



CanToo Patagonia Challenge 2025



Trip Highlights

- Join CanToo team captain Annie Crawford
- Stay at award-winning EcoCamp Patagonia and enjoy a cozy EcoCamp Dome
- Take on the visually stunning, world famous 'W' trek
- Experience beautiful nature and the best of Torres del Paine National Park
- Explore unique local fauna and flora
- Trek scenic Valle Frances
- Journey by boat to Grey Glacier
- Enjoy the base of the Towers and views of Los Cuernos



Trip Duration	7 days	Trip Code: CA9
Grade	Moderate	
Activities	5 Days walking	
Summary	4 nights Ecocamp, 2 nights camping	

Supporting Your Cause

The CanToo Foundation is an independent health promotion charity committed to funding cancer research and prevention. CanToo has raised over \$33M since 2005, to fund 150+ Australian early career cancer research grants and trained over 20,000 participants to be fitter and healthier. The health promotion charity is fighting cancer on two fronts reducing cancer by getting people moving through goal specific events and adventures and improving patient outcomes through funding lifesaving Australian cancer research projects. At CanToo, we believe everyone can achieve goals they once thought impossible. We believe life is what you make of it, that anything is possible, and if you're willing to take that first step, you CAN TOO!

Your Huma Challenge

Thank you for your interest in our CanToo Patagonia Challenge 2025. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.



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Charity Challenge Payments

Joining Punta Arenas from:	\$5280
Non Refundable Registration Fee:	\$200
Optional Single Supplement:	\$2870
DO - Minimum Charity Donation/fundraising:	\$3300

All prices are per person

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

Trip Dates

2025 23 Feb - 01 Mar

important notes

RF - Registration Fee

DO - Minimum Charity Donation/fundraising

What Impact Will My Fundraising Have?

- Our Vision - Transforming lives through improving health and well being in the community and supporting the research, prevention, care and control of cancer.
- Our Mission - To inspire and support the community to achieve health, fitness, wellbeing and fundraising goals, which invests in research to better prevent, diagnose and treat cancer.
- Our Values - We are about fun, fitness, friends and fundraising! Our goals are to inspire, motivate, support, empower, and include others.

Your Adventure

Torres del Paine in Patagonia is one of the world's most beautiful wilderness areas. An unrivalled landscape of craggy granite peaks that pierce the skyline, impossibly blue lakes, cascading waterfalls and lush valleys carved by ancient glaciers. Experience all of this on our guided W Trek, one of the world's great walks. An astonishing landscape of twisted volcanic peaks, tumbling glaciers and aquamarine lakes, it zigzags across the Cordillera del Paine like a giant W. The trip is designed so that you visit the three main valleys of the park that make up the W and include hiking to the lookout point to the famous Towers, the rushing French river and the hanging glacier of the French Valley. Most nights will be spent in our cosy and unique EcoCamp with its comfortable dome tents, perfectly immersed in the park's wilderness.

Fundraising Options

There are a number of ways you can approach your fundraising:

1. You can fundraise the charity donation.
2. You may choose to pay the charity donation as a personal tax-deductible donation to your charity.
3. Lastly, you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

Online Fundraising Portal

You will have your own fundraising page which will chart your fundraising targets and your journey to Patagonia. Upon registration on the CanToo website a fundraising page will be automatically created for you. You will also receive a Huma Charity Challenge comprehensive confirmation kit that includes a Fundraiser's Guidebook; a great resource for fundraising ideas and support.

Itinerary at a Glance

DAY 1	TO TORRES DEL PAINE NATIONAL PARK
DAY 2	TREK PASO LOS CUERNOS TRAIL, IN TORRES DEL PAINE NATIONAL PARK
DAY 3	TREK THE VALLE DEL FRANCES TRAIL
DAY 4	TREK ALONG GREY LAKE TO GREY GLACIER
DAY 5	TREK TO THE TOWERS
DAY 6	EASTERN LAKES, FAUNA TRAIL WALK
DAY 7	DRIVE TO PUNTA ARENAS, TRIP CONCLUDES

Additional Deposits Required

In addition to the normal World Expeditions per person deposit, this trip requires the prepayment of a 20% deposit of the value of the tour being booked. This deposit is payable at the time of booking and is non-refundable if you cancel the trip or change the trip departure date. We recommend you take out travel insurance at the time of booking.



