel and mountaineering companies, Berg Adventures provides unsurpassed experiences for the discerning traveler in many of our planet's most amazing natural locations. Wherever they go, their goals for adventure are the same: to give you the opportunity to reach your travel and trekking goals abroad while fostering cultural awareness and personal growth. They believe strongly in responsible travel and have long been committed to running ecologically sensitive, low-impact adventures.

Your trek will be guided by bird enthusiast, Roberto Carlos Bahamondez Reyes, an active member of the organization Aves de Chile (Birds of Chile) and an avid outdoor educationalist. For more information on Birds of Chile (and if you can navigate through Spanish!) please visit <http://www.avesdechile.cl/>. Leila Silveira, an avid white-water kayaker, climber and traveler, will also be guiding you on this adventure and can offer plenty of information on extending your stay in Chile (and South America). Please feel free to contact her directly at [Leila@bergadventures.com](mailto:Leila@bergadventures.com).



# The Nova Scotia Nature Trust

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Every day, places in Nova Scotia that have been enjoyed for generations are being subdivided, roaded, privatized and irreversibly changed. Our unique natural legacy is disappearing. With 70 % of all land privately owned, including over 85 % of our coast, many of our last remaining old-growth forests, and critical habitat for nationally and globally endangered species are vulnerable to development. The Nova Scotia Nature Trust is hard at work to protect these wild spaces before it's too late.

## Who we are

- a land trust dedicated to preserving the unique and irreplaceable natural gems of Nova Scotia
- the only Nova Scotian organization focused exclusively on protecting outstanding natural areas through private land conservation

## The Nature Trust at work:

- 47 conservation sites, including over 6,000 acres of Nova Scotia's most special places protected...forever
- conservation lands encompassing a diversity of significant natural features, from pristine coastal islands and beaches, to unspoiled lakeshores and wildlife habitat
- an engaging conservation education program providing public outreach, guided excursions, and hands-on community participation

## Our Track Record:

- one of only four Canadian charities honoured for excellence by the TD Friends of the Environment Foundation, receiving top honours for innovation
- recognized as one of the country's leading land trusts by the Canadian Land Trust Alliance
- broad community support through membership, donations, grants, special events, and corporate and government partnerships

