

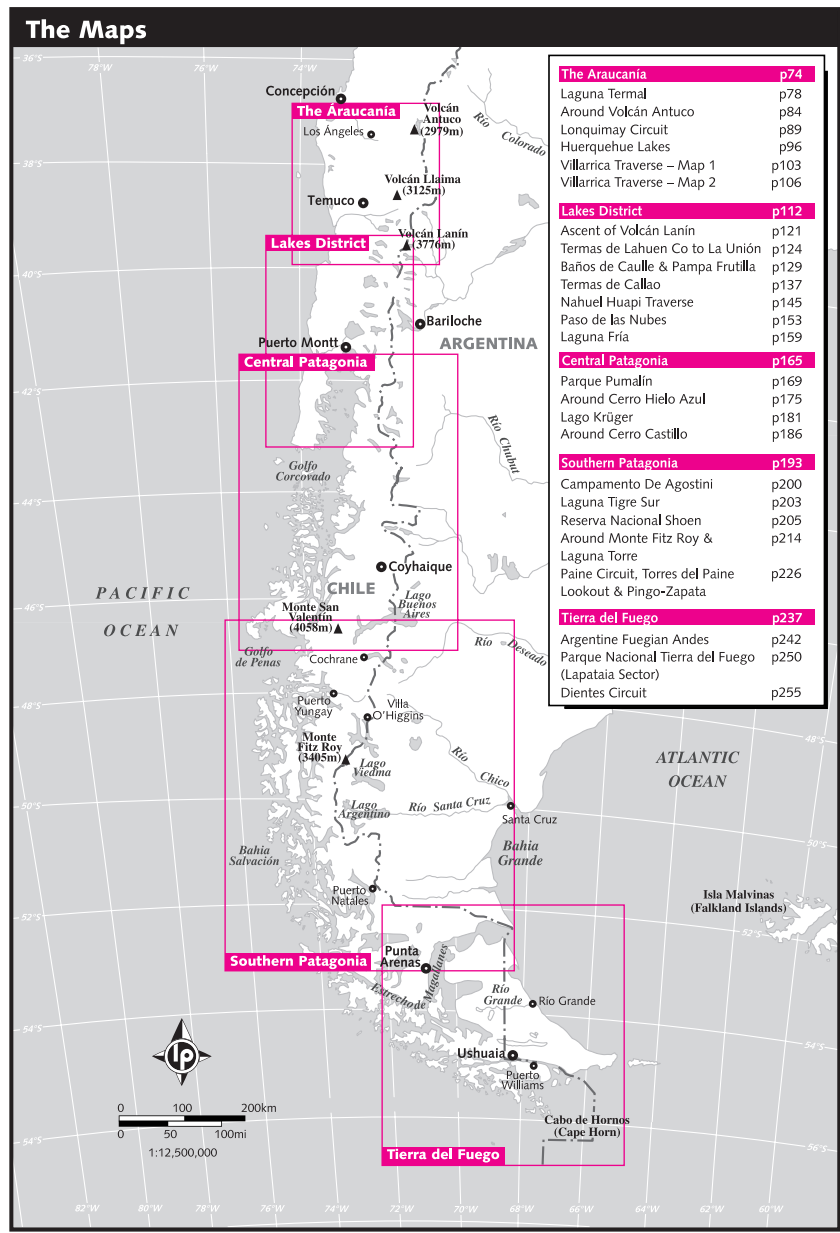
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The Treks	Duration	Difficulty	Transport
The Araucanía			
Laguna Termal	6½–8¼ hours	moderate	bus
Around Volcán Antuco	3 days	moderate	bus & walk
Lonquimay Circuit	6 days	moderate–demanding	bus
Huerquehue Lakes	4 days	easy–moderate	bus
Villarrica Traverse	6 days	demanding	tour or taxi; bus
Lakes District			
Ascent of Volcán Lanín	3 days	demanding	bus
Termas de Lahuen Co to La Unión	2 days	easy	tour or taxi
Baños de Caulle	4 days	moderate	bus
Pampa Frutilla	2 days	easy–moderate	bus
Termas de Callao	3 days	easy	boat & bus
Nahuel Huapi Traverse	5 days	moderate–demanding	bus
Paso de las Nubes	2 days	moderate	bus & boat
Laguna Fría	2 days	easy–moderate	bus & walk
Central Patagonia			
Laguna Tronador	2½–3½ hours	easy–moderate	bus or tour
Sendero Alerces	30–40 minutes	easy	bus or tour
Cascadas Escondidas	1½–2 hours	easy	bus or tour
Around Cerro Hielo Azul	3 days	moderate	bus or taxi
Lago Krüger	4 days	moderate	bus
Around Cerro Castillo	4 days	moderate–demanding	bus
Southern Patagonia			
Campamento De Agostini	4 days	easy–moderate	bus
Laguna Tigre Sur	2 days	moderate	bus or taxi
Reserva Nacional Shoen	2 days	easy	bus, plane or boat
Laguna Torre	2 days	easy	bus
Around Monte Fitz Roy	3 days	easy–moderate	bus
Torres del Paine Lookout	4½–6 hours	easy–moderate	bus
Paine Circuit	8 days	moderate–demanding	bus
Pingo-Zapata	2 days	easy	bus & van
Tierra del Fuego			
Sierra Valdivieso Circuit	4 days	demanding	van or taxi
Laguna Esmeralda	3–4 hours	easy	van or taxi
Paso de la Oveja	3 days	moderate	taxi
Dientes Circuit	5 days	moderate–demanding	boat or plane

