

*Argentina*

PATAGONIA HIKING JOURNEY

MOUNTAINS AND GLACIERS | 10 DAYS

March 6-15, 2021

December 5-14, 2021



TRIP ITINERARY



1.800.941.8010 | [www.boundlessjourneys.com](http://www.boundlessjourneys.com)

*How we deliver*

# THE WORLD'S GREAT ADVENTURES

**A passion for travel.** Simply put, we love to travel, and that infectious spirit is woven into every one of our journeys. Our staff travels the globe searching out hidden-gem inns and lodges, taste testing bistros, trattorias, and noodle stalls, and discovering the trails and plying the waterways of each remarkable destination. When we come home, we separate wheat from chaff, creating memorable adventures that will connect you with the very best qualities of each destination.

**Unique, award-winning itineraries.** Our flexible, hand-crafted journeys have received accolades from the world's most revered travel publications. Beginning from our appreciation for the world's most breathtaking and interesting destinations, we infuse our journeys with the elements of adventure and exploration that stimulate our souls and enliven our minds. Whether you are looking for a challenging physical expedition or a leisurely cultural exploration, Boundless Journeys has exceptional itineraries to match your sense of adventure.

**Insider connections.** There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss, like dinner with their extended family in Peru's Sacred Valley, or meeting an art scholar in Florence. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

**Small groups.** Although the camaraderie of a group of like-minded travelers often enhances the journey, there can be too much of a good thing! We tread softly, and our average group size is just 8–10 guests, allowing us access to opportunities that would be unthinkable with a larger group.

**Flexibility to suit your travel style.** We offer both scheduled, small-group departures and custom journeys so that you can choose which works best for you. Not finding exactly what you are looking for? Let us customize a journey to fulfill your travel dreams.

**Customer service that goes the extra mile.** Having trouble finding flights that work for you? Want to surprise your traveling companion with a bottle of champagne at a tented camp in the Serengeti to celebrate an important milestone? There is no request that is too big—or too small—for our staff to handle. From your first call, we guide you through choosing your trip, provide advice on preparing for your adventure, and hold your hand until you return home.



Multi-year recipient of *Travel + Leisure* magazine's "World's Best Tour Operator"; and recognized by the editors of *National Geographic ADVENTURE* magazine as one of the **Best Adventure Travel Companies on Earth**.

# Argentina | PATAGONIA HIKING JOURNEY

Thank you for your interest in this fantastic journey to Southern Patagonia. We have handcrafted this tour from our own experience and hope you fall in love with the area—as we have!

## THE INSPIRATION FOR THIS JOURNEY

Covering some 400,000 square miles—more than two and a half times the size of California—the sparsely-populated landscape of Patagonia is unlike any other place on Earth. Vast, remote, and at times, unforgiving, it’s a place that has captured the imaginations of everyone from Portuguese explorer Ferdinand Magellan and 18th-century scientists, to would-be immigrant ranchers, and visitors from around the globe.

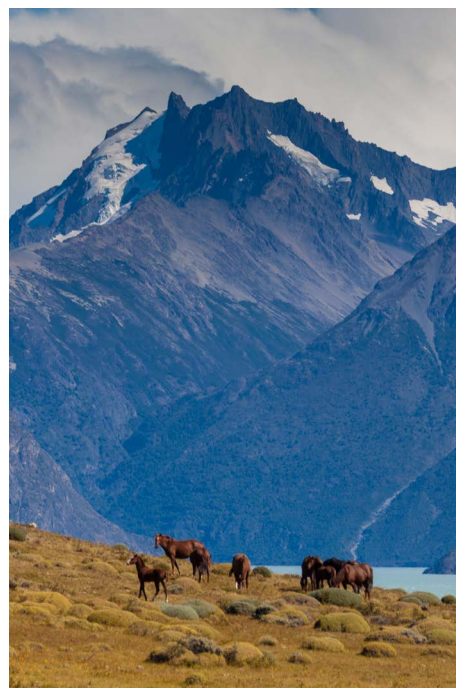
The southern portion of Argentinean Patagonia is one of the region’s most scenic stretches sheltering the southern ice field, the turquoise-hued Argentino and Viedma Lakes, and the towering Mount Fitz Roy massif. At the center of it all is Los Glaciers National Park, a UNESCO World Heritage Site, which contains dozens of glaciers and miles of pristine lengas forest.

