

## Salta & Jujuy: TRAILS OF THE PACHAMAMA

4 days / 3 nights | 12<sup>th</sup> – 15<sup>th</sup> October, 2017

*From Salt Flats to the sacred Andes, following the llamas' rhythm*



*This journey explores the Humahuaca region with a focus on the local culture and unique landscapes of Salta & Jujuy.*

*Following the route of the Train to the Clouds, visiting Salinas Grandes (Salt Flats), trekking for two days in the mountains with llamas and spending a night in a local community to learn about their culture, are just some of the experiences that this journey offers.*

*The picturesque Andean villages of Purmamarca and Tilcara will be the base of this adventure that also includes horseback riding at a typical estancia, tasting some of the best wines of Argentina, and more than 10 hours of trekking over two days surrounded by colorful hills and expansive skies.*

*This memorable trip will dig deep in our souls and the Pachamama spirit will stay with us long after the journey is over.*

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Palermo Soho: Thames 2062 Tel. (+5411) 5258-8740 // San Telmo: Chile 557 - Tel. (+5411) 4307 3451  
info@sayhueque.com - Buenos Aires, Argentina

# SAY HUEQUE

ARGENTINA JOURNEYS

## Highlights:

- *Salinas Grandes – Argentina’s massive salt flat, 3,350 m.a.s.l.*
- *Humahuaca Mountains & Cerro Siete Colores, The Hill of Seven Colors*
- *Trekking with llamas and overnight in a remote mountain community*
- *Pachamama insight*
- *Horseback riding at a typical estancia*
- *Local music in an authentic peña*

**Trip rating:** (3) Moderate - Good physical fitness required; ~4-6 hours activity/day

**Group Size:** 4-12 (maximum 6 hosted delegates)

## **Weather**

In October, clear sunny skies are usually present. The chance of rain in October is about 12%. During the day, average temperatures are 18°C and 25°C (mid-60s°F – high 70s°F). In the mountains, at night temperatures vary between 0° and 7°C (32°F – 45°F). There might be frost in the night/early morning.

**PRICE PER PERSON      US\$ 1200.-**

*\*Prices in US Dollars.*

### **The Tour Includes:**

- Private transfers mentioned in the itinerary
- 1 night in Hotel in Purmamarca (single rooms), 1 night in local refuge (co-ed dormitory), 1 night in Hotel in Tilcara (single rooms).
- All meals mentioned in the itinerary (including non-alcoholic beverages)
- Tours described in the itinerary
- Bilingual Tour Leader assistance (English / Spanish)

### **The Tour Does Not Include:**

- International & Domestic Flights
- Alcoholic beverages
- Travel/Medical/Evacuation Insurance
- Personal expenses, tips to guides and drivers

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## ITINERARY

**Day 0 - Wednesday, October 11<sup>th</sup>:** Arrive anytime today in Salta. *(Hotel not included.)*

*Welcome to Salta!*

A favorite city of travelers, Salta offers outstanding museums, colonial architecture, lively cafés in the main plaza (great spot for people watching) and vibrant and authentic peñas, places where locals grab a table to watch their favorite folkloric singers and after a glass of wine (or two) begin dancing.

Salta is the perfect base to explore the utterly spectacular landscapes and culture of the Argentinean north.

### **Day 1 - Thursday 12<sup>th</sup> October: Mountains, Valleys and Salt Flats**

Our trip begins today in Salta, Argentina. We meet in the morning and after a short briefing, begin our 4-day journey by taking the scenic route to Purmamarca. Leaving Salta behind, we travel along the same route as the famous Train to the Clouds, zigzagging on lonely roads between the bright blue sky and the high desert plains. Along the way, we visit historic ruins, scattered houses and landscapes unique to Salta's high puna.



Our first destination is the small town of Campo Quijano and later the impressive Quebrada del Toro, where we stop for a refreshing coffee break after some stunning viewpoints.

From here, we will visit Santa Rosa de Tastil, a pre-Incan city of the XIII century. After, we visit San Antonio de los Cobres (3750m/12,303'), one of the highest and smallest villages in the region- en

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route to the surreal landscape of Salinas Grandes. The Great Salt Flats was once a lake and now it's a dried up 525-sq-km, half-a-meter (3 feet) thick crust of salt.

