

TRAIL RUNNING

PATAGONIA RUNNING: GLACIERS & GRANITE SPIRES

Trail running in El Chaltén: between Fitz Roy
and Cerro Torre



B4Experience

ARGENTINA



An 8-day, 7-night journey for runners seeking wild nature, silence, and unforgettable trails in the heart of Argentine Patagonia.

[View Web Program](#)

<https://b4experience.com/patagonia-running-glaciers-and-granite-spires>



RECOMMENDED MONTHS

MARCH, NOVEMBER, DECEMBER



PRICE

From 2.555€ /person

Group discounts





Highlights

- RUNNING PAST FITZ ROY AND CERRO TORRE
- ROUTES FROM 5 TO 20 KM WITH GLACIAL VIEWS
- CERTIFIED LOCAL GUIDES AND SMALL GROUP
- ACCOMMODATION IN HOTELS IN EL CALAFATE AND EL CHALTÉN

Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
✕ No private group options available, only open groups				

Travel only with your family or friends.

**Confirm availability at info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

Open groups

Share the experience with other travelers

Program	Dates	Nº days	Seats available	Starting point	Price
Patagonia Running	16 Mar 2026	8	6	El Calafate	2.555€
Patagonia Running Glaciers & Granite Spires	09 Nov 2026	8	8	El Calafate	2.750€
Patagonia Running: Glaciers & Granite Spires	07 Dec 2026	8	8	El Calafate	2.750€

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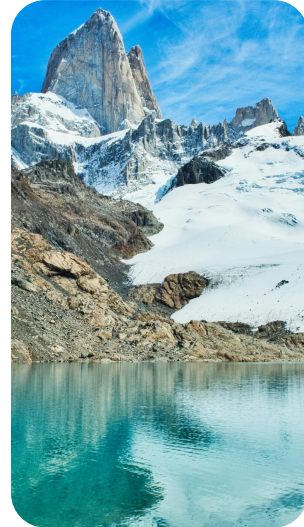


Included

- Hotel: Chaltén 4 nights | Calafate 3 nights
- Meals: 7 breakfast, 3 lunches, 2 dinner
- Airport Transfer
- All transfers - Private services for all transportation
- Running sessions - Epic runs/hikes in Wild Patagonian Mountains (8-15 km per day)
- Local certificated mountain guide
- Trip leader and local logistics staff
- Small Group - Maximun of 14 runners.

Not Included

- International and domestic flights
- Travel insurance
- Personal running gear
- Tips
- Meals that are not specified in the "Included" section.



Itinerary

DAY 1: El Calafate - Arrival & Warm-Up Run

Upon arrival at El Calafate airport, a private transfer will take us to the hotel. After settling in, we'll head out for a gentle 5 km warm-up run along the shores of Lake Argentino. The fresh Patagonian air and golden tones of the evening sky mark the perfect start to the journey. In the evening, a welcome dinner to get to know each other and go over the program.

- **Included:**
 - Private transfer airport-hotel.
 - Guided 5K run.
 - Welcome dinner.
- **Not included:** Lunch.
- **Accommodation:** Hotel in El Calafate.
- **Technical Data:**
 - Distance: ~5 km
 - Time: ~45 min
 - Elevation gain: minimal

DAY 2: El Calafate → El Chaltén | Estancia & Short Run

After breakfast, we set off in a private vehicle towards El Chaltén. On the way, we'll stop at Estancia La Estela, on the shores of Lake Viedma. Here we'll enjoy an 8 km run across the steppe next to the lake, in complete tranquility. Afterwards, a countryside lunch with regional flavors awaits. In the afternoon, we continue to El Chaltén, where we'll have free time to explore the town.

- **Included:**
 - Private transfer El Calafate–El Chaltén with stop at the estancia.
 - Guided 8K run.
 - Lunch at the estancia.
- **Not included:** Dinner.
- **Accommodation:** Hotel in El Chaltén.
- **Technical Data:**
 - Distance: ~8 km
 - Time: ~1 h 15 min
 - Elevation gain: low (~100 m)

Day 3: El Chalten - Cerro Torre Viewpoint

After an early breakfast, we set out on one of the park's classic trails: the path to Cerro Torre viewpoint. We hike and run along the valley, through forests and rivers, until reaching the lookout with spectacular views of Cerro Torre and its hanging glacier. We return to town along the same path.