Our 10-day journey through Buenos Aires and Argentinean Patagonia traverses desolate plains and Andean mountain passes to sparkling, gem-like lakes and lagoons. During the day, our mix of city and country walks and intensive, mountain hikes will both stimulate and inspire. At night, we retreat to luxurious hotels and lodges for restorative evenings and delicious, regional wine and cuisine. Relish in the opportunity to gain a more in-depth and inspired understanding of this far-flung yet incomparable corner of the world.

## HIGHLIGHTS

- Hiking through virgin lengas forest, along pristine valleys and mountain trails, and across glacier catwalks
- A city tour of Buenos Aires including the famed Palermo and Recoleta neighborhoods
- Watching a professional tango show at one of Buenos Aires famed spots
- Enjoying traditional Argentinean cuisine, fresh regional ingredients, and local wine
- Visiting a ranch and meet real gauchos, famous for the horsemanship

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# TOUR OVERVIEW



## THE BASICS

Duration:	10 days / 9 nights
Tour start/end:	Buenos Aires, Argentina
Accommodations:	Ideally-located deluxe hotels
Trip rating:	1    2 <b>3+</b> 4    5 Easy . . . . . Strenuous (See page 11 for more details)
Land cost:	\$6,995 per person*
Single supplement:	First two reserved on each departure: \$495 (Must reserve at least 120 days ahead) Additional singles: \$995
Internal airfare:	\$630 per person



## WHAT'S INCLUDED

Just pack your bags – we've got you covered! When you're on a Boundless Journeys adventure, every detail is taken care of for you, so you can relax and truly experience each moment. Put your wallet away, leave your travel books behind, fold up your maps, and BE there. Your Boundless Journeys adventure includes:

- An expert private guide, supported by local specialists
- Nine nights in ideally-located deluxe hotels
- All activities as noted in the itinerary
- All on-tour transportation
- All meals as noted in the itinerary
- Local wine and beer with included dinners
- Explorers Club savings on your next scheduled, small-group trip (conditions apply)
- All gratuities, except those for your guide and driver, which are at your discretion

International airfare is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Boundless Journeys directly at (800) 941-8010 for a referral to one of our partners who will best fulfill your needs.



## ITINERARY AT-A-GLANCE

### DAY 1

Arrive in Argentina's capital city of Buenos Aires. Rest and relax at your hotel or independently explore nearby markets, shops, and cobbled city streets on your own. Introductory talk and welcome dinner with your guide.

### DAY 2

Fly from Buenos Aires to El Calafate. Explore the nearby town and watch the sunset over Laguna Nimez. Dinner of regional specialties this evening.

### DAY 3

Full day of exploration at Los Glaciares National Park and the Perito Moreno Glacier. Traditional Patagonian lunch at Estancia Nibepo Aike. Walking at Playa de las Monedas and return to El Calafate.

### DAY 4

Depart for El Chaltén, the trekking capital of Argentina, with a stop at the famed La Leona Road House. Hiking along the Fitz Roy River Valley on the Chilean border, through the "green island" ecosystem of Andean-Patagonian forest.

### DAY 5

Full day of hiking on the De los Tres (Mount Fitz Roy) Lagoon Trek, through lengas forest to Piedras Blancas and the Poincenot Base Camp, with stops at the picturesque De los Tres and Capri Lagoons. Celebratory beer in El Chalten.

### DAY 6

Arrival at the family-owned Estancia Helsingfors, on Lake Viedma. Enjoy a traditional *asado* barbecue lunch over an open fire before an afternoon of short walks around the estancia.

### DAY 7

Day hike to the Blue Lagoon through the sweeping, remote landscapes of the River Alfredo Valley and Huemul Hill. Return to Estancia Helsingfors.

### DAY 8

Return journey to El Calafate with time to explore the renowned Glaciarium Ice Museum and interpretation center. Leisure time in the afternoon to explore El Calafate.

### DAY 9

Return flight to Buenos Aires for a city tour, including the culturally-rich Palermo and Recoleta neighborhoods. Farewell dinner and tango show at Gala Tango.

### DAY 10

Transfer to the airport for departure.

# THE JOURNEY



## DAY 1: Arrival in Buenos Aires

**Activity Overview:** City walking

**Activity Level:** Easy

**Activity Length:** 1-3 hours (based on arrival times)

Welcome to Buenos Aires! Upon arrival in Argentina's capital, you'll be met by a Boundless Journeys representative at the airport and transferred to your elegant, downtown hotel in Buenos Aires' Palermo Hollywood neighborhood.

Founded by Spanish explorers in the 16th century, the capital—whose name translates to “City of our Lady Saint Mary of the Fair Winds”—was an important New World trading center for more than two centuries. In 1816, following what is known as the May Revolution and several years of conflict, Argentina earned its independence from Spain. Despite two later efforts by French and Anglo-French forces to blockade the city into submission, Buenos Aires maintained its independence and its reputation as Argentina's most liberal, free-trading, and European-influenced city continues to this day.