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Fast Facts

Countries Visited:

Chile

Visas:

Please check visa requirements with your reservations consultant*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Group Size Min:

10

Group Size Max:

16

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

The Americas

*Ask our staff for more information.

Variation to Booking Conditions

Cancellation and amendments/transfer conditions for this trip vary from the standard World Expeditions conditions. If cancellation or amendments to the trip departure date take place after the trip was booked, the additional 20% deposit is non refundable.

What's Included

- 6 breakfasts, 7 lunches and 6 dinners
- Airport transfers on Day 1 and Day 7 (private service basis)
- 4 nights Ecocamp in standard domes twin share
- 1 night accommodation at Camping Paine Grande
- 1 night at Camping Los Cuernos or Camping El Frances
- Camping equipment incl sleeping bag is provided if needed
- Experienced English speaking guides
- Guide to passenger ratio is 1:6
- Sightseeing, national park and site entry fees as listed
- All ground transport as indicated in the itinerary
- Boat crossing on Grey Lake
- Huma training manual, gear list and fundraising guidebook

What's Not Included

- International flights and departure taxes
- Meals and beverages not mentioned in the itinerary
- Items of a personal nature such as laundry, phone calls, alcohol etc
- Visa fees
- Travel insurance (compulsory)
- Tips and gratuities

Detailed Itinerary

DAY 1 To Torres del Paine National Park

After all the planning and preparation you are finally on your way to South America!

The trip begins with you being picked up from your hotel in Punta Arenas or Punta Arenas airport (please arrive before 3pm) and driven to EcoCamp Patagonia, which is located in the world-famous Torres del Paine National Park. (Alternatively, you can start your trip in Calafate or Puerto Natales.) En route we make a stop in Puerto Natales, a small, lively town on the shores of "Seno de Ultima Esperanza", where we enjoy a hearty local lunch. The journey is very scenic, with wild birds and wonderful landscapes. The day ends with our arrival and overnight stay at EcoCamp Patagonia, which is nestled in the heart of Torres del Paine National Park and boasts a prime view of the majestic Torres. Sunset is usually around 11 pm during the summer months. For this reason, upon arrival there will still be enough daylight for you to admire the Patagonian steppe with its guanacos and snow-peaked mountain horizon.

Overnight: EcoCamp Patagonia

Please note: This trip can also start in El Calafate (please arrive the night before day 1 of the trip for an early pick up in the morning) or Puerto Natales at no extra cost. Please advise us at the time of booking where you would like to start this trip.

meals: L,D



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Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 2 Trek Paso Los Cuernos trail, in Torres del Paine National Park

The experience of walking in the Torres del Paine National Park will leave you awe-inspired by the wonderful scenery. It is worth remembering that the Andes is the youngest chain of mountains in the world. One can imagine the great pressures and movements of the earth that created these spectacular peaks. We begin our Patagonian adventure with a pleasant walk through the sinuous Cuernos Trail which leads us alongside the beautiful Lake Nordenskjöld. During this warm-up walk we will have the opportunity to admire the park's exquisite flora and fauna, as we enjoy the magnificent views of the park's central lakes and the Paine's Horns, majestic black horn-like peaks of slate atop gray granite which crown the center of the Massif. The trek ends at Refugio Los Cuernos, a small and cozy mountain refuge located on the shores of Lake Nordenskjöld. Alternatively, the trek ends at Domo el Francés, located between Cuernos and Italiano camping sites, with an amazing view of Nordenskjöld Lake. The evening is free for relaxing and enjoying dinner. Please be aware that accommodation for tonight and tomorrow will be camping in tents, the campsite provides bathroom facilities. Camping is located near traditional mountain huts, referred to as refugios, these are open to the public visiting Torres del Paine. Refugios are heated and feature comfortable dining areas where plentiful meals are served. Tent accommodation is based on double occupancy. If you would prefer an upgrade to a shared dorm (based on availability), please advise your reservations consultant.