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	Dec–Apr	Circumnavigation of a dormant volcano through a fascinating post-eruption landscape	87
	Nov–Apr	Exploration of a subalpine lake basin on the way to remote hot springs	95
is	Dec–Mar	Scenic high-level route along a rugged and complex volcanic range	100
	Nov–Apr	Climb to the top of a majestic volcanic cone for panoramic views	118
	Nov–May	An uncomplicated trek to the scenic shores of Lago Paimún	122
	Dec–Apr	Popular trek to a thermal field with fumaroles, geysers and hot springs	126
	Nov–Apr	Gentle rise to tarns among rolling grassy alpine meadows	131
	Oct–May	Laid-back amble between two lakes via hot springs with volcano views	135
	Dec–Apr	Classic pass-hopping route amid the finest Lakes District scenery	142
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	Nov–May	Energetic trek to a jewel of a lake among luxuriant rainforest	170
	Nov–May	Brief return trek to stands of glorious old alerces	170
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	Nov–Apr	Route linking two lovely alpine valleys fringing the Argentine steppes	173
	Nov–Apr	Pleasant trek past lakeside beaches lined by graceful <i>arrayán</i> trees	179
	Dec–Mar	Route through a raw alpine landscape with hanging glaciers, craggy peaks and tumbling waterfalls	183
	Nov–Apr	Little-travelled route into a wild remote valley under Monte San Lorenzo	199
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	Nov–Apr	Pass route linking two idyllic forested Fuegian valleys behind Ushuaia	246
	Dec–Mar	World's most southerly loop across tiny passes in windswept subantarctic ranges	253

The Authors

Clem Lindenmayer

Clem has spent much of the past two decades exploring the earth's wildest mountain regions. His trips have taken him to *almost* every continent – but he insists he still intends to trek across the trans-Antarctic mountains some day! He has always had a special fondness for the wild temperate lands of the Southern Hemisphere (and has also tramped extensively in Tasmania and New Zealand), returning regularly to the wilds of the Patagonian Andes. Clem has authored Lonely Planet's *Walking in Switzerland* and has coauthored *Hiking in the Rocky Mountains* and *Hiking in the USA*, and has also helped update our travel guidebooks on China, Southeast Asia and Europe.