This afternoon, you may have time to explore Buenos Aires and the revived Palermo neighborhood on your own. There are shopping opportunities at nearby artisan markets and antique stores, and also the chance to enjoy your first taste of Argentinean beef served on an open *parrilla* barbecue. This evening, we'll enjoy an introductory talk and welcome dinner with our guide(s) before retiring for the evening.

**Accommodation:** Casa Sur Palermo, Buenos Aires

**Meals:** D

## DAY 2: Buenos Aires to El Calafate

**Activity Overview:** Flight transfer and walking

**Activity Level:** Easy

**Activity Length:** 3-hour flight, 2 hours walking, 1-2 miles

After breakfast, we'll transfer to the airport for our three-hour flight to El Calafate in southern Patagonia. Located on the Patagonia steppe at the edge of the ice field, El Calafate is named for an endemic berry that, once eaten, guarantees a visitor's return to Patagonia—and for good reason.

A surreal landscape comprised of stark grasslands, dramatic peaks, and sparkling turquoise lakes—including the country's biggest, Lago Argentino—El Calafate feels like a world all its own. The town is also the gateway to the region's main attraction, the Perito Moreno Glacier, one of the few glaciers on the planet that is still advancing.

Upon arrival this afternoon, we'll enjoy lunch at a local cafe, followed by a walk down to the Laguna Nimez Nature Reserve, home to a variety of 80 species of birds, both Patagonian residents and migrators, including the flamingo and swan. Later this afternoon, you may have time to explore town or kick back at our relaxing, boutique hotel with views of Lake Argentino.

For dinner this evening, we head to one of our guide's favorite restaurants for regional dishes served inside a cozy, wood-paneled dining room.

**Accommodation:** Los Ponchos Apart, El Calafate

**Meals:** B, L, D



## DAY 3: Los Glaciares National Park

**Activity Overview:** Walking

**Activity Level:** Easy to moderate

**Activity Length:** 2.5 hours driving, 2 hours walking, 2-3 miles, 1.5 hour boat ride

Today's itinerary features a full day of exploration in Los Glaciares National Park. Deemed a UNESCO World Heritage site in 1981, the park and its famous Perito Moreno Glacier offer some of the most awe-inspiring landscapes in Argentina, and our journey today takes in the very best of the region.

Our route begins with a 31-mile drive through Santa Cruz's vast farmland, dotted by estancias, or ranches, and provides a glimpse into the rural heart of southern Patagonia. We drive to Roca Lake and on to Estancia Nibepo Aike, one of the region's sheep-ranching pioneers. There, we enjoy a short hike on the property before delving into a traditional Patagonian lunch comprised of family recipes and ingredients harvested from the gardens.

We continue to the nearby port, where a short boat ride brings us to the starting point for our walk along Playa de las Monedas, or Coins Beach. There, our short hike winds through a forest of beautiful Andean lengas trees, culminating with breathtaking views of the Perito Moreno Glacier.

We return to our boat and continue south to the Bajo de las Sombras port, where a brief bus ride brings us to a series of glacier catwalks inside the National Park, where our guide will describe the various faces of ice we observe. As an active glacier, portions of the ice 'calve,' or break-off,

frequently, providing visitors with the opportunity to witness this rare, natural phenomenon.

We return to our inviting hotel to relax before our dinner of Argentinean fare and local wines at another favorite El Calafate restaurant.

**Accommodation:** Los Ponchos Apart, El Calafate

**Meals:** B, L, D

## DAY 4: El Calafate to El Chaltén

**Activity Overview:** Hiking

**Activity Level:** Moderate; maximum elevation 656'

**Activity Length:** 3-hour drive, 3-4 hours hiking, 6 miles

Our destination today is El Chaltén, located three hours north of El Calafate and known as the trekking capital of Argentina. Winding through the unique desert scenery along the famous Route 40 highway, the road skirts the La Léona River, an important connecting point between the region's two major lakes: Lake Argentino and Lake Viedma. Along the way, we stop at the La Leona Road House, made famous by turn-of-the-century outlaws, Butch Cassidy and the Sundance Kid, who visited after robbing the Londres and Tarapaca's Bank in Rio Gallegos, and remained hidden in the area for almost a month.

