



ITINERARY | DAY-BY-DAY

CAREER ENRICHMENT



Gastroenterology & Internal Medicine Journey to Argentina!

11 days / 9 nights

November 3-13, 2018

\$6.999 (Based on double occupancy)

\$1,399 (single supplement)

Enjoy the unique culture and traditions of South America while you spend time exploring the cosmopolitan city of Buenos Aires and the Andean wine region of Cafayate in the North.

Highlights

- ✓ Visit **Cafayate region**, home of the famous *Torrontes* grape varietal
- ✓ **Bike riding** through the picturesque trails of La Estancia de Cafayate vineyard
- ✓ Make your own **wine** and taste spectacular wines from the region
- ✓ Private guided exploration of **Salta**

Community Connections

- ✓ The **Tango Dinner and Show** – a fun and interactive show where you learn about the music and unique dance style that is ingrained in the Argentine culture.
- ✓ **Village Experience** – visit a small community in a village that is frozen in time. Enjoy a **BBQ with a local family** and learn all about the essence of Asado.
- ✓ Talk to the people you meet on the street. You'll be delighted at how open to conversation the locals are, and you may surprise yourself with the new impressions formed.

Focus on healthcare

- ✓ **Meaningful interaction and collaboration** between travelers and healthcare professionals in Argentina will focus on the extremes of healthcare in Argentina, from a top hospital to the care received by the less fortunate lacking in personnel, facilities, and equipment.

What's Included:

- 4 & 5* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from Argentina (gateway city set tentatively out of Miami)
- Local English speaking guide
- Meals as mentioned and most tips

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable



📍 Miami, Florida

DAY 1– Saturday, November 3, 2018 Depart for Argentina

Depart today and make your way to Argentina.

Elegant, old-worldly, with a touch of Paris here and of London there, a dash of New York cosmopolitanism and Italian exuberance here, the city of Buenos Aires, nevertheless has a lot of Latin America in it as well.

📍 Salta, Argentina

DAY 2 – Sunday, November 4 Explore Salta

Upon arrival at Buenos Aires Ezeiza International airport (EZE), fly onward to Salta airport (SLA) where you will meet your local guide. ***Early check-in has been confirmed at the hotel for your comfort.***

Salta is still very much a hidden treasure of Argentina. The charm and the character of this area lies in the **culture and folklore** of its people, in the architecture of its small towns, in the traditions and customs present in its markets, its food, its music and its religious festivities. A mix of Pre-Columbian civilizations (it was the southernmost outpost of the Inca Empire) and Spanish colonial past, the city of Salta (the gateway city to visit this area) is the best preserved Spanish colonial city in Argentina.

Find northern magic in **Design Suites Salta**. This is an architectural project that blends with the color of the palette of nature. Located in Salta downtown, the property features an art gallery, restaurant, wine bar, health club, gym, Scottish shower, sauna, swimming pool and free Wi-Fi among others.

After lunch at the hotel enjoy a **tour of Salta**, the most representative Spanish colonial city in Argentina. You will visit the Cathedral, the magnificent Franciscan temple **Church of San Francisco**, Town Hall, Historic Museum of the North, a local craft market, and the San Bernardo Hill. Stop to see the **High Mountain Archeological Museum** as time permits.

Dinner will be at a local restaurant.

Overnight: Design Suites Salta (or similar)
Included meals: Lunch & Dinner

📍 Salta, Argentina

DAY 3 – Monday, November 5 Handicrafts, Folklore and Dancing!

After breakfast, visit Salta city **handicraft market** to find handmade fabrics and ponchos.

Lunch will be provided at a local restaurant.

This afternoon, explore the fabulous city of Salta **at your leisure** – your local guide will be on hand to provide recommendations on how best to enjoy the city or you may just simply want to relax and explore the art gallery and wine bar at your hotel!

This evening, enjoy a three-course dinner at La Casona del Molino, a **traditional "Peña"**. The people of Salta (Salteños), gather at *peñas* (**folk concerts**) to celebrate the capital's cultural heritage through traditional song and dance. Casa del Molino is the most authentic experience in town. Don't expect flashy costumes or big stage production; local musicians play and people dance when inspired – join in the fun and live like a local!

