



Salta: Trekking in the Yungas

The north of Argentina has always been characterized by a great diversity of landscapes, histories and cultures. The south of Salta remains unknown and little visited. This trip is mainly in the Yungas ecosystem of the Sierras Subandinas, near the city of Rosario de la Frontera. It's a humid environment, covered with lush vegetation, typical of the Yungas or mountain jungle, until the vicinity of the Native Community of El Sunchal, an area of transition of vegetation between the eco-regions of Bosque de Yungas and Pastizal de Altura (high grasslands).

Trip Highlights:

- Nature: Hike and camp through different types of vegetation that make up the Yungas (jungle, forest, high grassland); soak in natural hot springs
- History: Learn of the struggle for independence of the Argentine Republic
- Culture: Interact with the indigenous people





Day 0 – October 12: Arrive in Salta anytime today. Hotel night not included.

DAY 1 – October 13:

Our trip begins at 8:00 am with a meeting at a hotel in Salta. After a trip briefing, we begin our journey to the southern end of the Salta province. We stop at Posta de Yatasto, a historical place located 15 km from San José de Metán, where the heroes of the Argentine independence, General José de San Martín and Manuel Belgrano, met for the only time. We continue the trip to the town of El Tala, where we visit the house of the famous Argentinean sculptor, Lola Mora. Our next stop is El Espinal, the start of our trek towards the native community Diaguita Calchaquí, a hamlet located in the middle of the sub-Andean Sierras. Inserted in the middle of the Yungas region, our route will be crossing a winding path through the dense jungle of Yungas or nuboselva (montane cloud forest) where, in addition to the great plant diversity, we can observe some of the 400 species of birds that inhabit this region. If we're lucky, we might witness the elusive puma or jaguar! The last hours of the day will find us arriving at the indigenous community where we will spend the night camping, enjoy a warm dinner and a sky full of stars. *Lunch and dinner included.*

Driving: 2.5 hours; Trekking: ~4 hrs, 8.5 km; ~348 meters (1,200') elevation gain.

DAY 2 – October 14:

After a picnic breakfast, we explore the surroundings along paths that cross the edges of the hills and cross ravines to the river La Cortadera where we can practice fishing for trout in the Cascade of Dreams. We can hike to the hill, El Mirador, in addition to interacting with the indigenous community. We camp in the same location for a second night. *Breakfast, lunch, and dinner included.*

DAY 3 – October 15:

After breakfast, we begin the trek out to Rosario de la Frontera, arriving in early afternoon. We visit the Hotel Termas, a historic hotel dating from the year 1880, famous for its thermal waters, considered among the five best in the world. We will take some time to enjoy nine varieties of thermal waters, the warmest is 99° C at the source. Transfer to Salta and arrive at approximately 18:00 (6:00pm). *Breakfast and lunch included.*

END OF SERVICE.

Trekking: ~4 hrs, 8.5 km; ~348 meters (1,200') elevation loss; Driving: 2.5 hours.

Getting to and from Salta

Important Note: Please take note of which airport in Buenos Aires you are arriving and departing when you book your airline tickets. International flights from North America and Europe land in Buenos Aires at **EZE** (Ministro Pistarini International Airport; Ezeiza International Airport). Your flight to Salta, however, may (but not always) depart from **AEP** (Jorge Newbery Airfield), Buenos Aires. The distance between the two airports is ~44km and an hour without traffic.

However, traffic can be very heavy in Buenos Aires and we recommend you allow several hours between flights to clear immigration, customs, obtain luggage, and transfer to AEP to be sure you can make your connection.