Situated at the foot of the Fitz Roy Mountain, El Chaltén is surrounded by glaciers, lakes, rivers, and forest. Despite increased tourism in recent years, it remains a hidden gem of the south. The town is the staging point for most excursions in the region, ours included. Our hike takes in the wild beauty of the borderlands and towering peaks between Argentina and Chile in Los Glaciares National Park.



Beginning in El Chaltén's downtown area, our trail leads west through the Fitz Roy River Valley, toward Grande Glacier and the snowcapped Cerro Torre (the highest peak in the ice fields), and through the Andean-Patagonian forest. The isolation of this unique, 45-million-year-old woodland is what makes it known as a "green island," offering a rare mix of endemic flora and fauna unseen anywhere else.

Tonight, we return to relax and enjoy dinner at our hotel.

**Accommodation:** Los Cerros Boutique Hotel & Spa by Don, El Chaltén

**Meals:** B, L, D

## DAY 5: Hiking to Laguna de los Tres

**Activity Overview:** Hiking

**Activity Level:** Strenuous; maximum elevation 2,297'

**Activity Length:** 8-9 hours, 12 miles

It's time to lace up our hiking boots! After an early breakfast, we prepare for a full day out on the trails with a transfer to El Pilar to begin the De los Tres (Mount Fitz Roy) Lagoon Trek.

This classic route takes in some of the most scenic portions of the Fitz Roy region and, though strenuous at points, is a true highlight of our trip and well worth the effort. Our hike begins gradually, eventually incorporating some significant uphill climbs. Starting in virgin lengas forest, we have an early payoff at Piedras Blancas with views of the glacier and surrounding lagoon. We continue on to the Poincenot Base Camp, a starting point for various treks within the Fitz Roy range, and proceed to the aquamarine De los Tres Lagoon. Here, we have one of a kind photo opportunities of the jagged Fitz Roy peaks, emerging from the ice in the distance.

We return via a different path that passes the Capri Lagoon. Back in El Chaltén, we have time to toast our adventure over a well-earned, ice-cold beer. Tonight, you are free to enjoy dinner on your own at one of the many local restaurants, or if your legs need a rest, Los Cerros' restaurant is a fine choice.

**Accommodation:** Los Cerros Boutique Hotel & Spa by Don, El Chaltén

**Meals:** B, L

## DAY 6: El Chaltén to Estancia Helsingfors

**Activity Overview:** Walking

**Activity Level:** Easy to moderate; maximum elevation 656'

**Activity Length:** 3 hours driving, 3 hours walking, 4 miles

Today, we have a four hour transfer—circumnavigating Lake Viedma—to the family-owned Estancia Helsingfors, our base for the next two nights. In 1907, the estancia was founded by Alfred Ramström, a Finnish immigrant escaping the Russian regime in his native land. Ramström bred and sold horses to pay for this scenic stretch of ranchland in what is today Los Glaciares National Park, naming it "Helsingfors," which means Helsinki in Swedish.

We arrive at the ranch in time for a special treat: a traditional Argentinean *asado* barbecue. Consisting of beef, sausages, and other meats prepared outside over an open fire, *asado* is typically served alongside local red wine and salads. After lunch, we enjoy a hike along Lago Viedma to Windy Point, amidst the surrounding mountains and sparkling glacier-fed lake.

**Accommodation:** Estancia Helsingfors, Lake Viedma

**Meals:** B, L, D



## DAY 7: Estancia Helsingfors to Blue Lagoon

**Activity Overview:** Hiking or horseback riding

**Activity Level:** Moderate to strenuous; max. elevation 2,789'

**Activity Length:** 9 miles, 5.5 hours hiking or 4.5 hours on horseback

We continue our exploration of Los Glaciares National Park and Estancia Helsingfors, this time with a visit to one of the region's most dramatic locations, the Blue Lagoon.

Our full-day hike (a horseback option is available) will depart from our hotel, following the gradually-ascending Alfredo Valley, whose river provides power for the local area, including Helsingfors Lodge. We continue our trek through this surreal landscape, skirting the side of Huemul Hill, and making a final, steady climb culminating with views of the Blue Lagoon. Here, the pool's sapphire hues contrast dramatically with the dark shadows of the surrounding mountains and the whiteness of the glacier, providing ample payoff for our efforts today on the trail. The descent back to the lodge offers incomparable expansive views over the lake of this one-of-a-kind property.

We enjoy dinner this evening at the lodge.