- **Included:**
 - Full-day guided excursion.
 - National Park entrance fees.
- **Not included:** Dinner.
- **Accommodation:** Hotel in El Chaltén.
- **Technical Data:**
 - Distance: ~18 km
 - Time: 7–8 h
 - Elevation gain: 356 m

Day 4: El Chalten - Laguna de los Tres (Fitz Roy)

Today we take on Patagonia's star hike. The trail leads us through lenga forests and streams until we reach Poincenot Camp. From there, the steepest section begins, leading directly to the turquoise waters of Laguna de los Tres, at the foot of Mount Fitz Roy. A postcard-perfect moment and one of the most iconic views in South America.

- **Included:**
 - Full-day guided excursion.
 - National Park entrance fees.
- **Not included:** Dinner.
- **Accommodation:** Hotel in El Chaltén.
- **Technical Data:**
 - Distance: ~20 km
 - Time: 8–9 h
 - Elevation gain: 700 m

Day 5: El Chalten - Piedra del Fraile & Lago Eléctrico

After breakfast, we head out on a quieter, less-traveled trail. Running and hiking through forests and glacial moraines, we reach Piedra del Fraile and the viewpoint over Lago Eléctrico. Here the sense of remoteness is total: raw Patagonia, silence, and breathtaking views.

- **Included:**
 - Full-day guided excursion.
 - National Park entrance fees.
- **Not included:** Dinner.
- **Accommodation:** Hotel in El Chaltén.
- **Technical Data:**
 - Distance: ~19 km
 - Time: 7–8 h
 - Elevation gain: 400 m

DAY 6: El Chaltén → El Calafate | Free Morning

The morning is free to rest, enjoy a coffee in town, or take a short walk. In the afternoon, private transfer back to El Calafate. Evening at leisure to explore the town and choose your own dinner spot.

- **Included:** Private transfer El Chaltén–El Calafate. Lunch at Chacra Las Moras.
- **Not included:** dinner.
- **Accommodation:** Hotel in El Calafate.

Day 7: Calafate - Estancia Run + Perito Moreno Glacier

A full day of Patagonian experiences. We begin at El Galpón del Glaciar, a historic estancia on the shores of Lake Argentino, with a gentle 5–7 km run across fields, river, and woodland. Afterwards, we enjoy a spectacular pasta lunch.

In the afternoon, we continue in our private vehicle to Los Glaciares National Park. We'll enjoy a walk along the panoramic boardwalks. We arrive at the best time of day, as most visitors are leaving, and the glacier's silence is ours to enjoy almost alone.

- **Included:**
 - Guided run at the estancia.
 - Walk along the boardwalks.
 - National Park entrance fees.
 - Private transportation for the full day.
- **Not included:** Dinner.
- **Accommodation:** Hotel in El Calafate.
- **Technical Data:**
 - Distance: 5–7 km
 - Time: ~1 h
 - Elevation gain: minimal

Day 8: El Calafate - Departure

After breakfast, private transfer to El Calafate airport for your flight home. Farewell to Patagonia with tired legs, a full heart, and unforgettable memories.

- **Included:** Private transfer hotel–airport.

Payment and cancellation policy

Initial Deposit: To secure your place, an initial payment of €600 is required at the time of booking.

Final Payment: The remaining amount must be paid no later than 80 days before the departure date.

Extras: Additional travel costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation Insurance: The customer may take out travel cancellation insurance in order to obtain a refund of the full amount paid (according to the terms and conditions).

The end user may cancel the trip, with the right to a refund of the amounts paid, except for the penalties indicated, but must also pay the Agency the amounts indicated below once the trip has been confirmed. If the trip does not take place because the minimum number of participants has not been reached, the customer may save the credit for future trips or request a full refund of the reservation.

SPECIAL cancellation policy:

FULL REFUND UP TO 24 HOURS AFTER PURCHASE

- More than 70 days before the trip: the amount paid will be refunded.
- Between 69 and 45 days before the trip: 40% of the total amount will be retained and the rest will be refunded.
- Between 44 and 31 days before the trip: 60% of the total amount will be retained and the rest will be refunded.
- Less than 30 days before the trip: the amount paid will not be refunded.

A €250 administration fee will be charged.

No refunds will be given for cancellations of reservations that have already been issued. If there are other non-refundable expenses that have already been incurred, these will also not be refunded and will be deducted from the amount to be paid.

The cost of canceling issued flights is 100% of the amount.

