

## Full day Trek to Crestón Glacier. Patagonia - El Chalten.

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

Our objective is to hike on the ice of the glacier while enjoying a panoramic view of the valley, with the glacier's front before us and the summit of this magnificent mountain in the backdrop.

**Difficulty:** medium.

**Duration:** 6 -8 hs.

**Pax:** 2 to 10. (mín 2 pax)

**Elevation gain:** 1000 mts.

**Best season:** December to March

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

**Meters in ascent:** 900 mts

**Distance:** 5 miles.

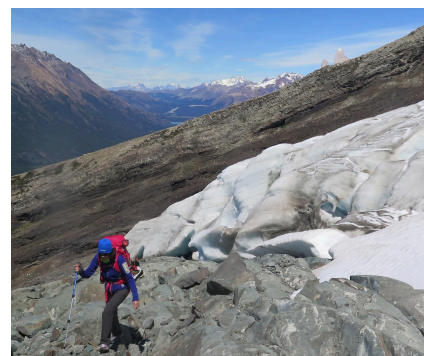
**Include:** AAGM certificate mountain guide, accident insurance, communication system, a reception in the dome (tea, coffee and biscuits).

**Not Included:** transfer from El Chalten to the meeting point, mountaineering clothing, trekking boots, box lunch, snack.

The guide will be present at the meeting point at 9:30 am. The walk from the parking area to the refuge takes approximately 40 minutes through a Lenga forest, where you will encounter the dome awaiting your arrival. Upon reaching the refuge, there will be a break, and you will be served a warm beverage, such as coffee or tea.

If you are already staying at the refuge, the guide will arrive there at 10:00 am. Subsequently, you'll continue walking for an additional 20 minutes into the forest, leading to a new ecosystem characterized by a high mountain environment and a breathtaking panoramic view of the valley.

The subsequent stage unfolds in a landscape recently sculpted by the glacier. This segment of the trek will span between 1 to 1.5 hours, constituting the most physically demanding part of the day. If weather





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conditions permit, you will have lunch in close proximity to the glacier. At this point, crampons will be donned, and a brief trek across the glacier's ice will be undertaken.

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

Recommended gear includes: Trekking boots, waterproof jacket and pants, and gloves.