



Welcome!

All of us at OneSeed thank you for your support of our mission. We're excited for you to join us in Chile and Argentina on what will be an unforgettable adventure!

Please review the attached schedule of events, expedition itinerary, and other materials to help prepare for your expedition.

We are here to help you with any needs that may arise. Simply contact the front desk with any request, and a OneSeed staff member will contact you. You can also reach Sergio directly at +56 983402853 or via email at sergio@oneseedexpeditions.com

Exploring the world. Investing in people.

- Team OneSeed

USEFUL PHRASES

Below are some simple phrases to help you as you explore this beautiful country!

Greetings / Hello

My name is

Good morning

Good after

Good evening

How are you?

I am fine

Hola

Me llamo _____

Buenos días

Buenas tardes

Buenas noches

Cómo está usted

Estoy bien.



SCHEDULE OF EVENTS

Day 1:

Morning: Arrival, airport pick-up and check-in to hotel
Afternoon: Lunch at your convenience (not included)
Evening: Dinner at your convenience (not included)

Day 2:

08:00 am: Breakfast provided at the hotel
09:45 am: Head to the vineyard for lunch and wine!

Day 3:

03:45 am: *Pre-dawn departure for the Santiago Airport
09:15 am: Arrive in Punta Arenas
10:30 am: Depart for Puerto Natales (3 hours)
2:30 pm: Depart for Torres del Paine National Park (2.5 hours)
5:30 pm: Arrive to Refugio Torres del Paine for the evening.

ULTIMATE PATAGONIA ITINERARY

Day 1: Santiago (1,706ft/520m). Upon your arrival to Santiago's international airport, a OneSeed staff member will be there to greet you and take you to our partner bed and breakfast, located within walking distance from La Moneda, Chile's Presidential Palace.

Inclusions: airport shuttle; accommodations

Day 2: Santiago (1,706ft/520m). Head to Chile's famous Maipo Valley for good food and wine! Take a short hike to explore the area before visiting a family-owned, organic vineyard.

Inclusions: Breakfast, lunch (choice of 2 options including vegetarian, coffee, tea, water, juice, soft drinks. Other options available for guest purchase); guided winery tour; accommodations

Day 3: Santiago to Refugio Las Torres (492ft/150m). Wake up early for a pre-dawn flight to Chilean Patagonia. After the 3.5 hour flight, meet your local trekking guide in Punta Arenas, who will take you to Puerto Natales (3 hours) and later to Torres del Paine National Park (2 hours). On the way to the park, soak up the beautiful views of the ocean surrounded by snow-capped peaks before arriving around 5pm. Spend the night within the gates of the park and just a short walk from the trailhead.



Inclusions: All meals (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); airport transfer; bus transportation; domestic flight; park entry fee; accommodations

Day 4: Refugio Las Torres (492ft/150m). Start the trek with day packs as you ascend through a rocky terrain cut by pristine glacial rivers. Climb through a beautiful lenga forest until reaching the base of the towers. Another shorter climb will put you meters from the three sister towers and the emerald lake that sits at their base. Return to the mountain lodge for the evening.

Total distance: 12.5 miles. Approximately 8 hours of trekking (*Only required to carry a day pack)

Inclusions: All meals (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); accommodations

Day 5: Refugio Las Torres to Refugio Los Cuernos (229ft/70m). Spend a majority of this part of the trek nestled on a trail between Lake Nordenskjold and Mount Almirante Nieto of the Paine Massif.

Total distance: 7 miles. Approximately 7-8 hours of trekking

Inclusions: All meals (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); accommodations

Day 6: Refugio Los Cuernos to Refugio Paine Grande (119ft/37m). Head out from Los Cuernos and hike through Torres' old-growth forest. After a short climb, see an impressive viewpoint of the French Valley and Cerro Hoja and Cerro Máscara, two of the famous horned peaks.