Difficulty of the Itinerary: MODERATE (3) - Good physical fitness required; ~4-6 hours activity/day

Group size: 4-12

Service Includes:

- Two nights in tents, wilderness camping (double occupancy; limited singles possible upon request); staff will pitch the tents and set up camp
 - Sleeping bag (synthetic fill)
 - Sleeping pad
 - No facilities (toilets)
- Meals as indicated in the itinerary. Dietary preferences or restrictions (i.e. gluten-free, vegan, vegetarian, dairy-free) may be accommodated with prior notice.
 - Beverages: water, natural juices
 - Cutlery, plates, cups, glasses, etc.
 - Camp chair
- Transfers
- Group equipment and personal luggage is transferred by horse pack while trekking

Not Included:

Tips to guides, alcoholic beverages, souvenirs, hotel nights in Salta, anything else that is not included in the itinerary

PRICE: Net US \$ 220 - per passenger

Bank wiring: Paid in full at sign-up or at least 30 days prior to departure.

CANCELLATION POLICY:

The cancellation of a contracted service must be notified in written form by email. Applying the following percentage of retention: 10 days before the tour 10%, 5 days 30%, 2 days 50% and the same day of the tour 100% of the amount of the reservation. Once the tour begins, if the participant chooses not to continue the tour for any reason, all monies are forfeited.





Weather:

October is the dry season (sub-tropical) with a low chance of rain. Temperature ranges from 28°C/83°F during the day to 15°C/60°F at night. Altitude ranges from 1137 meters/ 3,730' to 1485 meters/4,870'.

Packing List:

Luggage:

- Medium to large duffel (carried by horse)
- Day pack (large enough to carry water, lunch, camera, jacket)
 - Waterproof pack cover or garbage bag to line pack

Clothing:

- Waterproof jacket, lightweight
- Fleece/insulating jacket
- T-shirts, synthetic or wool
- Long sleeve shirt, synthetic or wool
- Hiking pants (no jeans for trekking)
- Underwear/sports bra
- Sleepwear
- Bathing suit (for hot springs)
- Post-trek clothing change (for drive back to Salta)

Footwear:

- Hiking socks, synthetic or wool
- Pair of extra shoes for after trekking
- Trekking/hiking shoes with good tread

Assorted Personal Items:

- Water bottles (2 1-Liter or 2L hydration bladder)
- Headlamp with batteries (& extra batteries)
- Insect repellent
- Sunscreen and lip balm with SPF
- Sun hat
- Sun glasses
- Personal hygiene items (lightweight travel towel, soap, toothpaste, toothbrush, comb, etc)
- Toilet Kit: Toilet paper, Ziplock bags (at least one for clean TP, one for dirty TP), wet wipes, hand sanitizer (You must pack out all toilet paper from the wilderness.)
- Personal first aid kit, medications, blister kit
- Camera/memory cards/battery
- Packing cubes/stuff sacks
- Compression stuff sack for sleeping bag
- Optional:
 - Trekking poles (collapsible)
 - Earplugs and eye shade
 - Binoculars
 - Water filter/purification pills/drops
 - Sleeping bag/pad (provided but you can bring your own, if desired)
 - Light hat/gloves





Experience in Adventure Tourism

- PROVIDER and SITE GUIDE OF NATIONAL PARKS CALILEGUA and LOS CARDONES (2006 - 2010)
- OPERATOR AND ADVENTURE TOURIST PROVIDER ENABLED BY THE MINISTRY OF TOURISM OF SALTA MINISTERIAL RESOLUTION 327/10 - 034/12 - 032/14
- OWNER and GUIDE of "THE HIDDEN FACE OF SALTA, Adventure Tourism" in MOUNTAIN BIKE, TREKKING, CABALGATAS, OBSERVATION OF BIRDS in the YUNGAS
- INTERNATIONAL TRAINING LOGISTICS SERVICES FOR THE "SYFY" CHANNELS Destination Truth Program THE UCUMAR, "DISCOVERY CHANEL" "Naked and Afraid" and "ANIMAL PLANET" the program will be broadcast in May 2017.
- Tourist Development in EL IMPENETRABLE, working jointly with the Government of Chaco. INCUBA (Chaco) - RESCUE IN NATURAL AND NATURAL RURAL ENVIRONMENTS
- LEADERSHIP AND RISK MANAGEMENT IN NATURAL ENVIRONMENTS – LIFE GUARD in NATURAL WILD ENVIRONMENTS

