

Mental Health Journey to Argentina & Chile

OPTIONAL PRE-PROGRAM EXTENSION TO PATAGONIA

4 nights | El Glaciares National Park, Patagonia, Argentina

Begin your exciting journey in Argentina with a visit to Patagonia. A visit to the southernmost regions of the continent will give you the opportunity to explore the majestic glaciers and their magical, blue ice.

DAY-BY-DAY ITINERARY

DAY 1 & 2: NOVEMBER 12-13, 2019

Depart Miami and arrive in Buenos Aires; Fly onward to El Calafate

📍 Argentina

Depart from the US and arrive in Argentina the following morning. Continue onward to **El Calafate** Airport in southern Argentina (Patagonia). You will be met on arrival and transferred to your local hotel late this afternoon. This home base will be the perfect spot to explore Los Glaciares National Park.

Included meals: Dinner



DAY 3: NOVEMBER 14, 2019

Perito Moreno Glacier and Safari Nauticoe Excursions

📍 Patagonia

After breakfast, head out to explore the **Perito Moreno Glacier**, one of the world's few remaining advancing glaciers. It is currently grinding its way down the Cordillera directly into an arm of the enormous Lake Argentino. Upon arrival, stand at the promenade deck right across from Perito Moreno Glacier. Along the walkways there are seven "balconies" located at different heights and distances from the glacier. These are connected by trails that allow for hikes of different

length and degree of difficulty. From the highest balcony, you will see a large section of the glacier—northern and southern facing. As you go down, you will find the second balcony, closer to the ice. This is the place where, on occasion, the ice dam is formed. The lower balcony, 700 meters above the parking lot, is the closest you will get to the glacier.

Later, navigate De Los Tempanos Canal of the Argentino Lake to admire Perito Moreno Glacier's Northern Front. Departing from Moreno Port, located at the catwalks' end, the boat trip lasts an hour. The Northern Front can be observed in a completely different perspective from the one in the catwalks. When close to the Glacier, the boat may sail its whole front, according to the allowed distances that guarantee participants' safety. The aim is to admire the landscape and to enjoy both the silence and roar that announces the Glacier's pieces fall, witnessing a natural phenomenon that leaves an unforgettable memory.

Lunch will be provided today with dinner on your own.

Included meals: Breakfast & Lunch



DAY 4: NOVEMBER 15, 2019

Estancia Cristina Discovery

📍 Patagonia

This morning you will be transferred to the small pier of Puerto Bandera, where you will board a modern and comfortable ship to navigate for about two hours along **Lake Argentino**. Sail among icebergs, watching the breath-taking views of the occidental front of the Upsala Glacier before arriving at the port of Estancia Cristina. A boxed lunch will be provided this afternoon.



The **Upsala Glacier** is one of the largest in Los Glaciares National Park. To sail through the Argentino Lake among icebergs and mountains and then visit Estancia Cristina is an interesting combination of nature, adventure, history, and pleasure. This full day program allows you to get in touch with a natural, unique, remote environment, with the culture and lifestyle of the pioneers and the interesting relationships with famous explorers of past centuries.

Estancia Cristina was founded in 1914 by Joseph Percival Masters, an Englishman who came with his wife in 1900, after hearing marvels about the Patagonian lands of Southern Argentina and being in search of a promising future. After saving some money working in Rio Gallegos, they started

their journey towards the west and with a small boat transported all their belongings, including cattle, toward a sheltered place in the southern bank of the North Channel Square Bay. At first they lived in tents set near the lake with their few belongings but then the Estancia grew and had up to 22,000 hectares of land surrounded by glaciers, snow peaks and lakes of great natural beauty. Nowadays the staff of the Estancia keep alive the history of this family who, with the effort and endurance common to every old pioneer, left an everlasting mark in this unique region.

Later today enjoy a guided visit to the **Costumbrista Museum**, the old shearing shed, and ascend in all-terrain vehicles traveling 9.5 km through mountainous roads. Upon arrival at the continental ice shelter, there will be a 30-minute walk to visit the oriental front of Upsala Glacier, view Lake Guillermo, Southern Patagonian ice and Andes range. Return to the boat at 5.30 pm and arrive at Punta Bandera around 7:00 pm. Dinner is on your own tonight.

Included meals: Breakfast & Lunch

DAY 5: NOVEMBER 16, 2019

Fly to Buenos Aires

📍 Buenos Aires

After breakfast, head to the local airport for your flight to Buenos Aires to check into your local hotel. Lunch and dinner are on your own today with the afternoon free.

Included meals: Breakfast

DAY 6: NOVEMBER 17, 2019

Morning Free

📍 Buenos Aires

Connect with the group who arrive from the U.S. this morning.

Included meals: Breakfast

PROGRAM INFO

Date & Length: November 12–17, 2019

Extension cost: \$2,299 per person *Single supplement:* \$499

Inclusions: Flights to/from Buenos Aires/El Calafate booked with your international ticket; baggage handling, most tips; group transfers to and from the hotels; tours and meals as mentioned; and accommodations based on double occupancy.

Not Included: Hotel incidentals, spa services, and meals not mentioned.

Luggage: limit of 44 pounds (1 piece of luggage) per person for domestic flight segment on your return to Buenos Aires.

To participate in the optional extension, complete and return the extension registration form. Return no later than 90 days prior to departure or within five days of receiving the information.



HOTEL INFORMATION

Design Suites Hotel Calafate

www.designsuites.com/calafate.php

With a privileged view of Lake Argentino, this hotel in Calafate harmonizes perfectly with the Patagonian environment. Its austere design in wood and stone and its many amenities stand out among the hotels in the area.