Nick Tapp

Nick first picked up a rucksack while at university, some time last century, and was instantly converted. The career in medicine never eventuated but the outdoor habit stuck, and he has since walked, skied and/or climbed in five continents. This was his second trip to the Patagonian Andes. His first job in publishing, with Australia's *Wild* and *Rock* magazines, began in the packing room and ended in the editor's chair. His next, at Lonely Planet, led to the dizzy heights of publisher of outdoor activity guides. Nowadays he is a freelance editor, writer, photographer and dad based in Melbourne. He has coauthored two editions of Lonely Planet's *Walking in Italy*.



FROM THE AUTHORS

Clem Lindenmayer

Once again, I'm deeply grateful to all the staff of Chile's Conaf and Argentina's Administración de Parques Nacionales for their diligent assistance. In particular, I'd like to thank the following *guardaparques*: Jhon Bahamondez (Conaf, Villa O'Higgins), Luis Briones (Conaf, Puyehue), Mauricio Castell Cordero (Conaf, Conguillio), Fernando Grandón (Parque Pumalín, Chaitén), Marcos Mattus Lagos (Conaf, Villarrica), Felix Ledesma (Conaf, Huerquehue), Rodrigo Marín Suniga (Conaf, Conguillio), Daniel Martín (APN, Villa Futalaufquen) and Javier Subiabre (Conaf, Cochrane).

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Nick Tapp

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This Book

The first two editions of *Trekking in the Patagonian Andes* were written by Clem Lindenmayer. Since then Clem has had the honour of having the mountains Cerro Clem and Montes Lindenmayer named after him by Chile's Ministerio de Bienes Nacionales (Ministry of National Resources). This edition was written by Clem Lindenmayer and Nick Tapp. Coordinating author Clem Lindenmayer wrote Facts about the Patagonian Andes, Watching Wildlife, Facts for the Trekker, Clothing & Equipment, Health & Safety, Travel Facts, Central Patagonia and Tierra del Fuego. Both Clem Lindenmayer and Nick Tapp contributed to the Araucanía, Lakes District and Southern Patagonia chapters. Some material from the fifth edition of *Chile & Easter Island* and the fourth edition of *Argentina, Uruguay & Paraguay* was used in this book.

FROM THE PUBLISHER

This edition of *Trekking in the Patagonian Andes* was commissioned at Lonely Planet's Melbourne base by Andrew Bain and Marg Toohey. The coordinating editor was Gabbi Wilson and the coordinating cartographer was Andrew Smith. Editorial assistance was provided by Andrew Bain, Nancy Ianni, Charlotte Keown, Nick Tapp, Fionnuala Twomey, Katrina Webb and Simon Williamson. Mapping assistance was provided by Barbara Benson. The book was laid out by John Shippick and the cover was designed by Wendy Wright. The language chapter was produced by Quentin Frayne and reviewed by resident Argentinian Gus Balbontin. The project was managed through production by Glenn van der Knijff.

Thanks

Many thanks to the travellers who used the last edition and wrote to us with helpful hints, advice and interesting anecdotes:

Tim Allman, Cameron Bell, Gabriel Bevacqua, P & F Black, Jose Blanco, Joseph & Isabelle Blandin-Taris, Justin Boocock, Peter Brazier, Ian Bunton, Anne Burgess, Alex Castillo, Alexander Caton, Dave Diperna, Jorg Droste, Sam Esmiol, Christine Fetterhoff, Montse Fontellas, B E Furnston, Amit Golander, Claudia Hanfland, Jeff Hankens, Sarah Hankinson, Deanna Harris, Justin Harrison, Imke & Andreas Hendrich, Kathryn Hiestand, Jock & Alan Hughes, Doris Hulbaklien, Leonie Janssen, Dion Keech, Roland Kienitz, Pavel Klejna, Tim Langmaid, Gil Liberman, Edgar Locke, Diedrik Lugtigheid, Rebecca Lush, Eoin McGrath, Elizabeth Maclaine-Cross, Arnout Meester, Pete Minor, Anna Moyers, Neal Neal, Robert Neumayr, Karin Obendorfer, Mandy Planert, Julie Wood Prospero, Birgit Ruhfus, Andre Scherphof, Bogdan Siewierski, Diego Singer, Michael Stauch, Christine Sterbecq, Pete Syms, Silvia Ugarte, Xander Van der Burgt, Gunnar Vigerust, Marcus Vinicius Gasques, Phil Waring, Alun Williams

Trek Descriptions

This book contains 31 trek descriptions ranging from day trips to eight-day treks, plus suggestions for side trips and alternative routes. Each trek description has a brief introduction outlining the natural and cultural features you may encounter, plus information to help you plan your trek – transport options, level of difficulty, time frame and any permits required.

