

HIKINGS Y TREKKINGS - Details

Hike to Cascada del Río de los Perros

Duration: 1 ½ hours. (Round hike)
Slope steepness: Soft
Lunch: Estancia Cristina Main House
Ability level: Low

Ideal for every guest.

Short walk along the east margin of the valley within Estancia Cristina.

Full appreciation of flora and fauna native to the National Park.

Wondrous views of Anita Lake, Colgantes and del Valle Glaciers and Estancia Cristina Main House on arriving at **Río de los Perros Cascade**.

Hike to Laguna de la Pesca

Duration: 2 ½ hours. (Round hike)
Slope steepness: Soft
Lunch: Estancia Cristina Main House
Ability level: Low
Requirement: Permit & Fishing Gear (for those who want to go fishing)

- ✓ Ideal for Fishing lovers.
- ✓ North-bound walk to the end of the valley while enjoying the National Park native flora and fauna. Rain-originated lagoons and fantastic birds on the way. Good samples of Rainbow Trout in **Laguna de la Pesca**. Ideal place for resting and contemplating nature.

Hike to Lago Anita

Duration: 2½ hs. (Round hike)
Slope steepness: Soft
Lunch: Estancia Cristina Main House
Ability level: Low

- ✓ A north-bound walk of about 7 km long to the end of the valley, across uneven terrain and along the winding left bank of the Caterina River. Typical vegetation in this valley: steppe.
- ✓ Final destination: Anita Lake and its rocky shore, surrounded by low ñires (*Nothofagus antarctic*) and offering a sight of the mountains, their highest peak, Cerro Norte, the hanging glaciers around them and an interesting view of the valley.
- ✓ The way back goes along the same trail but, if there is some extra time, some of the lagoons seen from the road can be visited.

Hike to Cerro Carnero

Duration: 3, 5 hours
Slope steepness: 450 meters approx.



Ability level: Moderate, good physical fitness is recommended.

Lunch: Lunch Box

- ✓ Walk starts at Estancia Cristina Main House and heads southeast to the lower top of Cerro Carnero. The trail followed used to be part of the old cattle raising activity. Both rams and lambs were taken grazing by the *peones* from “el carnero” outpost.
- ✓ The Carnero Hill is part of the Cuchillo Range in the pre-Andean region. It is made of extrusive magma rock –volcanic rock-- that was formed during the Jurassic period about 180 million years ago. This range, which can be clearly seen from the Estancia, is the oldest formation in Los Glaciares National Park.
- ✓ The way up offers a number of sights: the Cristina channel, the estancia Main House and a fuller view of the valley that becomes more and more beautiful as the hiker gets higher. Before arriving at the lower top of El Carnero Hill at about 650 m above sea level, hikers go through forests of ñires and lengas and by waterfalls produced by melting ice.
- ✓ Apart from the sights already mentioned, this point offers a splendid view of the Austral Andes Range and of the glaciers that come down from it, such as the north glacier of Cerro Mayo, a part of the Onelli Glaciar, the north Heim, the Bertrand Glaciar, and Upsala Glaciar tributaries, Bertachi and Cono. The most outstanding view, however, is that of the South Patagonian Ice Field and the Mariano Moreno Range.
- ✓ Lunch is served before this natural scenario if the weather is fine. Otherwise, the guide leading the group suggests a better protected place.
- ✓ The way down goes along an alternative trail that surrounds the Cristina Channel of Lago Argentino as far as the pier where the boat awaits the hikers.

Hike to Mirador del Hielo

Duration: 3 ½ hours. (One way)

Height: 620 m. above sea level

Lunch: Lunch Box

Ability level: Moderate / High (steep slopes over the last 40 min.)

The walk goes up toward the north along the **Feruglio Range**. At a height of 800 m above sea level the majestic **Upsala Glacier** can be appreciated in all its splendour, its east front can only be seen from Estancia Cristina.

This spot also offers a spectacular view of the Andes Mountain Range, especially of Bertrand, Cono and Murallón Mounts with their respective glaciers, tributaries of the Upsala Glaciar; as well as part of the South Patagonian Ice Field.

Under good weather conditions, the way back can be done along the Fósiles Creek.

Hike to Mirador Upsala

Duration: 2 ½ hours. (Ida)

Height: 350 m. above sea level

Lunch: Lunch Box

Ability level: Moderate

The excursion heads northwest up the Feruglio Range until reaching 550 m above sea level, from where the east side of Upsala Glaciar can be enjoyed. This side of the Glacier can only be



seen from Estancia Cristina. The Bertrand, Cono and Murallón Mounts in the Andes Mountain Range, as well as part of the South Patagonian Ice can be appreciated in all its magnificence.

Under good weather conditions, the way back can be done along the Fósiles Creek.

Hike to Cañadón de los Fósiles (Complementary Hike)

Duration: 8 hours.

