



## ARGENTINA

**BUENOS AIRES TO SALTA: HIKING AND BIKING THE SALT  
FLATS AND WINE REGION  
BY BIKE & FOOT  
11-DAYS**

There is much to explore in Argentina, one of South America's largest countries. On this itinerary, you'll take in some of the country's top highlights from Buenos Aires to the astounding Salinas Grandes. You'll experience friendly locals and taste traditional cuisine. You'll even have the chance to dance tango where the worldwide sensation started or sample what locals (as well as many experts) would say is the world's best wine. The tour is loaded with the perfect combination of activity and culture, but in the end it will more likely be the trip's scenery that has taken your breath away.

## Day 1

### BUENOS AIRES

#### ARRIVAL

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Upon arrival in Buenos Aires, take a taxi to your centrally located hotel. After checking into your hotel, the remainder of the evening is at leisure to explore and walk around the neighbourhood. There are plenty of unique and characteristic restaurants in the area, that will provide your first glimpse of la noche porteña. The hotel staff will be happy to recommend some local favourites.

**Meals:** None

**Accommodation:** Hotel



## Day 2

### BUENOS AIRES

#### WALKING TOUR

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After breakfast, you'll meet your BikeHike guide and head out on a morning walking tour through Buenos Aires. We'll move around on local transport, to give you a real taste of local life in this thriving city. We'll visit Recoleta, the city's most aristocratic and upper class areas in town, which includes the Nuestra Señora del Pilar Church built in 1732 and the famous Cemetery of La Recoleta where many important Argentine people are buried, Evita Peron among them. We will also stroll along Alvear, the Rodeo Drive of Buenos Aires and this street is also why it is popularly expressed that Buenos Aires is "the Paris of Latin America." Next, we'll visit Puerto Madero, the newest neighbourhood in Buenos Aires where we'll walk along the river, past renovated warehouses, to the Women's Bridge (designed by famous Spanish architect Santiago Calatrava). Afterwards, you'll have free time to find lunch on your own and explore more of the city before meeting up with the group again early evening. In the evening, we will visit Plaza de Mayo. Surrounded by the Cabildo, Casa Rosada and the Metropolitan Cathedral, it is Argentina's most important square, having been a centre for countless political events. We'll enjoy a welcome dinner in a restaurant near the square and for those interested, there will be a chance to enjoy a tango show.

**Meals:** Breakfast, Dinner

**Accommodation:** Hotel

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## Day 3

### BUENOS AIRES - SALTA

#### FREE TIME AND AFTERNOON FLIGHT

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After a wholesome and hearty breakfast at the hotel, you'll have more time to explore the city on your own before your afternoon flight to Salta. A highlight for many visiting Buenos Aires is walking around San Telmo, an old part of the city, famous for its antique shops and Sunday flea market. Another great neighbourhood is La Boca, Argentina's most colourful neighbourhood, with its tin and corrugated iron houses, built by Italian descendants. It's also the true birthplace of tango and you still dance in the famous street of Caminito, or buy tango inspired art. At 3.00 pm, we'll meet back at the hotel for our transfer to the airport for our flight to Salta. Salta, the capital of the province that shares its name, is known among Argentines as La Linda ("The Beautiful"), and it has only recently been discovered by foreigners. After the last couple of days in Buenos Aires, the laid-back vibe of Salta will prove a welcome contrast. Upon arrival, you will be met by your BikeHike representative and transferred to your hotel in the heart of the city. This evening, there will be a short meeting in the lobby to brief you on the active days ahead. The remainder of the evening is at your leisure, to relax or explore.

**Meals:** Breakfast

**Accommodation:** Hotel

## Day 4

### SALTA - CAFAYATE

#### BIKING AND HIKING

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After breakfast, at 8:30 am, we will meet in the lobby again to head out on an exciting exploration of the Argentine Northwest. We'll begin with a scenic drive south into the Lerma Valley and through tobacco plantations. We'll stop for a cup of coffee close to the old abandoned town of Alemanía before getting onto our bikes. We'll bike through the stunning red formations of the Quebrada de las Conchas all the way to La Yesera, where we will stop for a picnic lunch. After lunch, we will hike into the formations to learn about their incredible geology. Next, we'll continue to Cafayate where there will be time to explore at leisure. This vibrant small town, located in the centre of the Calchaquí Valley, owes its growth to the wine industry. From late 1800s to mid 1900s, the wineries produced mostly bulk wine, but since late 1990s most wineries chose to produce boutique altitude wines. We'll get settled into a hotel here, where you'll be based for the next couple nights. The evening is at your leisure to wander and find a spot for dinner. The town's main plaza abounds with great restaurants and the guide would be happy to make recommendations.

**Biking Duration:** 3 hours

**Biking Distance:** 53 km / 33 mi

**Biking Ascent:** + 441 m (1447 ft)

**Hiking Duration:** 2 hours

**Hiking Distance:** 4 km / 2.5 mi

**Hiking Ascent:** + 200 m (657 ft)

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel

## Day 5

### CAFAYATE

#### HIKING

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Early this morning, after breakfast, we'll head out on a hike in Cafayate, in the Sierras de Cajón, on the west side of the Calchaquí Valley. Following a local guide from this community, our route will ascend through big boulders and gigantic cacti. We will stop for lunch at a small house in the mountains, where people live while taking care of their goats there. After transferring back to Cafayate, we will have free time to relax before meeting again later in the evening for a winery visit. There, we'll have the chance to do a tasting while learning about specialty altitude wines. After the tasting, there will be time again at leisure to explore the town or choose your own place to dine.