Distance: 12 km/7.5 mi, 4-5hrs

Accommodation: Mountain Refugio or camping area at Cuernos or Domo El Francés (depending on availability)

meals: **B,L,D**

DAY 3 Trek the Valle del Frances Trail

After breakfast at Refugio Los Cuernos, we will begin the challenging trek to Valle Frances (French Valley), along a steep trail that leads to the very heart of the Paine Massif. How far in we go depends on our group's trekking rhythm. A swifter walk will lead us to the hanging bridge over the French River, located at the foot of the south-east face of the Massif, where we will be treated to fantastic views of the valley. We will then continue to ascend towards the upper section of the valley where we will be able to marvel at the extensive mass of the valley's geological formations: Hoja (Blade), Máscara (Mask), Espada (Sword), Catedral (Cathedral), Aleta de Tiburón (Shark's Fin) and the magnificent Fortaleza (Fortress). After our upward trek, we will pause for a picnic and relax a while. This day's trek will end as we descend through an undulating terrain of mixed grassland and light forest which will take us to Refugio Paine Grande.

Accommodation: Camping at Paine Grande

Distance: 26 km/16 mi, 10hrs

N.B. An optional trek to Mirador Británico is also available. Please be aware that the weather in Patagonia can be difficult to deal with at times. Thus, we reserve the right to change the order of the days at the discretion of the trip guide and based on operational considerations. The trip guide can modify, change or eliminate part of this itinerary based on safety/weather considerations.

meals: **B,L,D**



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DAY 4 Trek along Grey Lake to Grey Glacier

Today we will hike from Paine Grande Refugio along the shores of Lake Pehoe to the northern side of the glacially beautiful Lake Grey. We will feast on a picnic lunch before boarding the boat that sails right to the huge, crystalline facade of Glacier Grey, where we will have plenty of time to marvel at the calving glacier. From the southern end of Glacier Grey, we will transfer to EcoCamp. Boat trips across the lake may occasionally be cancelled due to weather conditions of the region or if the required minimum of passengers is not reached. If either is the case, we will trek up to the sightseeing point and profit from wonderful, panoramic views of the Glacier instead. Then we will return on foot to Paine Grande and take a catamaran to Pudeto's dock, where we will be picked up and driven to EcoCamp.

Accommodation: EcoCamp Patagonia

Distance: 11km/7mi, 4hrs

meals: **B,L,D**

DAY 5 Trek to the Towers

The goal of our fifth day of this 7-day trip is to complete the most famous trekking trail in Torres del Paine National Park! We will walk from the campsite towards Hostería Las Torres before ascending to Ascencio Valley on the Tower's eastern face. Mountain ridges, beech forests and small rivers line the scenic walk towards the valley. Our big challenge comes in the form of the steep moraine, a huge mass of boulders which will lead us to that iconic base-view of the Towers - Three gigantic granite monoliths, the remains of a great cirque sheared away by the forces of glacial ice. After a tough uphill climb, the Towers eventually come into full view, rising majestically before us, with the glacial lake visible below. Is there any better place in the world to have lunch? After feasting on the view and our picnic, we backtrack along the same trail through Ascencio Valley and return to EcoCamp for a well-deserved dinner.

Accommodation: EcoCamp Patagonia

Distance: 22km/14mi, 9hrs

meals: **B,L,D**

DAY 6 Eastern Lakes, Fauna Trail walk

The sixth day will consist of a less strenuous trail, in order to counter the exhausting efforts of the previous day. After breakfast we will take a leisurely car journey towards Laguna Azul, passing Cañadón Macho en route - which is home to many wild guanacos and ñandúes. Occasionally we will stop to admire the views of the Patagonian steppe and the towers from different perspectives. At Laguna Azul, we will hike to the lookout point where we will be treated to a gorgeous view of both the lagoon and granite towers. After lunch, we will drive to the northern shore of Sarmiento Lake where the Fauna Trail begins. As we hike northbound, we will spot an impressive range of Patagonian fauna on the vast plains, including guanacos, ostrich-like ñandús and perhaps the occasional puma print! We will pass the charming Goic lagoon and after approximately 5km of relaxed walking, we will reach the Laguna Amarga ranger station where we will be picked up and driven back to EcoCamp to celebrate over our farewell dinner.

