

# 0 Trek



The 0 Trek is the full circuit hike in Torres del Paine. It is essentially the W Trek plus the northern section of the Paine range. This northern side is much quieter and will give you the chance to escape the crowds, will challenge you with some of the tougher passes but will also reward you with the most beautiful scenery and the view of the ice cap as you round the tough John Gardner pass will make it well worth it!

The northern section of the trek does not have refugios, so the only option is to camp. The itinerary we present here has camping throughout, including in the W Trek part, but you can choose to stay at refugios for the W Trek if you so prefer. We present the option without the guide, however, if you are not an experienced hikers, we might suggest the addition of a local guide as the northern section is much more remote and does present its risks.