**Accommodations:** Estancia Helsingfors, Lake Viedma

**Meals:** B, L, D

## DAY 8: Return to El Calafate

**Activity Overview:** Museum visit and free time

**Activity Level:** Easy

**Activity Length:** 3-hour drive, 1-2 hours walking in town

We bid farewell to Estancia Helsingfors and set off back to El Calafate. After lunch at a local cafe, we visit the renowned Glaciarium Ice Museum, a glacier interpretation center. Founded in 2011, the Glaciarium's impressive exterior was designed by architect, Pablo Güiraldes, to replicate the face of a glacier. Inside, the museum's three exhibition halls contain dioramas, 3D documentaries, and other multimedia displays that provide in-depth information about southern Patagonia's rare, natural phenomena with an eye toward environmental preservation.

You are free to continue a leisurely exploration of El Calafate independently before our group dinner this evening.

**Accommodation:** Los Ponchos Apart, El Calafate

**Meals:** B, L, D

## DAY 9: Buenos Aires and Tango Show

**Activity Overview:** Walking

**Activity Level:** Easy

**Activity Length:** 3-hour flight, 3-hour city tour

We transfer to the airport this morning for our return flight to Buenos Aires. Upon arrival, we are treated to a city tour of Argentina's capital that focuses on the city's cosmopolitan northern district.

Among today's highlights are Palermo, which is Buenos Aires' largest neighborhood and contains the city's planetarium, Japanese and Botanical gardens, and the SOHO area, known for its fashion, design, and street culture. We also stop in the chic, aristocratic Recoleta area, famous for its Beaux-Arts architecture and its 19th-century cemetery, which contains the grave of famed Argentinean First Lady, Eva Perón ("Evita").

During our farewell dinner, we celebrate our time together with one of Argentina's most emblematic cultural highlights: an exciting tango show. We raise a glass of local Malbec to our adventure and the unforgettable moments shared in this magical land.

**Accommodation:** Casa Sur Palermo, Buenos Aires

**Meals:** B, L, D

## DAY 10: Departure

This morning, you will be transferred to the Buenos Aires airport in time for your international flights home.

**Meals:** B

**PLEASE NOTE:** *This is a typical itinerary, and actual activities may vary to take advantage of weather conditions, local events, and to allow serendipity to play a hand in your experience. Accommodations are as outlined in the itinerary, although we reserve the right to change these should the need arise. See our booking terms and conditions for more information about our change policy.*

# ACCOMMODATIONS



## NIGHTS 1, 9

### **Casa Sur Palermo**

Costa Rica 6032

C1425APP Ciudad Autónoma Buenos Aires, Argentina

Tel: +54 11 4778 4100 | [info@casasurpalermo.com](mailto:info@casasurpalermo.com)

Conveniently located near art galleries, shops, and restaurants in Buenos Aires' vibrant Palermo Hollywood neighborhood, this sophisticated property features 61 contemporary rooms, a pool, and sprawling rooftop terrace.



## NIGHTS 2, 3, 8

### **Los Ponchos Apart**

De los Alamos 3321

9405 El Calafaté, Santa Cruz, Argentina

Tel: +54 02 9024 96330 | [info@losponchosapart.com.ar](mailto:info@losponchosapart.com.ar)

With expansive views of Argentino Lake, this boutique apartment hotel is located just minutes from the Perito Moreno Glacier, and features rustic Argentinean décor, a Hispanic art collection, and roomy, shiplap-accented guestrooms.



## NIGHTS 4 & 5

### **Los Cerros Boutique Hotel & Spa by Don**

San Martín 260

9301 El Chaltén, Santa Cruz, Argentina

Tel: +54 11 5236 9092 | [info@hotelsdon.com](mailto:info@hotelsdon.com)

Perched above town, this chalet-like property offers the best views in town, expanding over the El Chalten Valley and majestic surrounding mountains. Enjoy fine services, cheerful interiors, an authentic Argentine restaurant, and a hot tub and spa.



## NIGHTS 6 & 7

### **Estancia Helsingfors**

Los Glaciares National Park

El Calafaté, Santa Cruz, Argentina

Tel +54 11 2021 506 927 | [info@helsingfors.com.ar](mailto:info@helsingfors.com.ar)

Comprised of nine, elegantly-appointed, en-suite guestrooms, this early 20th-century estancia lodge and gourmet restaurant boasts an unmatched location inside Los Glaciares National Park overlooking Lake Viedma, Mount Fitz Roy, and the Andes beyond.

# WHAT TO EXPECT



## TRIP RATING

Boundless Journeys' trips are designed for energetic and flexible individuals who like to be active and have a spirit of adventure and a positive attitude. Argentina: Patagonia Hiking Journey is rated 3+, moderate to strenuous, on a scale of 1-5 (with 5 being the most strenuous). Southern Patagonia's towering peaks, seemingly limitless ranchlands, and colorful lakes, lagoons, and ice fields offer low to moderate elevations ranging from about 650' to nearly 2,300'. Our walks and hikes range from 2 to 9 hours (up to 12 miles), on everything from paved city streets and well-trod forest paths to more rugged mountain trails.