Total distance: 9 miles. Approximately 7-8 hours of trekking

Inclusions: All meals (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); accommodations

Day 7: Refugio Paine Grande to Refugio Grey (229ft/70m). Hike to Grey's Glacier, an impressive ice field that covers the west end of the park. Enjoy the beauty of Pehoé Lake and Grey Lake as you approach the glacier.

Total distance: 7 miles. Approximately 4-5 hours of trekking

Inclusions: All meals (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); accommodations

Day 8: Refugio Grey (229ft/70m). On the final day of trekking, make your way along Grey's Glacier toward Campamento Paso. Scale ladders and enjoy views of the glacier before returning to the lodge for dinner.



Total distance: 6-7 miles. Approximately 6-8 hours of optional trekking (*Only required to carry a day pack)

Inclusions: All meals (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); accommodations

Day 9: Refugio Grey to Puerto Natales (10ft/3m). Spend one final half day in the park. A short three hour walk toward the lake will take you to the catamaran back to Pehoé and out of the park. Bus transportation will be awaiting your arrival to take the scenic ride back to Puerto Natales. Share a farewell to Chile dinner with your guide before a restful night in our partner lodge.

Total distance: 7 miles. Approximately 4-5 hours trekking

Inclusions: All meals (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); bus transportation; catamaran ride; accommodations

Day 10: Puerto Natales to El Chaltén (1,706ft/520m). Take a bus from Puerto Natales to Calafate (5 hours). Travel overland to El Chaltén, where you will meet your Argentina guide. Settle in and prepare to begin your trek the next morning.

Inclusions: Breakfast (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); bus transportation; accommodations at lodge

Day 11: El Chaltén to Piedra del Fraile (1,759ft/536m). The day starts with a 30-minute transfer from El Chaltén to Río Electrico. From here, begin walking along the Electrico valley, through an enchanting lenga forest before arriving at Piedra del Fraile, your home for the night. After a short break and some lunch, continue along the valley towards the Pollone Glacier and admire the northern face of Mt Fitz Roy. After a short break at this hidden lagoon, return to the mountain lodge in Piedra del Fraile to enjoy a hot meal and rest.

Total distance: 9 miles. Approximately 6 hours of trekking.

Inclusions: All meals (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); accommodations

Day 12: Piedra del Fraile to Mt. Fitz Roy to Laguna Capri (2,628ft/801m). After breakfast, head off towards the Piedras Blancas glacier and river. The path ascends steeply up to Laguna de los Tres, the closest you can get to Fitz Roy before needing technical skills. At the top, enjoy breathtaking views of Mt. Fitz Roy, its satellite mountains, and the valley through which you have come. Weather permitting, have lunch at the lagoon before starting the descent towards Poincenot, your next camp. Be prepared to take more pictures of this stunning spot in the park!

Total distance: 11 miles. Approximately 7-8 hours of trekking.



Inclusions: All meals (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); accommodations

Day 13: Laguna Capri to Cerro Torre to El Calafate (1,316ft/401m). Arise early to take sunrise photos of Mt. Fitz Roy in a beautiful hue of red, reflected on Laguna Capri. After breakfast, continue through the beautiful lenga forests past the lagoons – Madre, Hija and Nieta. The path is quite flat, which is a nice break after the climbing of the day before! After a couple of hours, drop in to the glacial valley that takes you towards Laguna Torre (2,136ft/651m). This valley is loved by geologists and photographers for its perfect “U” shape. At the end of the valley, see Laguna Torre, its glacier and the famous Mt. Torre, which is considered one of the most difficult mountains in the world to climb. After lunch at the lagoon, head back towards El Calafate along the Fitz Roy River valley.

Total distance: 12 miles. Approximately 6 hours of trekking.

Inclusions: All meals (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); accommodations

Day 14: Calafate to Puerto Natales (673ft/205m). Wrap up your time in Argentina and return to Puerto Natales, Chile for the evening.

Inclusions: Breakfast; bus to Puerto Natales, accommodations at lodge

Day 15: Puerto Natales to Santiago (1,706ft/520m). Take a bus to Punta Arenas and fly back to Santiago for a final evening in Chile’s capital of Santiago.

