

## Full day Crestón Glacier Traverse Patagonia - El Chaltén.

Creston Mountain is situated in the Desierto Lake area, 37 km away from El Chaltén. This valley offers numerous alternatives throughout the year and caters to all skill levels. In this program, we embark on an infrequently traveled trail, where diverse ecosystems converge, including wetlands, Andean Patagonian forest, and a high mountain environment.

Our primary objective is to traverse the glacier, navigating over crevasses, while enjoying a panoramic view of the valley, with the glacier's front before us and the summit of this beautiful mountain. The difficulty level is considered medium, and the estimated duration is 8-10 hours. The minimum number of participants is 2.



**Best season:** December to March.

**Meeting point:** The beginning of the trail at 9:30 am (Creston parking).

**Ascent:** 1000 meters.

**Distance:** 5 miles.

**Included:** AAGM certificate mountain guide, accident insurance, communication system, and a reception in the dome with tea, coffee, and biscuits.

**Not Included:** Transfer from El Chaltén to the meeting point, mountaineering clothing, trekking boots, box lunch, and snacks.

The guide will be at the meeting point at 9:30 am. The walk from the parking area to the refuge takes about 40 minutes through a Lenga forest, where you will find the dome waiting for you. If you are already staying there, the guide will arrive at the refuge at 10:15 am.

Afterwards, continue walking for an additional 20 minutes into the forest until you reach a new ecosystem, characterized by a high mountain environment and a panoramic view of the valley.

The next stage unfolds in a landscape recently shaped by the glacier, lasting between 1 to 1.5 hours – the most demanding part of the day. Weather permitting, lunch will be enjoyed close to the glacier. In the subsequent stage, crampons will be worn, and participants will be roped together to cross the glacier over crevasses, making a traverse to the north side.

Upon completion of the glacier traverse, the return journey follows the same path back to the refuge and finally to the parking area.

**Recommended gear includes trekking boots, waterproof jacket and pants, and gloves.**