Lunch: Lunch Box

Ability level: Moderate/ High

This hike complements excursions to **Mirador del Hielo** and **Mirador Upsala**. The way down heads north always flanked by the Upsala Glaciar until reaching **Cañadón de los Fósiles**, where 180-million-old fossils can be found.

The way back also offers the sight of a great variety of birds.

Hike to Cañadón de los Fósiles (Fósiles Creek)

Duration: 7/8 hours (Round hike).

Slope steepness: soft

Lunch: Lunch Box

Ability level: Moderate.

- ✓ Hike along an 8-km-long vehicle-made mountaneous trail.
- ✓ Used to be covered by glaciers until quite recently; greatly interesting to the geologically minded.
- ✓ View of Guillermo Lake and of the imposing east side of the Upsala Glaciar, the South Patagonian Ice Field, and of Murallón and Don Bosco Mounts.
- ✓ Descent down Cañadón de los Fósiles, where fossils that attest to the former presence of the sea and that were uncovered by the action of the glaciar can be seen everywhere. The characteristics of this valley are unique in the Park.
- ✓ This activity cannot be undertaken by children under 7 and 7 to 12-year-old minors must be accompanied by their parents.
- ✓ Appropriate clothing for this hike is of the utmost importance: comfortable loose clothes, rubber-soled or trekking style footwear; sun screen.
- ✓ The guide in charge at Estancia Cristina, or whoever has been appointed, is responsible for determining if the visitors that have opted to go on this hike are apt to it. If it is established that the visitor is not actually fit or if he/she does not have suitable clothing, he/she won't be able to take part and no claim or refunding shall be accepted.

Hike to Pascale Shelter.

Duration: 8 hours (Round hike).

Slope steepness: Medium

Lunch: Lunch Box

Ability level: Moderate.

- ✓ An approximately 16-km hike following *pircas* (dry-stone walls) and crossing different environments until reaching Pascale Shelter, built in the mountains, above a lagoon by the same name. It was built by the Instituto del Hielo Continental Patagónico in order to support

expeditions to the Ice Field. At present it is still used by different expeditions that dare venture into the unfriendly ice fields.

- ✓ The trail followed goes along a valley of unique characteristics in Estancia Cristina as far as Cañadón de los Fósiles and then it climbs up. Countless fossils can be found there, a reminder of the remote presence of the Pacific Ocean in the area.
- ✓ The sector before arriving at Pascale Lagoon is marked by innumerable shapes and colors produced by glacial erosion. The whole area is characterized by having been covered with ice for the last century and by its high geological value.
- ✓ Views of the Andes, Valley of Estancia Cristina and neighboring hills.
- ✓ Lunch by the blue waters of the lagoon or inside the Shelter. The guides base their decision on weather conditions

Hike to Laguna Tanhausser

Duration: 6/7 hours (Round hike).

Slope steepness: Moderate

Lunch: Lunch Box

Ability level: Moderate.

- ✓ Hike along a mountaneous trail about 13 km. long. It starts at Valle del Río Caterina and climbs up along the west side of Mesón Hill toward Los Perros Outpost. The trail is immersed in a forest of lengas.
- ✓ After the post, the trail climbs up the morainic terrain of Cuchillo Hill to Tanhausser Lagoon, at the foot of Pintado Hill.
- ✓ Views of the Andes Mountain Range, the Bertrand, Cono and Murallón Mounts, Upsala Glacier and its tributaries, Mariano Moreno Mountain Range and part of the South Patagonian Ice Field.
- ✓ Lunch by this lake, weather permitting. Otherwise, the guide will choose a more protected location or decide to go back to Los perros outpost.

Cañadón Norte

Duration: 5/6 hours (Round hike).

Slope steepness: Moderate

Lunch: Lunch Box

Ability level: Moderate.

- ✓ An approximate 10 km-long hike along Río Caterina Valley, heading north. The trail surrounds Anita Lake and goes past the foot of Cerro Norte, a representative peak of the area. Climb starts by the side of Cerro Masters.
- ✓ The old valleys along which the trail goes were produced by the last glaciation. Ice-melting rivers have to be waded and morainic terrain and Patagonic Andean Forests have to be crossed.



- ✓ Awesome views of the Andes from where the Colgantes Glaciars stem.
- ✓ The way back is along the same trail.
- ✓ Lunch by the Río Norte, with its emerald green waters and flanked by the majestic forest of Lengas and Ñires. An appropriate place to enjoy the Lunch Box made by Estancia Cristina.

Menus for activities

Box Lunch: Homemade bread chicken or meat Sándwich, with lettuce, tomatoe, cheese and arugula oil dressing. A variety of cheeses and hams, focaccias, maize empanadas, brownie and apples. 1 bottle of mineral water of 500 cm3

Farm lunch: Grilled Beef served as sándwiches in home made bread with tomatoe, lettuce and a variety of cheeses and hams. Brownie and Apples. Mineral water, sodas and wine.