## PREPARING FOR THIS TRIP

It is very important that you realistically assess your physical condition with regard to the demands of this trip. The more well-prepared you are for the activities, the more you will enjoy yourself. As a general guideline, we suggest that you engage in easy to moderate aerobic activities (such as walking, hiking, jogging, or cycling) for at least 30-45 minutes several times a week for 4-6 weeks before the trip. If you live in a flat area, try to incorporate some stairs into your workout, or use a treadmill with varying incline capability (consult your doctor before undertaking any new fitness program). We recommend hiking consecutive days to prepare for the cumulative fatigue of daily activity. Please contact us if you have any doubts regarding your physical match with this tour.

## WEATHER

Argentina is a large country (nearly 2,300 miles long) and its climate varies greatly from region to region. Buenos Aires has a subtropical climate, and summers are generally hot and humid. The low/high temperatures range from 65-85 degrees Fahrenheit, with the potential for heat waves in the low 100s. The warmest months are January, February, and December. March and November are warm-to-hot in the afternoons, while nights and mornings are mild.

In the southern towns of El Calafate and El Chaltén, the weather can be summed up in one word—unpredictable—but strong, relentless winds are one constant of life in Patagonia. The climate here is semi-arid, but frequent, light precipitation during the day is common, particularly in the mountains around El Chaltén. Weather here changes quickly, with frosts and light snow showers possible even in the summer months. Temperatures at this time of year are cool, ranging from 45-65 degrees Fahrenheit from December to March.

Please come prepared to walk in rain or shine, packing a range of warm, waterproof layers of clothing, even if the weather appears fine. We will do daily activities as planned, unless weather conditions make it dangerous to do so. You may obtain more detailed weather information at [www.weatherbase.com](http://www.weatherbase.com).

AVERAGE TEMPERATURE °F (HIGH/LOW)		
	MARCH	DECEMBER
Buenos Aires	78° / 65°	82° / 67°
El Calafate	62° / 43°	65° / 46°
El Chaltén	62° / 40°	62° / 42°



## WHEN TO GO

Summertime (December through February) typically offers the best weather. Even then, be advised that the Patagonian wind is prevalent, and temperatures rarely rise higher than 70 degrees. At the beginning of fall in March, there will be fewer visitors and the landscape will begin to change colors.

## TRAVELER'S RESPONSIBILITY

As a trip participant, you have responsibilities to Boundless Journeys, your fellow travelers and guide, and the local people you encounter. This includes understanding and preparing for the conditions described in the itinerary, ensuring it meets your interests and abilities, and following the health and safety guidelines of Boundless Journeys, local authorities, and/or the CDC. At their discretion, a guide may ask a guest to leave the trip if further participation may be detrimental to the individual or other participants.

We strongly urge any guest feeling ill shortly before departure to cancel their trip. To help cover your investment, we highly recommend purchasing travel insurance with supplemental "Cancel for Any Reason" coverage. If you feel unwell during the tour, please immediately inform your guide, who can help take the appropriate next steps. We appreciate your cooperation.

## SMALL GROUP TRAVEL

Small group travel affords us the opportunity to seek out the most remote and exotic destinations on the planet. Often we are exploring these locales with just 6-12 guests. The nature of active group travel is such that not all participants have the same ability level or interests. Traveling at a pace that

is comfortable for the entire group, with a spirit of flexibility and adventure, are all part of this shared experience.

## DRINKS WITH MEALS

At Boundless Journeys we believe group dinners are a time to celebrate our day, while enjoying the best of local cuisine, and good company. In keeping with this spirit, we typically include local beer and wine with group dinners. If you prefer premium wine, or liquor, please feel free to order what you like, and you may settle your tab at the end of the meal.

## DRINKING WATER

We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle or hydration bag to refill throughout your trip. Tap water is safe to drink where we travel in Argentina. For water out on the road or trail, we do our best to provide purified water from larger containers to refill your bottles, rather than using many small single-use bottles throughout your trip. On your hikes from El Chalten, your guide will point out potable streams with pure water from the glaciers, where you may refill your water bottles. This is just one small way we strive to travel more responsibly and we appreciate your efforts in helping us to protect the extraordinary places we visit.

Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge, too, and learn more about TAP's efforts at [www.travelersagainstplastic.org](http://www.travelersagainstplastic.org).



