

Table of Contents



6	Preface	97	9	Volcán Tinguiririca (4,280 m)
7	Nature & People 1	101	10	Cerro Alto del Padre (3,349 m)
8	▲ Topography	103	11	Volcanoes Planchón – Peteroa – Azufre (4,100 m)
10	▲ Climate	107	12	Mondaca Trail
11	▲ The People	111	13	Vilches - Siete Tazas
16	▲ Geology Mountains • The Andes • Geothermal Energy • Continents • Gondwana • Volcanism • Earthquakes • Erosion • Glaciers	115	14	Volcán Descabezado Grande (3,830 m)
24	▲ Environmental and Species Protection	120	15	Enladrillado Trek
26	▲ Flora Coast • Central Valley • Pre-Cordillera • High Andes	124	16	Pellado Trek
31	▲ Fauna Mammals • Birds • Reptiles & Amphibians • Spiders • Insects	128	17	Volcán San Pedro (3,621 m)
50	▲ Nocturnal Skies The Moon • The Planets • Suns • Galaxies • The Nocturnal Skies in Chile	132	18	Belloto Trail
55	Trekking & Mountaineering 2	135	19	Longaví Trek
56	▲ Travelling in the Andes Access to Hiking Tours • Trails and Paths • Duration of Tours • Finding Your Way • Maps • Difficulty • Mountain Guides and Packhorses • Hiking Weather • Equipment • Provisions • Overnights • The Hanta Virus • Environmental Issues • Safety • Crossing Rivers • Altitude Sickness	140	20	Laguna Trucha
67	▲ Hikes and Climbs	143	21	Valle Aguas calientes
69	1	146	22	Nevado de Chillán (3,212 m)
72	2	149	23	Volcán Antuco (2,985 m)
75	3	152	Rock Climbing 3	
78	4	153	▲ The Andes – A Climbers’ Dorado Access • Difficulty • Conditions • Safety • Equipment • Indoor Climbing Walls	
81	5	155	▲ Climbs in Central Chile	
87	6	155	Sport Climbing	
91	7	156	Traditional Rock Climbing	
93	8	157	Alpine Clbing	
		158	Riding Tours 4	
		159	▲ Travelling like the Huasos Conditions • Equipment • Package Tours	
		160	▲ Tours on Horseback in Central Chile	
		162	Mountain Biking 5	
		163	▲ Adventure in the Saddle Best Season • Access • Conditions • Safety • Equipment • Package Tours	
		165	▲ Mountain Bike Trails in Central Chile Around Santiago • Central Coast • North of Santiago • Santiago to Los Angeles	



168 **Watersports** 6

- 170 **▲ Rafting, Kayaking & Canoeing**
Best Season • Access • Difficulty •
Water Level • Equipment • Doubling up
in an Open Canoe
- 172 Whitewater Rivers

- 176 **▲ Surfing & Windsurfing**
Access • Conditions • Safety •
Equipment
- 179 Beaches for Surfing
- 181 Places for Windsurfing

- 184 **▲ Diving**
Permits • Best Season • Access • Con-
ditions • Safety • Equipment
- 186 Places for Diving

188 **Paragliding** 7

- Permits • Best Season • Access • Con-
ditions • Safety • Equipment • Tandem
Gliding
- 191 Launching Spots

194 **In Between the Adventures** 8

- 194 Thermal Spas and Hot Springs
- 195 Ski Areas
- 196 Vineyards
- 197 Colonial Villages
- 198 Waterfalls
- 198 The Maule Train
- 199 On the Coast
- 199 Santiago

200 **Eats & Drinks** 9

- 201 Chilean Cuisine
- 204 Chilean Wine
- 205 Pisco

205 **Useful Information** 10

From A (Accommodation) to W
(Working in Chile)

216 **Chilenian & Chilenianisms** 11

- 217 Pronunciation & Grammar
- 217 Chilean Slang

223 **Addresses** A

230 **Index** I

- 235 Sources Used
- 236 Acknowledgements

Photo Gallery

Special Topics

- 9 Chile in figures
- 10 Climate phenomena: El Niño and La Niña
- 10 Temperatures and precipitation
- 13 Population of the Central Region
- 14 Of huasos and arrieros
- 15 Ey, Gringo!
- 20 The most active volcanoes
- 21 What to do during an earthquake
- 22 The worst earthquakes in Chile
- 25 Threatened species: Chile's Red List
- 28 Edible and healing plants
- 29 The Mapuche and the forest
- 34 Help the huemul!
- 48 What to do in case of spider bites
- 57 Tips for hikers who are lost
- 59 Clouds, wind, and weather
- 63 Protection against Hanta
- 63 Leave no traces
- 71 Darwin on Campana
- 77 The Inca mummy on Cerro El Plomo
- 89 Nature Reserve, Park or Monument?
- 99 Alive! The Tinguiririca plane crash
- 105 Penitents
- 122 UFO's over Chile
- 131 The sirens of Río Maule
- 134 Andean legends
- 151 The first man on Antuco Volcano