**Hiking Duration:** 4 hours

**Hiking Distance:** 10 km / 6 mi

**Hiking Ascent:** + 710 m (2329 ft)

**Meals:** Breakfast, Lunch, Wine Tasting

**Accommodation:** Hotel



## Day 6

### CAFAYATE - CACHI

#### HIKING

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After breakfast we drive north on route 40, Argentina's longest highway and the backbone of the Calchaquí Valley. This road was constructed alongside an old indigenous road so along the ride, there will be plenty of opportunities for photos and you'll learn from your guide about the area's culture that blends Andean native traditions with Old Spanish colonial ways. A few photo highlights will be at Quebrada de las Flechas and at the Hacienda de Molinos. We will also visit poncho weavers near Seclantas. We will ultimately arrive in Cachi, where we will stay the night. This is another charming little town, and you'll have the evening at leisure to explore and find dinner on your own. The guide will be happy to point you in the direction of some great places.

**Hiking Duration:** 3 hours

**Hiking Distance:** 8 km / 5 mi

**Hiking Ascent:** + 600 m (1969 ft)

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel

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## Day 7

### CACHI - SALTA

#### HIKING

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We start with a drive out of Cachi across Los Cardones NP, on way to the Lerma Valley. We'll first head toward the mountain pass Piedra del Molino, which is where we officially leave the Calchaqui Valley behind and start descending into the greener Lerma Valley. We'll hop out of the vehicle at a trailhead that will lead us into the Valle Encantado, a gorgeous green pocket where the high desert gives way to the lower valleys. The trail will take us along a rocky ridge up to El Torreón and down via part of the Inca Trail. Invigorated by our hike, we'll hop back into our vehicle for our transfer onward to Salta. Once we've arrived, the remains of the evening are free to settle into Salta and enjoy our own dinner at leisure.

**Hiking Duration:** 6 hours

**Hiking Distance:** 16 km / 10 mi (mostly downhill)

**Hiking Ascent:** + 330 m (1083 ft)

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel



## Day 8

### SALTA - PURMAMARCA

#### BIKING

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We have the morning free and early afternoon in Salta to explore at leisure. There are many lovely local churches and a walk up the San Bernardo Hill, for its great view, is often a Salta highlight. After lunch, we'll meet again at the hotel at 2.00 pm to transfer to La Caldera for an afternoon of biking. This town was built in colonial times along the 'Camino Real' that connected Lima, Peru to Buenos Aires in Argentina. Upon arrival, we'll get geared up on our bikes and ride north, following a mountain road that takes us under a green canopy of cloud forest. Energized by the ride, we'll then transfer north towards the Quebrada de Humahuaca. After checking into the hotel, the rest of the evening is at leisure. The guide can point you toward the best places for dinner in this quaint town of Purmamarca.

**Biking Duration:** 3 hours

**Biking Distance:** 45 km / 28 mi

**Biking Ascent:** + 291 m (955 ft)

**Biking Descent:** - 489 m (1604 ft)

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel

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## Day 9

### SALINAS GRANDES

#### BIKING

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After breakfast today, we'll drive up to Salinas Grandes for an epic day of biking. This is a true highlight of the itinerary. As we bike down onto the salt flats, we'll meet several workers from the local community and even have the chance to learn how they extract salt manually. We'll have time to enjoy walking around on the salt flats, perhaps taking some legendary photos, as well as to enjoy a picnic lunch there. Afterwards, we'll transfer back to Purmamarca for an afternoon and evening at leisure to relax or explore the local shops. One of the local treasures is Andean woven rugs.

**Biking Duration:** 3 hours

**Biking Distance:** 42 km / 26 mi

**Biking Ascent:** + 169 m (554 ft)

**Biking Descent:** - 530 m (1739 ft)

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel

## Day 10

### QUEBRADA DE HUMAHUACA

#### HIKING

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After a wholesome local breakfast, we'll be prepared to head out from the hotel by foot for our morning hike. We'll head to the Camino de los Colorados where you find a winding uphill trail that takes us south through the mountains towards Tumbaya Grande. Our hiking efforts will be duly rewarded not only with stunning views along the way but also with a beautiful welcome when we ultimately arrive at Estancia El Bordo de las Lanzas in the early afternoon. This is a traditional colonial house where the owners will personally host us overnight. In the afternoon, we'll have leisure time at the Estancia, with the chance to go on an optional horseback ride or spend time lounging by the swimming pool. In the evening, dinner at the Estancia will be a typical Argentine asado (barbeque) and we'll see it prepared traditional gaucho style.

**Hiking Duration:** 4 hours

**Hiking Distance:** 12 km / 8 mi

**Hiking Ascent:** + 523 m (1716 ft)

**Hiking Descent:** - 610 m (2001 ft)

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Hotel

## Day 11

### SALTA

#### FREE TIME AND DEPARTURE

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After breakfast, we have our last morning at leisure to continue relaxing at Estancia or improving our horse-riding skills. There is also the opportunity to learn how to cook over a mud oven, for anyone interested. After a lunchtime snack, we will meet for our transfer at 1:30pm to the Salta airport.

**Meals:** Breakfast, Lunch



## TRIP INCLUSIONS

### Trip Includes

All accommodation (twin shared), meals as indicated (some including local wine), bikes, other related equipment, trekking poles, internal transportation (excluding domestic flights), airport transfers and English-speaking guides.

### Not Included

Optional activities, international flights, domestic flights, airport departure taxes, gratuities, alcoholic drinks at meals (wine is included with some meals), meals not indicated in itinerary, museum entrance tickets and items of a personal nature.

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