Day treks are often circular and are located in areas of uncommon beauty. Multiday treks include information on campsites, huts, hostels or other accommodations and where you can obtain water and supplies.

Times & Distances

These are provided only as a guide. Times are based on actual trekking time and do not include stops for snacks, taking photographs, rests or side trips. Be sure to factor these in when planning your trek. Distances are provided but should be read in conjunction with altitudes. Significant elevation changes can make a greater difference to your trekking time than lateral distance.

All quoted trekking times – unless the text says otherwise – are measured from the place where the last trekking time was given. The sum of these trekking times should more or less equal the number of hours quoted for the whole of that route description/trekking stage. In most cases, the daily stages are flexible and can be varied. It is important to recognise that short stages are sometimes recommended in order to acclimatize in mountain areas or because there are interesting features to explore en route.

Level of Difficulty

Grading systems are always arbitrary. However, having an indication of the grade may help you choose between treks. Our authors use the following grading guidelines:

Easy – a trek on flat terrain or with minor elevation changes, usually over short distances on well-travelled routes with no navigational difficulties.

Moderate – a trek with challenging terrain, often involving longer distances and steep climbs.

Demanding – a trek with long daily distances and difficult terrain with significant elevation changes; may involve challenging route-finding and high-altitude or glacier travel.

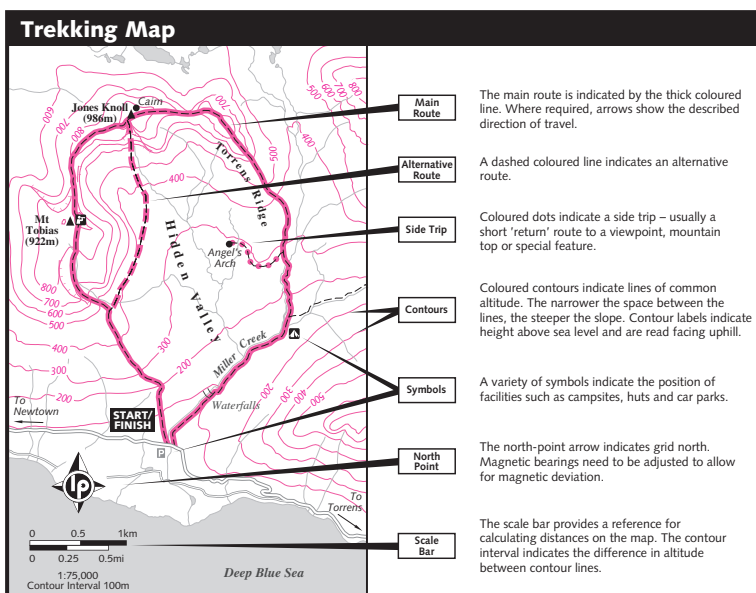
True Left & True Right

The terms 'true left' and 'true right,' used to describe the bank of a stream or river, sometimes throw readers. The 'true left bank' simply means the left bank as you look downstream.

Maps

Our maps are based on the best available references, often combined with GPS data collected in the field. They are intended to show the general route of the trek and should be used in conjunction with maps suggested in the trek description.

Maps may contain contours or ridgelines, in addition to major watercourses, depending on the available information. These features build a three-dimensional picture of the terrain, allowing you to determine when the trail climbs and descends. Altitudes of major peaks, passes and localities complete the picture by providing the actual extent of the elevation changes.