Overnight: Design Suites (or similar)
Included meals: Breakfast, Lunch & Dinner





📍 Salta, Argentina

DAY 4 – Tuesday, November 6 Village Life

Following breakfast leave for **Chicoana**, located 40 km from Salta. It is a small **traditional village** located in the southwestern Valle de Lerma, immediately south of the river.

The valley of this river, called Quebrada de Escoipe, makes Chicoana the gateway to the northern portion of the Calchaquíes Valleys. Here you will be welcomed by real gauchos who are going to show how they cook the traditional Argentinian asado (barbeque) and enjoy the meal with them.

Learn the techniques of the *asado* and help the ladies to prepare empanadas in the most traditional way.

After lunch, return to Salta city and enjoy the rest of the day at leisure with dinner on your own.

Overnight: Design Suites (or similar)
Included meals: Breakfast & Lunch



📍 Cafayate, Argentina

DAY 5 – Wednesday, November 7 Time for wine!

Transfer to **Cafayate** (scenic road). Leave the City of Salta behind to discover the **Calchaquíes Valley**, an unforgettable journey through a region that was molded by a turbulent pre-Incan and colonial history, is surrounded by dramatic scenery carved by the wind and sun towns made of adobe clay that transport us back to remote times.

Drive through the breathtaking “**Quebrada de las Conchas**” deep valley of red canyons, characterized by intense colors and spectacular geological formations, determined by the concentration of different minerals in the soil. During the trip, stop at the rock formation of the “Anfiteatro”, and observe the white sands that hail your entrance to Cafayate, the most important town in the “Valles Calchaquíes”, well known for its wines and especially the white **grape Torrontés**.

Lunch will be provided in a typical winery, **Finca El Retiro** where you will have a chance to tour the town and get to know other wineries in the area.

The spectacular **Grace Cafayate Hotel**, Spa and Residential Villas is in the Calchaquí Valley in northwest of Argentina. This hotel and villa complex which will have up to 52 keys and will form part of La Estancia de Cafayate, a secluded 1,250 acre residential and sporting estate in the heart of an area famed for its spectacular scenery, outstanding wines and equestrian sports.

Dinner is by individual arrangement.

Overnight: Grace Cafayate Hotel (or similar)
Included meals: Breakfast & Lunch





📍 **Cafayate – Argentina**

DAY 6 – Thursday, November 8

In the morning, enjoy **bike riding** through the picturesque trails of La Estancia de Cafayate. Pass by the different facilities they offer such as vineyards, lake, stables, golf courses, & polo fields.

Have a picnic in the lagoon of the exclusive property of Estancia de Cafayate.

Later today join a local chef for an exclusive **Argentinian empanada cooking lesson**. Class will be conducted pool side allowing you the opportunity to relax and learn. Enjoy your creations for dinner.

Overnight: Grace Cafayate Hotel (or similar)
Included meals: Breakfast, Lunch & Dinner



📍 **Cafayate, Argentina**

DAY 7 – Friday, November 9
Create your own wine

In the morning participate in a wine workshop: **"Create your own wine"**. You will learn about the different varieties of the Calchaquí Valley grapes (Malbec, Cabernet Sauvignon, Syrah, and Tannat) and how to best pair them with the food to create distinguished flavors. Following your lesson, it's time to design and create your very own blend of wine!

Lunch is included during the activity.

Drive along road Nº 68 and arrive at **Los Castillos**, where an imposing reddish rock formation will amaze. Just 5 km away from Los Castillos, you will find **"La Yesera"** where the group will stop for a hike. These mountains of sandstone, light-colored, predominantly white and shades of grey are the product of wind and fluvial erosion of different eras that range from 13 to the last 5 million years.

Dinner this evening will be provided at a local restaurant, El Terruño.

Overnight: Grace Cafayate Hotel (or similar)
Included meals: Breakfast, Lunch & Dinner



📍 **Buenos Aires - Argentina**

DAY 8 – Saturday, November 10
Return to Buenos Aires

Head back to Salta this morning (approx. 3.5-hour drive) and fly to Buenos Aires. Upon arrival, you will be met and check back into your local hotel late this afternoon. Lunch is on your own arrangement today.

Loi Suites Recoleta - Located in the most elegant area of the city and walking distance from museums, art galleries and shopping areas, historical architecture and beautiful parks, Loi Suites Recoleta is a refreshing option in Buenos Aires. An ample tropical winter garden resplendent with swimming-pool and restaurant complete the relaxing atmosphere. International cuisine is served in La Fuente restaurant.

