

Jour	Itinéraire	Altitude [m]	Etape par jour		
			Temps [h]	Distance [km]	Dénivelé [m]
1	Guardena Amarga	91	3:50	15,0	+250 / -180
	Refuge Seòn	168			
2	Refuge Dickson	209	4:30	15,0	+480 / -440
	Camp los Perros	568	7:10	25,0	+1 020 / -650
3	Col John Gardner	1 241	3:40	7,0	+795 / -904
	Camp John Gardner	505			
	Camp los Guardas	115			
	Refuge de Grey	52			
4	Refuge Pehoe	42	2:40	11,0	+470 / -455
	Lagune Pehoe	40	5:30	21,0	+720 / -730
	Camp las Cerretas	37			
5	Lagune Pehoe	40	4:30	17,0	+510 / -355
	Refuge Pehoe	42			
	Camp Italiano	217			
	Mirador Francès	668			
	Camp Italiano	217			
6	Refuge los Cuernos	232	5:55	20,0	+1 150 / -750
	Refuge las Torres	483			
	Refuge Chielno	539			
	Camp las Torres	552			
	Mirador las Torres	873			
	Camp las Torres	552			
7	Mirador las Torres	873	0:50	3,0	+325 / -325
	Camp las Torres	552	4:10	16,0	+610 / -1 085
	Guardena Amarga	91			
Total			42:40	141	+6 520 / -6 520