## CUISINE

Like the country itself, Argentinean cuisine is reflective of its melting pot of cultures. European traditions—primarily Spanish and Italian—are frequently combined with indigenous influences, both in cooking techniques and the use of local ingredients. Throughout Argentina, food is culturally important, and social gatherings typically occur around a meal, especially Sunday afternoon ‘family dinners.’

If there is one universal feature of Argentinean cuisine, it’s beef (or carne)—in fact, the country has the highest consumption of red meat in the world. Typically, in the north, cuts of steak and ribs are prepared on the traditional asado barbecue, while in Patagonia, lamb and goat are more common. Sometimes, an entire animal is cooked on an open fire in a technique known as *asado a la estaca*. In both cases, asado meats are typically served along with vegetable sides and a chimichurri sauce of fresh herbs, garlic, and vinegar.

On most menus, you are also likely to find milanesas, or thin cuts of breaded and fried meats, various sausages (like chorizo) and sweet breads, and empanada pastries filled with everything from beef to cheese and sweet corn. Italian transplants, such as pizza and pasta, are also common, while salads and vegetables such as squash, eggplant, tomatoes, lettuce, and onions are typically served as side dishes. For dessert, the nationally-beloved *dulce de leche* (a caramel-like spread made from heated, sweetened milk) is used to flavor cakes, toasted bread, ice cream, and more.

Please inform us of any specific dietary restrictions, and we will do our best to accommodate you. Please call our office with any questions or concerns about our ability to meet your needs.

# OUR ARGENTINA TEAM

## TRIP MANAGER



### **Michelle Cournoyer**

Originally from Rhode Island, Michelle spent many years guiding cycling tours in Vermont and France before moving into a Destination Manager role. She joined Boundless Journeys in 2014 and her portfolio includes Slovenia, Scotland, the Dolomites, the Haute Route, the Tour du Mont Blanc, and Argentina. Michelle is our office Francophile and speaks fluent French. She is most at home in the mountains (no matter the continent) and runs, skis, hikes, and cycles with her family.

## GUIDES

With a Boundless Journeys guide, your experience is that of friend and local adventurer. We believe strongly in working with local guides, experts in the areas to which we travel, and they hold the keys to unlocking the hidden delights of your chosen destination. Although you will never know they are at work—the mark of a truly great leader—our guides make magical things happen and add a dimension to your trip that you could not experience on your own.

Over the years we have forged bonds with some of the best guides in the world, and we typically work with a small team of guides in each region. You will be informed of the guide for your trip one month prior to your departure.



### **Sonia Damerou**

Sonia was born and raised in Buenos Aires, Argentina, yet her life and interests have taken her to the four corners of the world. She studied in Argentina and Germany, worked in Brazil as a scuba diving instructor, and since 2000, she has guided mainly in Patagonia but also throughout South America, Africa, Europe, and Greenland. When she is not leading tours at home or abroad, she enjoys photography, mountaineering, horseback riding, diving, kayaking, and competing in triathlons. Sonia speaks English, Spanish, German, Portuguese, and loves to share her Argentine homeland and culture with travelers.

# OPTIONAL EXTENSIONS

The following trip extensions serve as great additions to our journey to Patagonia. Please contact our home office at 1-800-941-8010 for the full itinerary, or if you wish to reserve.

## MENDOZA WINE REGION

Mendoza is known for its year-round sunshine, gourmet restaurants, and delicious wines. Our 3-day tour features guided visits to the traditional wineries in the Luján de Cuyo region, which is well-known for its centuries-old vineyards and world-class production of wines from Malbec and Cabernet grapes. Enjoy luxurious accommodations with an onsite spa and the ability to customize your tour with additional excursions to make the most of your time in this beautiful region!



Duration: 3-day trip  
Tour start/end: Mendoza, Argentina  
Accommodations: 2 nights in boutique hotels  
Trip rating: 1 2 3 4 5  
Easy . . . . . Strenuous  
Land cost: \$1,495 per person (double occupancy)  
Single supplement: \$865  
Internal Airfare: \$335\* (R/T Buenos Aires to Mendoza)  
\*Subject to change

## IGUAZU FALLS

Located on the border of Argentina and Brazil, Iguazu Falls is the largest waterfall system in the world. Our journey allows you to visit both sides, and fully experience the beauty of this natural wonder. Walk along Iguazu's impressive collection of waterfalls and feel the mist from the stunning Garganta del Diablo. Surrounded by tropical jungle and home to incredible biodiversity, Iguazu Falls offers a sense of perfect harmony with nature.



