




WANDERLUST
Expediciones
ARGENTINA BEYOND IMAGINATION

WELLNESS ON THE CITY & ON THE LAKES
Buenos Aires & Lake District





THE ITINERARY

DAY 01- BUENOS AIRES

Arrival transfer from the International airport to the hotel. Accommodation.

This Cosmopolitan city can be a superlative introduction to an exploration of Argentina. European in appearance, Buenos Aires can keep any culture-oriented visitor busy indefinitely. Whatever the date of arrival there will be chances to participate in cultural events, or be delighted with the best polo in the world (the national team remains unbeaten for several decades), excellent football / soccer or discover the local gaucho game of “pato”, a sort of basketball on horseback.

Morning visit of the city of Buenos Aires. **The Four Balconies** of Buenos Aires is an exclusive visit in which a guide, professor of the University, uses four parks and plazas to introduce passengers to the city, its history, its everyday life and the peculiar psychology of the “porteño”, the inhabitant of Buenos Aires.

Hotel: Hotel Madero (Superior room) – www.hotelmadero.com

Meals: None.

DAY 02 – BUENOS AIRES

During the morning, transfer to Palermo for a conscious walking and a meditation. Later we have a Kundalini Class.



Hotel: Hotel Madero (Superior room) – www.hotelmadero.com

Meals: Breakfast.



DAY 03 - BUENOS AIRES

Before starting with the Yoga Class, enjoy a special healthy breakfast.
After the class, enjoy a cooking class & a conscious food class.

Hotel: Hotel Madero (Superior room) – www.hotelmadero.com
Meals: Breakfast & Lunch.

DAY 04- BUENOS AIRES

Before starting with the Yoga Class, enjoy a special healthy breakfast.
Balance of the day at leisure.

Hotel: Hotel Madero (Superior room) – www.hotelmadero.com
Meals: Breakfast

DAY 05- BUENOS AIRES

During the morning, enjoy a conscious walking on the Costanera and a meditation there. Later we have a Yoga Class.

Hotel: Hotel Madero (Superior room) – www.hotelmadero.com
Meals: Breakfast



Meet the guide at the lobby of the hotel & transfer to the domestic airport to fly to Bariloche.

Arrival in Bariloche airport, pick up the rented car and drive to Villa La Angostura (90km) through a scenic road alongside Nahuel Huapi Lake and National Park. Accommodation & welcome dinner.



DAY 06- BUENOS AIRES – BARILOCHE – LA ANGOSTURA

Hotel: Las Balsas (Standard room) – www.lasbalsas.com

Meals: Breakfast & Dinner

DAY 07- LA ANGOSTURA

Boat trip to Arrayanes (myrtles) National Park. A wonderful short trip in the lake to this surprising peninsula. Hike in the myrtle forest which has inspired Walt Disney's Bambi and have a Yoga Class in this paradise.



Hotel: Las Balsas (Standard room) – www.lasbalsas.com
Meals: Breakfast

DAY 08- LA ANGOSTURA – SAN MARTIN DE LOS ANDES

Before drive to San Martin de los Andes, enjoy a morning Yoga Class at the hotel. Drive to San Martin de los Andes (110km) through world famous 7 Lakes Road. Along this road you will see amazing lakes in the Native Forest (UNESCO reserve of the biosphere), wonderful beaches, waterfalls and mountain streams. Enjoy Wellness on the way. These are outings in Nature with Yoga or Tai Chi teachers. We go to waterfalls, lakeshores, spots in Native Forest or other energetic places to share Yoga series. A tai chi form, pranayama (yogic breathing techniques), Chinese meridians stretching and other options.

Hotel: Amonite (Standard room) – www.apartamonite.com.ar
Meals: Breakfast



DAY 09- SAN MARTIN DE LOS ANDES

During the morning, enjoy a Yoga Class.
The rest of the day is to explore the area on own.

Hotel: Amonite (Standard room) – www.apartamonite.com.ar
Meals: Breakfast



DAY 10- SAN MARTIN DE LOS ANDES

Day at leisure to explore on own.

Hotel: Amonite (Standard room) – www.apartamonite.com.ar
Meals: Breakfast



DAY 11- SAN MARTIN DE LOS ANDES – BUENOS AIRES .

Drive to San Martin de los Andes Airport. Drop off car and fly to Buenos Aires.
Transfer from the domestic airport to the international airport.
Fly back home.

Meals: Breakfast.

RATES & DETAILS 2013- 2014

Rates per person sharing a double room in U\$S Dollars

	2 Pax	4 Pax
Rooms as above	\$ 4901	\$ 3664

Rates are valid through Sep 01st , 2013 through Feb 28th , 2014. These rates are NOT valid for the period of **Xmas and New Year's Eve**. Please check with our office.

The rates include:

Accommodation with breakfast and local taxes at the mentioned hotels.
Transfers in private car with assistance of a bilingual guide for arrival transfers
Shared classes.
Assistance of bilingual (English / Spanish) speaking guides.
6 Days Car Rental in the Lake District. Type of Car Chevrolet Meriva or sim. Includes: local taxes, CDW basic insurance and unlimited km.
Meals as per the itinerary without beverages.

The rates do not include:

Airline tickets, airport taxes and local taxes
Meals except the ones mentioned on the itinerary and beverages
Tips for baggage handling and optional gratuities for guides / drivers
Personal expenses.