Route Finding

While accurate, our maps are not perfect. Inaccuracies in altitudes are commonly caused by air-temperature anomalies. Natural features such as river confluences and mountain peaks are in their true position, but the location of villages and trails is not always so. This may be because a village is spread over a hillside, or the size of the map does not allow for detail of the trail's twists and turns. However, by using several basic route-finding techniques, you will have few problems following our descriptions:

Maps 11

1. Always be aware of whether the trail should be climbing or descending.
2. Check the north-point arrow on the map and determine the general direction of the trail.
3. Time your progress over a known distance and calculate the speed at which you travel in the given terrain. From then on, you can determine with reasonable accuracy how far you have travelled.
4. Watch the path – look for boot prints and other signs of previous passage.

Map Legend

BOUNDARIES International Regional Disputed		ROUTES & TRANSPORT Freeway Highway Main Road Secondary Road One-Way Road Unsealed Major Road Unsealed Minor Road 4WD Track Lane Ferry Route	 Tunnel Train Route & Station Train Tunnel Chair Lift/Ski Lift Described Route Alternative Route Side Trip Trekking Track Undefined Track Trek Number & Direction of Trek (one way; both ways)	
HYDROGRAPHY Coastline River, Creek River Flats Lake Glacier Canal/Pipeline Spring/Geysers Waterfall Swamp (Mallin)		AREA FEATURES Park (Regional Maps) Park (Trekking Maps) Beach Urban Area			
MAP SYMBOLS					
..... CAPITAL National Capital CAPITAL Regional Capital CITY City Town Town Village Village Farm Settlement Hut (Refugio) Camping Site Lookout (Mirador) Place to Eat Point of Interest Place to Stay Shelter	 Airport/Airfield Bridge/Footbridge Building Castle Cathedral/Church Cliff or Escarpment Contour Gate Golf Course Hospital Lighthouse Mine Monument Mountain/Hill/Volcano	 Museum Parking Pass/Saddle Picnic Area Post Office Pub Ruin Ski Fields Spot Height Stately Home Telephone Toilet Tourist Information Trigonometric Point	

Note: not all symbols displayed above appear in this book

Foreword

ABOUT LONELY PLANET GUIDEBOOKS

The story begins with a classic travel adventure: Tony and Maureen Wheeler's 1972 journey across Europe and Asia to Australia. There was no useful information about the overland trail then, so Tony and Maureen published the first Lonely Planet guidebook to meet a growing need.

From a kitchen table, Lonely Planet has grown to become the largest independent travel publisher in the world, with offices in Melbourne (Australia), Oakland (USA), London (UK) and Paris (France).

Today Lonely Planet guidebooks cover the globe. There is an ever-growing list of books and information in a variety of media. Some things haven't changed. The main aim is still to make it possible for adventurous travellers to get out there – to explore and better understand the world.

At Lonely Planet we believe travellers can make a positive contribution to the countries they visit – if they respect their host communities and spend their money wisely. Since 1986 a percentage of the income from each book has been donated to aid projects and human rights campaigns, and, more recently, to wildlife conservation.

Although inclusion in a guidebook usually implies a recommendation we cannot list every good place. Exclusion does not necessarily imply criticism. In fact there are a number of reasons why we might exclude a place – sometimes it is simply inappropriate to encourage an influx of travellers.

UPDATES & READER FEEDBACK

Things change – prices go up, schedules change, good places go bad and bad places go bankrupt. Nothing stays the same. So, if you find things better or worse, recently opened or long-since closed, please tell us and help make the next edition even more accurate and useful.

Lonely Planet thoroughly updates each guidebook as often as possible – usually every two years, although for some destinations the gap can be longer. Between editions, up-to-date information is available in our free, monthly email bulletin *Comet* (www.lonelyplanet.com/newsletters). You can also check out the *Thorn Tree* bulletin board and *Postcards* section of our website, which carry unverified, but fascinating, reports from travellers.

Tell us about it! We genuinely value your feedback. A well-travelled team at Lonely Planet reads and acknowledges every email and letter we receive and ensures that every morsel of information finds its way to the relevant authors, editors and cartographers.

Everyone who writes to us will find their name listed in the next edition of the appropriate guidebook. The very best contributions will be rewarded with a free guidebook.

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