RECOMMENDATIONS

TREKKING TRAIL
HIGH DIFFICULTY

(Dickson Refuge to Grey Refuge via John Garner Pass)

For hiking or trekking at medium to high altitude in this section of the park, like the route you're about to tackle from Dickson Refuge to Grey Refuge (overnighting at Los Perros Camp), we recommend:

- Bring the right gear.
- Plan your route carefully before each outing.
- Stay hydrated and eat well.
- Make safety your top priority.
- Carry an emergency kit.

Remember that you're in Patagonia, on the edge of the Southern Patagonian Ice Field, a unique, extreme, and remote area of Torres del Paine National Park. We're talking about up to 3 days of hiking from any access to transportation. If you need a rescue, it could take a long time to reach you. That's why we insist on proper preparation.

John Garner Pass, at an elevation of 1,200 meters above sea level, receives the full influence of the cold from the Southern Ice Field, which collides with the warm air rising through the valley, creating a special point where weather conditions are highly variable in a short period of time. Because of this, the climate can shift drastically- even dramatically - with just a few minutes, and you might experience all four seasons in a single hour. If you need rescue, it could take a long time.

We suggest:

1. ESSENTIAL GEAR:

- **Footwear:** Sturdy, comfortable hiking boots that you've already broken in, worn with technical, breathable socks.
- **Layered Clothing:** Thermal base layers, fleece, windbreaker, and waterproof jacket and pants.
- **Sun/Cold Protection:** UV sunglasses, hat, gloves, sunscreen, and buff.
- **Navigation:** Map, compass and/or GPS, smartphone with Avenza Maps downloaded (you can scan the QR code for this section at Dickson Refuge and Los Perros Camp portals).
- **Safety/Emergency:** First aid kit, headlamp, emergency blanket, and whistle.
- **Hydration/Food:** Plenty of water and high-energy snacks.
- **Tools:** Trekking poles, crampons.

2. PLANNING AND SAFETY:

- Check the trail conditions.
- Follow instructions from park rangers at each CONAF ranger station.
- At each sector, you'll find a detailed map of this section, which you can download via QR code to an offline map app to help guide you on your hike.
- Always check the weather before heading out; consult specialized websites or weather information provided by CONAF at each sector.
- The circuit may be closed by CONAF for safety reasons. If that happens, contact the sector administrator for instructions and assistance. **You won't lose your reservations at other Vertice S.A. sectors—they can be rescheduled for a later date at no extra charge.**
- Start each route in this sector very early, as soon as CONAF opens the trail.
- If you're hiking alone, try to join other hikers. Keep a comfortable pace and never underestimate the difficulty.
- Don't leave trash, don't feed wildlife, and always stay on the marked trail.
- No smoking under any circumstances: not while hiking and not at rest stops. Smoking or lighting fires on the trail is strictly prohibited. If you're caught, you will be immediately expelled from the Park and could face criminal charges. In Chile, this action constitutes a serious crime.

3. PRACTICAL TIPS:

- Test your gear and check your feet.
- Dress in layers to adjust to temperature changes.
- Don't underestimate the trail's challenges and hike at your own pace.

DON'T GET OVERCONFIDENT. THE MOUNTAINS ARE UNPREDICTABLE.
ALWAYS HAVE A PLAN B AND BE FLEXIBLE WITH YOUR TIMING.