Packing List

Trail Running Gear

- Trail running shoes (already used and tested in long training sessions).
- Extra light sneakers or sandals for after running.
- Technical running socks (minimum 3–4 pairs).
- Compression tights/shorts.
- Short and long sleeve technical t-shirts (dry-fit).
- Waterproof windbreaker jacket (mandatory in the mountains).
- Multifunctional neck gaiter/buff.
- Lightweight thermal gloves.
- Sun hat and thermal hat for cold weather.
- Sunglasses with UV protection.
- Trail backpack (10–12L approx.).
- Foldable sticks
- Small bottles / soft flasks or camelback (minimum 1.5–2L).

General Clothing and Accessories

- Warm jacket (puffer or down).
- Fleece/thermal second layer.
- Comfortable pants for hiking/relaxing.

- Enough T-shirts and underwear.
- Extra warm socks.
- Waterproof pants (optional but useful).
- Swimsuit
- Flip-flops / crocs.
- Casual clothes for the town (dinner, walks).

Hygiene and Personal Care

- Sunscreen (minimum SPF 50).
- Lip balm with SPF.
- Personal hygiene kit (brush, toothpaste, deodorant, shampoo, etc.).
- Quick-drying towel.
- Alcohol gel and wet wipes.

Health and Recovery

- Personal first aid kit (ibuprofen, band-aids, kinesiology tape, bandages).
- Rehydration salts.
- Anti-chafing cream.
- Usual supplements.
- Earplugs and eye mask (for better rest).

FAQs

What fitness/technical level is required?

Moderate to High. This is an active trip designed for trail runners, hikers, and travelers with a good fitness level. You don't need previous mountaineering experience, but you should feel comfortable with aerobic activity and spending several hours on the trail, either running or hiking at a steady pace. We recommend preparing with activities such as: Trail or road running; Hiking, cycling, or gym training; Practicing walking with elevation gain and uneven terrain. Daily outings vary between 5 and 20 km, with elevation gains from minimal up to 700m - 1000m, depending on the day, weather conditions, and group dynamics.

Is travel insurance mandatory?

Yes, travel insurance is mandatory. It must cover medical emergencies, outdoor activities, trip cancellation, and luggage.

What are the entry requirements?

A valid passport is required. Some countries may require that it remains valid 6 months beyond your arrival date. Visas are not required for most nationalities visiting Argentina for less than 90 days, but always check the latest information with your consulate. For updated details, visit the official migration site of Argentina.

How do I get to the trip start?

Fly into El Calafate Airport (FTE). Group transfer to the hotel is included.

What type of accommodation is included in the trip?

You will stay in selected hotels in El Calafate and El Chaltén, in shared twin rooms.

Are meals included?

The trip includes 7 breakfasts, 3 lunches, and 2 dinners. Other meals are free for you to explore.

What weather should I expect?

Patagonia's weather is as spectacular as it is unpredictable. You may experience sun, wind, rain, and cold—all in a single day. This variability doesn't just affect comfort—it can increase the physical and mental challenge of each trail day. Key facts: - Constant winds, especially from October to March, may make running harder in exposed areas. - Sudden rain can make trails slippery or muddy. - Fog and low temperatures can appear at higher elevations. - Average summer temperature: 12°C, ranging from 0°C to 23°C. Important: Running in cold or wet conditions demands more energy, mental focus, and endurance. We recommend preparing for this by training in varied weather, using proper gear, and keeping a flexible mindset. In short: The weather is part of the adventure. Accepting and adapting to it is key to enjoying this trip safely and fully.

Is there free time?

Yes. Especially in the afternoons and in El Chaltén for cafés, shops, and short walks.

What is the group size?

Maximum 14 participants. Perfect for a personalized experience.

What's the meeting and time place for Day 1?

On Day 1, we offer a single group transfer from El Calafate Airport (FTE) to our first hotel. Our local guide will be waiting for you at the airport. If you arrive at a different time, we can help you arrange a private transfer (subject to availability, extra cost) or book a shared shuttle service. We'll meet for a welcome briefing at 2:00 PM in the hotel lobby.

What's the departure time and place on the last day?

On Day 8, the group transfer will depart from your hotel to El Calafate Airport (FTE), at the time of our suggested group flight. For the departure flights from El Calafate, you will need to arrange a flight departing after 2 pm to allow enough time to get to the airport. The trip finishes in El Chalten town and there is a 3 hour group transfer to the airport.



Contact us!

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[View web Program](#)

