

Gastroenterology Journey to Argentina

## OPTIONAL BARILOCHE POST PROGRAM EXTENSION

4 days | Explore Bariloche

Guarded by majestic mountains and the impressive Lake Nahuel Huapi, Bariloche stands proudly as the getaway to the stunning Lake District. This city has strong ties to Central Europe as many families immigrated from Germany, Switzerland and Northern Italy to this region in the past century; their influence is easily found in the local culture and, of course, in the European traditional mountain architecture-style you will find along the way.

### DAY-BY-DAY ITINERARY

#### DAY 1: TUESDAY, NOVEMBER 13, 2018

📍 Bariloche, Argentina

Check out of the group hotel and make your way to **Bariloche** today.

Bariloche is located 1650 km from Buenos Aires and each season has its distinctive charm. They area is known for its outdoor activities including trout fishing, horseback riding, rafting, trekking and hiking. After arrival you will have a panoramic half-day adventure that helps you see the surrounding areas including its lakes and history.

Visit one of the main attractions in the region: **the woodlands**. Explore Patagonia's best-kept secret spots. Walk for about 40 minutes on even terrain, a low-intensity activity, your guide interpreting the sounds of the forest, such as the thrilling sound of the chucao or the regular pecking of a woodpecker while enjoying yerba mate (tea). Difficulty level is low but does require a basic fitness level.

Lunch is on your own today with dinner provided.



#### DAY 2: WEDNESDAY, NOVEMBER 14, 2018

📍 Bariloche, Argentina

Today you will get to choose from two activity options.

**Option 1:** A full day of fly-fishing in Patagonia. **Option 2:** Horseback riding and exploration around Lake Nahuel Huapi.

For both options lunch will be provided, and dinner will be on your own.



#### Option 1: Fly-fishing in Patagonia

Fly-fishing in Patagonia is a one-of-a-kind experience! The beauty and purity of isolated Patagonian landscapes makes it the ideal location to disconnect from urban life and snare one of the most combative fish in existence: the trout. Your guide will pick you up to head to one of many local rivers in the heart of **Nahuel Huapi National Park**. After being outfitted you will have the day to fish with a stop for lunch.

**Note:** You will be provided with all the tackle you need, including waders, boots, rods, reels, flies, leaders and tippet.



### Option 2: Horseback riding & exploration

Enjoy a fabulous **horseback ride** through centennial woods of coihue, mountain cypress and radial trees around the lake will make you marvel at the spectacular views of the region and feel part of the majestic beauty of our amazing Patagonia. Drive towards an exclusive Estancia with pristine forests. Once there, a guide who is not only an expert in horseback riding but also in animal communication, will fit you with a helmet and gaiters, and provide you with the basic safety instructions.

Back at the Estancia, you will enjoy a mouthwatering homemade meal with local wines and a warm coffee by the inviting fireplace; or a one of a kind tea with sweet homemade pastry.

Continue on to explore one of Bariloche's most traditional routes bordering the southern shore of Lake Nahuel Huapi. A unique viewpoint, known as **Panorama Point**, awaits as do attractions such as **Hotel Llao Llao** and **San Eduardo Chapel** near Puerto Pañuelo. You can also visit Cerro Campanario (optional), located 17 km (11 miles) from the city center, and enjoy an incredible panorama from the viewpoint. The historical Hotel Llao Llao looms, surrounded by woodlands. See tea houses and craft breweries, as well as boutique selling textiles, ceramics, leather, candles and other artisanal crafts. You can also take peaceful walks in the woods of Llao Llao Municipal Park. Finish the day up with a **beer tasting**. Brewing has often been described as a science and an art. In Patagonia they have worked hard to combine both. Your beer guide will introduce you to award-winning beers of all styles.

## DAY 3: THURSDAY, NOVEMBER 15, 2018

📍 Bariloche, Argentina

An array of activities and breathtaking panoramic views create a perfect day in the **Andes**. Depart in the morning for **Bahía López**. An easy 30-minute walk takes you deep into the woodland and to the natural balconies at Brazo Tristeza on Lake Nahuel Huapi. The journey provides magnificent views across nearby mountains and the ravishing lake. A short ascent leads to another balcony perfect for soaking up stunning **Cerro Tronador Mountain** and its seven glaciers. Push the adrenaline boundaries and make a **40-meter rappel descent**. At the base, enjoy a mountain lunch with Patagonian delicacies and wine.



After lunch, walk back to the starting point and choose to either clamber into double adventure kayaks and paddle across one of the lakes in the area, or return to your hotel.

**Note:** Difficulty level for this activity is medium (40-minute walk with mild altitude gain, 20-minute ascent) and requires a basic fitness level. Wear sports footwear (running shoes-type), sandals, bathing suit for kayaking, synthetic warm clothing, sunglasses, hat and sunscreen.

Dinner will be provided at a local restaurant this evening.

## DAY 4: FRIDAY, NOVEMBER 16, 2018

Depart today for your return to Buenos Aires and your connecting flights home.

## PROGRAM INFO

**Date & Length:** 4 days November 13–16, 2018

**Extension cost:** \$3,399 per person. *Single supplement:* \$1,299.

**Inclusions:** Airport transfers; baggage handling, all gratuities; tours; meals as mentioned; local guide for tours and transfers; and accommodations based on double occupancy. Flights from Buenos Aires to Bariloche and back to B.A.

**Not Included:** Hotel incidentals and meals not mentioned.

*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

##### **El Casco Art Hotel**

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