



## Important Information

- The Minitrekking takes place in a natural environment,, where weather conditions and the characteristics of the glacier and its surroundings vary daily. Nevertheless, the excursion proceeds as long as safety conditions permit.
- This tour is offered from July 19th to May 31st.
- Bilingual guides (Spanish and English).
- Please bring food and beverages for the day, as the Company does not provide a food or drink sales service.
- You have to bring your entrance ticket to the National Park. It can be purchased [here](#) (select: “Access to the Mitre River Corridor and Perito Moreno Glacier”) or paid in cash (in Argentine pesos) upon arrival at the National Park.
- Optional transfer. Usually the activity starts with the transfer option from El Calafate, with a total duration of 9 hours and 30 minutes. Alternatively, the activity begins and concludes at Puerto Bajo las Sombras, located 70 km away from El Calafate, with a total duration of 4 hours and 30 minutes to 5 hours.



# Insight Travel

TU VIAJE, NUESTRA PASIÓN

## Restrictions

Given the moderate complexity and effort required for this activity, and with the primary aim of safeguarding health, the following individuals will not be permitted to participate:

- Sedentary individuals with obesity.
- Pregnant women.
- Individuals with any degree or type of physical or mental disability that impacts their attention, mobility, and/or coordination.
- Only appropriate for individuals aged 8 to 65 years. No exceptions. Minors under 18 years must be accompanied by an adult. If the accompanying adult is not the parent or legal guardian, written authorization from the parents or legal guardian is required in order to participate in the activity.
- Individuals with a history of cardiovascular disease, or those with compromised cardiac or vascular function, or who have undergone stent placement, bypass surgery, pacemaker insertion, or other prosthetic interventions. Examples include anticoagulant medications and grade III varicose veins, characterized by their thick and numerous appearance.
- Individuals afflicted by conditions resulting from respiratory impairments, including COPD, asthma, and emphysema, among others.
- Individuals who experience epilepsy or seizures.

If the guide concludes that an individual is unqualified for the activity due to physical or cloth-related conditions, claims or requests for refunds will be denied.



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## Outfit

Wear comfortable and warm clothes, including a waterproof jacket and trousers, as well as sports shoes or waterproof hiking boots. Due to the unpredictable weather, it is essential to be prepared to prevent extreme cold and rain. Additionally, consider bringing sunglasses, sunscreen, gloves, and a hat.

## Technical Specifications

- Difficulty: Moderate.
- Total distance walked: 3.5 km.
- Ice trekking: approximately 1 to 1.15 hours.
- Group size: 20 individuals on the ice.
- Ratio: 1 guide for every 10 individuals.