

## Mountain Bike and Hot Springs Tour Itinerary

### ATAC Patagonia Mountain Bike & Hot Springs Tour Itinerary

Travel by bicycle on a unique tour through the Lakes District of Southern Chile and Argentina. Climb a smoking volcano, hike through a pristine Araucaria (monkey-puzzle) forest, camp at remote hot springs and enjoy both the Chilean and Argentine culture and cuisine while camping and staying in hotels. There are massages available in Pucon, San Martin and Bariloche.

ATAC's tour vehicle takes all personal gear between camps and hotels. It is possible to ride as much as you like. The van can pick up those who choose to ride less or not at all on any particular day. Transportation, guides, and all meals (except for lunch and dinner on day 8) are included in trip price. View equipment list to see what we recommend bringing.

#### **Day 1: Arrival:**

Arrive at Temuco airport via Santiago, Chile. Meet your ATAC Patagonia trip leader. Drive 1.5 hours through farmlands past the small city of Villarrica to the lakeside town of Pucon. Stay in the Ecole Lodge, your home for the next two days. Meet the whole group for a hearty vegetarian dinner at Ecole's restaurant.

#### **Day 2: Climb Villarrica Volcano – Bike Down:**

Leaving Pucon early in the morning, climb Volcano Villarrica. The summit has breathtaking views of the Andes as well as spewing, bubbling lava in its crater. Upon descending to the ski area, ride mountain bikes back to town. Dine at the local steak house.

Total Climb to Crater from Ski Resort: 3000 ft

Total Distance by Bicycle: 20 km

Total Descent on bike: 5000 ft

#### **Day 3: Ride Along the River:**

In the morning, eat breakfast at Ecole and then ride bikes along the Rio Trancura and Rio Liucura past the Ojos de Caburgua to Lago Caburgua. Continue up the road to the entrance of Huerquehue National Park. Stay at a cabin on the shore of Lago Tinquilco. Eat a hearty vegetarian meal in the evening.

Total Distance by Bicycle: 40 km

Altitude Gain: 2000 ft.

#### **Day 4: Hike through Huerquehue National Park:**

Leaving in the morning, hike through Huerquehue National Park, past 3 small lakes and through ancient Araucaria forests to the Rio Blanco hot springs. Stay in cabins near the hot spring pools. Bikes and gear travel with the ATAC Patagonia van.

Total Hike Time: 6-8 hours

#### **Day 5: Ride and Cross the border to Argentina:**

Leaving early in the morning, ride from the hot springs through thick native coigue forests and on the way to Cunco. Ride along lakes and rivers – heading North on the

ATAC Patagonia

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Argentina: Belgrano 325 (8400) S.C de Bariloche Phone: +54.9.2944516990

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Western edge of the Andes. Load everything into the van and cross the border to Argentina. Stay at cabins in the high desert surrounded by Araucaria trees.

Total Distance by Bicycle: 60 km

Total Elevation Gain: -500 ft

### **Day 6: Horseback Ride, Hike and/or Ride:**

After a leisurely breakfast, ride horses through the desert landscape and Araucarias. Stop at a lake for lunch and a maté before returning to the cabin. If you still have the strength, head out for a short mountain bike ride. In the evening, feast on locally raised lamb.

Total Distance by Bicycle: 50 km

Total Elevation Gain: 1500 ft

### **Day 7: Ride and Drive to San Martin:**

Leaving at 7 am, ride bikes over a pass to Villa Pehuenia. For those who would rather sleep in, the van departs at 10 am. Meet up in Villa Pehuenia for a trout lunch. In the afternoon, drive along Rio Alumine to San Martin de Los Andes. Stay at a hotel overlooking the lake.

Total Distance by Bicycle: 40- 60 km Total Elevation Gain: 1500 ft

### **Day 8: Fly-Fishing and Biking:**

Leaving early in the morning, drive along Lago Lacar to Hua-Hum. Basing ourselves on the shore of a lake, learn to fly-fish, ride a 2 hour mountain bike loop, lounge on the sandy shores of the lake, or hike to a hot springs. After a late afternoon asado, return to San Martin in the evening.

### **Day 9: Ride Villa La Angostura:**

Departing early in the morning, drive the famous Seven Lakes Road to Villa La Angostura. After lunch, ride the peninsula trail to the Bosque de Los Arrayanes National Park. After a snack, board a ferry to Bariloche. Arriving in the evening, dine at Alberto's famous steakhouse as a farewell meal.

Total Distance by Bicycle: 20 km

### **Day 10: Departure:**

For those who have time for a quick ride in the morning, tour Cerro Otto. After that, hop on your returning flight home.

Notes: This itinerary is an example of what might happen on this trip. This itinerary typically changes due to weather and group decisions at the moment of the trip. Please bring an open mind open to adventure!

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