Inclusions: Breakfast (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); bus transportation; domestic flight; airport transfer; accommodations

Day 16: Santiago (1,706ft/520m). International flights depart.

Inclusions: Breakfast (choice of 2 options including vegetarian, coffee, tea, water. Other options available for guest purchase); airport shuttle.

Please note: *All itineraries are subject to change based on local conditions and the judgment of the guide. We reserve the right to modify the itinerary due to medical considerations or the ability of participants as judged by the guide.*



PACKING LIST

Documents and Logistics

- Passport valid through end of trip (*Passport and entry receipt must be carried at all times during expedition!)
- Medical insurance card
- Cash for tipping guides, buying souvenirs, incidental costs, etc. (*Note: Please bring crisp US bills. Many places will not accept torn, wrinkled, or worn bills)

Expedition Gear

- Change of clothes for Santiago - *to be kept in storage during expedition*
- Backpack (*for carrying your gear*)
- Down jacket
- Fleece jacket or vest (1)
- Synthetic hiking pants (1)
- Waterproof jacket
- Rain pants
- Synthetic long underwear (top and bottom)
- Synthetic T-shirt (2)
- Wool or synthetic hat
- Light gloves
- Waterproof hiking boots
- Nylon-wool blend socks (2-3)
- Sandals (for walking around the lodges in the evening)
- Day pack – should be light and easy to stuff in main pack when not in use
- Water bottle
- Headlamp
- Sunscreen
- Sunglasses
- Quick-dry towel
- Personal toiletries and medicine (showers are available during the trek)
- Sleeping bag w/ 30°F rating
- Pack cover
- Toilet paper in ziplock bag
- Ditty Bag and extra ziplock baggies for toilet paper waste on the trail

Other (optional)

- Reading material for the trail
- Hotel reservations for extended time in Chile (if applicable)
- Guidebooks
- Camera
- Trekking poles (must fit inside pack for domestic flight)
- Synthetic shorts
- Bandana (for dust and wind)
- Energy/protein bars (especially for vegetarians, as non-meat sources of protein are scarce)
- Outlet adapter
- Zip-lock bags for waterproofing passport and other valuables



Emergency Medical Form

PERSONAL INFORMATION	
Name: Phone #: Address: Passport #:	
EMERGENCY CONTACT	
Name: Phone: Email: Relation:	
HEALTH INSURANCE	
Provider Name: Policy #: Group #:	
PERSONAL PHYSICIAN	
Name: Office: City/State: Phone:	
SPECIAL NOTES	
Blood Type: Contacts?: Dentures?:	
MEDICINE	
Current Medicine Usage: Allergies:	



Medical Consent Agreement

In the event of accident injury, or illness while participating in an expedition under the auspices of OneSeed Expeditions where I am unable to consent I hereby voluntarily consent to such medical care and treatment by any hospital or physician(s) as the hospital or physician(s) deem necessary or advisable. I authorize any staff member of OneSeed Expeditions to consent to such medical care or treatment on my behalf. I agree to pay the reasonable cost of such medical care or treatment and to indemnify and hold free and harmless of all liability for such cost OneSeed Expeditions and its officers and members.

I hereby specifically authorize the use of helicopter and other forms of evacuation, including, but not limited to horse, human, jeep, or other conveyance, in the event such methods are deemed necessary by OneSeed staff, guides, or officers.

I understand that the cost of a helicopter transport is based on distance, altitude, and duration of evacuation. Hourly costs for helicopter transport begin at \$2,000 USD per hour. I hereby agree to submit payment to any provider immediately upon receiving services.

I understand that the Medical and Evacuation insurance provided by OneSeed Expeditions and included in the cost of my expedition covers the expense of evacuation and medical care as outlined in the policy description. I am fully responsible for initial payment of medical and evacuation costs. I am also responsible for processing insurance claims and agree to pay the cost of such medical care and to indemnify and hold free and harmless of all liability for such costs OneSeed Expeditions.

SIGNATURE: _____

DATE: _____