Duration: 3-day trip  
Tour start/end: Iguazu, Argentina  
Accommodations: 2 nights in a boutique hotel  
Trip rating: 1 2 3 4 5  
Easy . . . . . Strenuous  
Land cost: \$1,495 per person (double occupancy)  
Single supplement: \$825  
Internal Airfare: \$335\* (R/T Buenos Aires to Iguazu)  
\*Subject to change

# NEXT STEPS



## TO MAKE A RESERVATION

You can call Boundless Journeys at 800-941-8010, request a reservation online, or contact your travel agent. We will confirm your spot with a deposit of \$500 per person and the payment of internal airfare, payable by check or credit card.

## ONCE YOU RESERVE

As soon as you confirm your adventure, we will provide you with an extensive, detailed trip planner that includes arrival and departure instructions, a complete packing list, regional information, required documents, a reading list, and other details.

## CANCELLATION & REFUND POLICY

Please check our Terms & Conditions page on our website for our comprehensive cancellation and refund policies: [www.boundlessjourneys.com/terms-and-conditions](http://www.boundlessjourneys.com/terms-and-conditions).

## TRIP CANCELLATION INSURANCE

In addition to your detailed trip planner, we will email you a quote for Travel Guard trip insurance. Please let us know if you would like us to purchase a policy on your behalf. Boundless Journeys strongly recommends purchasing Trip Insurance.

## QUESTIONS? WHICH TRIP IS RIGHT FOR YOU?

Adventure travel may involve exotic destinations, unusual levels of physical exertion, and activities that may be new to you. If you have any questions about the level of comfort, difficulty, or activities included on your trip, please call Boundless Journeys at 800-941-8010, or email us at [info@boundlessjourneys.com](mailto:info@boundlessjourneys.com). Our travel experts look forward to helping you select the perfect adventure.

### VISIT US ONLINE

[www.boundlessjourneys.com](http://www.boundlessjourneys.com) for:

- additional departures
- special promotions
- detailed itineraries
- inspiring photography
- guide bios

### ENJOY FOOD & HIKING?

Check out. . .

- PERU: The Sacred Valley & Machu Picchu
- SLOVENIA: Julian Alps Hiking

### EXTENDING YOUR TRIP?

Consider. . .

- PERU: Into the Amazon
- PERU: Lodge-to-Lodge Salkantay Trek
- COSTA RICA: Custom Tour

### PREFER A PRIVATE TRIP?

The perfect option for alumni and family reunions, birthdays and anniversaries, or just to catch up with friends in fabulous destinations. Mark your calendar and leave the planning to us! Call our travel experts today: 800-941-8010.



# BOUNDLESS BEYOND



## RESPONSIBLE TRAVEL

At Boundless Journeys, our goal is to create meaningful experiences that protect the delicate ecosystems and attributes of every location we visit. We aim to educate our guests on the best responsible travel practices for each destination.

## WE ARE COMMITTED TO

**Making connections.** Our local guides offer insider knowledge of their country, including tips on etiquette and customs. They facilitate meaningful interactions with the people and places we visit, such as dinner at the home of a local family. While you may arrive in a destination as a visitor, you leave with a deeper understanding and connection to each place.

**Going local.** Boundless Journeys' small group size stems from a desire to provide a more intimate traveler experience, giving us the freedom to move through the tight alleys of old towns on foot, eat and sleep at traditional guesthouses, participate in immersive cultural exchanges, and leave a smaller footprint on all of the locales we visit. This mobility allows us to support local economies directly, forging strong relationships with our partners and friends abroad as we return year after year.

**Respecting people and the environment.** We support organizations working to protect ecosystems and improve the livelihoods of local communities. On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we practice Leave No Trace ethics and actively contribute to the conservation of parks and protected areas.

## HOW YOU CAN HELP

**Give back.** Instead of receiving a Boundless Journeys t-shirt or water bottle, you can opt to donate the value of your gift to our travel scholarship fund, which will be awarded to a local student for an educational or service-based travel opportunity.

**Learn more.** Visit [boundlessjourneys.com/responsible-travel](https://boundlessjourneys.com/responsible-travel) to read more about how our values are reflected in our trip offerings. We also offer a selection of Resources for the Responsible Traveler, which suggests ways to tread lightly and ensure your journey has a positive impact.

**Join us.** Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge at [travelersagainstplastic.org](https://travelersagainstplastic.org).

## CONSERVATION IN ACTION

Boundless Journeys is a proud member of the Adventure Travel and Trade Association, a global network of adventure seekers who believe in the protection and promotion of local communities and wilderness areas.