Accommodation: EcoCamp Patagonia

Distance: 6km/4mi, 3hrs

*Please note that if there are more than 6 travelers in the group there is an option to split into two groups, with one group (or the whole group if everybody's in the mood!) cycling to Laguna Azul!

meals: **B,L,D**



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DAY 7 Drive to Punta Arenas, trip concludes

This morning we board an early morning vehicle, sit back, relax and enjoy the scenic drive to Punta Arenas, (on time to catch the evening flight to Santiago if required) and the trip concludes. Please don't book flights before 4pm out of Punta Arenas.

Please note: This trip can also end in El Calafate or Puerto Natales at no extra cost. Please advise us at the time of booking where you would like to end the trip.

meals: B,L

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Suggested Extensions

- Antarctic Peninsula South Shetland Islands & the Antarctic Peninsula Voyage
- Fitz Roy & Perito Moreno Glacier
- Cruise Cape Horn & Chilean Fjords
- Patagonian Lakes Crossing

Country Information

Chile boasts an astounding geographical diversity ranging from the driest place on earth (Atacama Desert) to the rain swept Patagonian peaks in the south where the Patagonian ice-cap is the third largest mass of ice in the world. The country rarely exceeds 200km in breadth, yet is 4300 km long. To the north, Chile borders Peru and Bolivia, whilst to the west the Andes separate it from Argentina, and the Pacific Ocean runs the length of its' eastern coast line. It has the largest European population in South America (5%) yet the traditions of its' Indian population (5%) continue to thrive in the Andean foothills. Just over 14 million people live in Chile, of which 5 million are based in Santiago. The capital city of Santiago, like its' Argentinean equivalent Buenos Aires, has a distinctly European feel. The southern towns of Punta Arenas and Puerto Natales will have a completely different feel, located as they are near the end of the world! Both towns have great seafood and good scenery and Punta Arenas has the added bonus of some excellent museums.

Climate

Patagonia's southern coastal position leaves it exposed to the intense winds that circle the Antarctic land mass. As such, the climate of Patagonia is unpredictable. The summer season spanning November to March, experiences day time temperatures of between 8-20 degrees Celsius and in the evenings the temperature can reach zero. By Andean standards, the Patagonian Mountains are low in altitude, but they capture virtually all the south-west air borne moisture cladding their summits with snow, and leaving the leeward side, the Patagonian plains, in a severe rain shadow. This makes for some very interesting contrasts in the landscapes. The west coast of Chile has a maritime climate, which has higher than average rainfall.



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Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Accommodation on the Trip

EcoCamp Patagonia - these domes are immersed in the park's wilderness and provide cozy accommodation. EcoCamp has 25 bedroom domes in total and 3 large community domes where guests eat breakfast and dinner overlooking the towers and unwind in the bar in the evening or plan excursions in the library. Accommodation is in standard domes but upgrades to superior or suite domes are possible. Please ask us for details. Standard domes include shared bathrooms which are large, comfortable and gender divided.

Camping - fully equipped campsites with tents and shared facilities. Camping is located near traditional mountain huts, referred to as refugios, these are open to the public visiting Torres del Paine. The refugios are heated and have a very comfortable dining area where plentiful meals are served.

Pre and Post Tour Accommodation

If you would like to extend your stay in South America we would be more than happy to assist with your pre or post tour arrangements. Please ask your reservations consultant for further details.

What You Carry

During all walks you will need a daypack. In your daypack you will need to carry extra warm clothing, a rainjacket, water bottle, film and camera gear, valuables, snacks and personal items such as sunscreen, lip balm etc.

Equipment Required

A comprehensive gear list is provided on booking.

Non Exclusive Trips

This is a private departure for the CanToo group that is operated by our partners in Chile. It is subject to change due to weather conditions and circumstances beyond our control and should be used as a guide only. You will be accompanied by local English speaking guides. The maximum group size is 12 and our guide to passenger ratio is 1:6.

How To Book

To register on this Charity Challenge please complete the registration form on the CanToo website: <https://www.cantoo.org.au/home/events>