Put on your dancing shoes and learn some tango skills from a local professional late this afternoon. This evening dinner will also include a professional **Tango Show** at a local venue.

Overnight: Loi Suites (or similar)
Included meals: Breakfast & Dinner



📍 **Buenos Aires - Argentina**

DAY 9 – Sunday, November 11
Cultural Exploration

The group will explore the highlights of magnificent Buenos Aires today. Your morning kicks off in one of the city's most significant spots: **Plaza de Mayo** square. This is where the city was founded in 1580 and where the most important governmental buildings are located.

Continue to the **San Telmo neighborhood**, with its cobblestoned streets, where the original porteños (Buenos Aires residents) settled in the early days. Stop at picturesque **La Boca**, the colorful working-class port neighborhood, and walk along **Caminito Street**, where local artists display their artwork to the tune of tango music performed on the street.

Next explore **Palermo**, passing through Puerto Madero and see this regenerated area where redbrick warehouses have been transformed into trendy restaurants and bars. Once in the northern area of the city, drive through Palermo Chico with its impressive townhouses, tree-lined boulevards and parks. Palermo Soho, meanwhile, fuses the flavor of a working-class neighborhood with contemporary twists such as ethnic restaurants, design stores and bars. Its bohemian atmosphere makes it popular with Argentines as well as foreign visitors.

Later explore **Recoleta**, the most sophisticated district, to visit Nuestra Señora del Pilar Church and Recoleta Cemetery and glimpse stunning mausoleums, the final resting place for many of Argentina's key characters. After lunch you will have some time to do some last-minute shopping with your guide.

Dinner is by individual arrangement (own expense).

Overnight: Loi Suites (or similar)
Included meals: Breakfast & Lunch



📍 **Buenos Aires - Argentina**

DAY 10 – Monday, November 12
Professional Interaction

Medical members of the program will interact with professional counterparts this morning for substantive meetings with local healthcare professionals.

Journey Mission: The primary goal is to develop a thorough understanding of the health care systems in Argentina through **interaction with medical counterparts and allied health care workers**. This will provide a chance to better understand the challenges of health care delivery as the country deals with changing demographics and an increased incidence of chronic disease. Explore how the country is dealing with inequalities in the quality of care as well as general accessibility of care in the public sector.

A late lunch will be provided at a local restaurant for the professional members of the group.

Guest program

*Accompanying guests will enjoy an historic foodie tour that also highlights local architecture. Begin near the Mercado de San Telmo for a homemade empanada at a family-owned neighborhood institution. After exploring the market and seeing Argentinian butchers in action, try the classic street food of Argentina: choripan. Your main stop is at one of the best and oldest Buenos Aires parrillas to try provoleta, two cuts of steak, salad, and Malbec. Finish up at a small heladeria known for their flavorful selection of homemade ice cream. **As this includes snacking/sampling throughout the day's tour, no formal lunch is included this afternoon.***

This afternoon the guide is at your disposal to further explore and do some last-minute shopping.

Say goodbye as you reflect and share memories over a farewell dinner at **Bajollave**, a closed-door restaurant (porteños apartment) open to small groups to experience dinner with the family that runs the facility. Enjoy a relaxing evening surrounded by good music, local food, fine arts and drinks in the family's centenary apartment! Enjoy a short cooking lesson tonight.

Overnight: Loi Suites (or similar)

Included meals: Breakfast & Dinner

📍 **Buenos Aires - USA**

DAY 11 – Tuesday, November 13
Departure

Fly back to Miami this morning.

Included meals: Breakfast



📍 Salta, Argentina

Design Suites

Av. Belgrano 770,
4400 Salta, Argentina

Telephone: +54-11-5199-7465

<http://www.designsuites.com/en/hotels/hotel-en-salta.php>



📍 Calchaqui Valley, Argentina

Grace Cafayate Resort

Ruta Nacional 40 Km 4340, 4427
Cafayate, Salta Province, Argentina

Telephone: +54-3868-42-7000

<http://www.gracehotels.com/cafayate/>



📍 Buenos Aires, Argentina

Loi Suites Recoleta

Vicente López 1955
Buenos Aires, Argentina

Telephone: +54-11-5777-8950

<http://www.loisuites.com.ar/en/hotel/loi-suites-recoleta-hotel>