The Great Salt Flats are perfect for amateur and professional photographers alike- where the natural light and reflections provide many opportunities to test your creativity to the fullest. Finally, later in the afternoon we will arrive to our comfortable hotel in Purmamarca, located at the base of Jujuy's famed 7-colored mountain, Cerro Siete Colores.

Overnight in Purmamarca (2,324m/7,625').

*Driving: 5.75 hours; Meals included: Lunch, afternoon snack, and dinner.*



## Day 2 - 13<sup>th</sup> October: Llamas Caravan and overnight in the mountains with a local family

After breakfast, we depart our hotel in Purmamarca and travel to the village of Tilcara (8,087') (distance 26km), from where we will begin our trek with llamas. Tilcara is the archaeological capital of La Quebrada de Humahuaca, a UNESCO World Heritage Site located at 2,500 m.a.s.l.



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After loading the llamas with our bags and food, we are ready to begin trekking. Before starting up the trail, we ask for permission and express gratitude to the Pachamama. The path starts by following an ancient trail used by the rural inhabitants. Multi-colored mountains, small cascades, pre-Hispanic crop terraces and archeological sites, form the backdrop of our trek. Halfway to our destination, we enjoy lunch in the shade of the Ravine of Punta Corral's river.

In the afternoon, we arrive at the tiny and remote rural settlement of Zanzas, which belongs to the Ayllus community. The only way to get here is by walking for 4-6 hours (or by horse) from Tilcara. There are no roads and this is what makes this place feel so authentic. The local way of living and customs has changed very little over the last 500 years.

For generations, the Martinez family has lived in the Humahuaca region, always working the land and taking care of their cattle. Isidro, Adela and Presentación share with us their stories and their way of living. We help them prepare dinner and learn about their deep relation with the Pachamama, under a bright and ageless starry night.

Accommodation is co-ed dormitory style in a clean, basic mountain refuge (sleeping bag required). There are no toilet facilities.

Trekking Duration: 4 to 6 hours.

Distance & Elevation: 8km, approximately +500m

Physical Intensity: Medium

*Meals included: Breakfast, Lunch, Afternoon Snack and Dinner*



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## Day 3 - 14<sup>th</sup> October – Rural activities in Zanzas and live folk music in a local Peña

We take time this morning to help our hosts with their daily duties. We take a walk among the crop terraces and learn about the rural activities and way of life of our hosts. After lunch, we begin our trek back to Tilcara, arriving in town in the afternoon.

Later, after a comforting shower, we enjoy a farewell dinner in a local Peña. The Peñas are a very important part of the culture in the Salta Region. It is a folk concert where locals gather to play music and dance samba or chacarera. Being part of a Peña on a Saturday night will be the ideal night for those eager to have fun with the locals.

Trekking Duration: 4 to 6 hours.

Distance & Elevation: 8km, approximately -500m

Physical Intensity: Medium

*Meals included: Breakfast, box lunch, afternoon snack and dinner*



### 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.

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## Day 4 - 15<sup>th</sup> October – Estancia experience at Bordo de las Lanzas - Horseback riding



After breakfast, we start our journey back to Salta. Along the way, we visit El Bordo de las Lanzas. This property is a traditional cattle-breeding hacienda. Here, in Argentina, we call it “estancias”. It is one of the oldest estates in the country and dates from 1609.

The estate’s owners, the Arias Cornejo family welcome and share with us the authentic lifestyle of a working estate and teach us a bit about the history of Northern Argentina.

After touring the house and gardens, we horseback ride (~2 hours) on Peruvian Argentine horses. Upon our return, we will enjoy a typical countryside “asado” (barbecue) and learn how it is prepared.

After having a relaxed afternoon, we continue our return to Salta arriving by approximately 6:00pm.  
*Meals included: Breakfast & Lunch*

*Duration: 6 - 7 hours; Physical Intensity: Low*

### High Altitude Alert:

This trip ascends to high altitude, traveling above 2438m/8,000’ for the most of the trip. The highest altitude reached is 3,350m/11,000.’ Activities at these altitudes may feel more strenuous than normal. It is important you understand the symptoms of acute mountain sickness (AMS) and the more severe forms of altitude illness, HAPE (High-altitude pulmonary edema) and HACE (High-altitude cerebral edema) so that you can self-monitor your reaction to high altitude. Take the necessary precautions to prevent or alleviate symptoms of high altitude such as staying hydrated, avoiding alcohol, and eating well. Be sure to share any symptoms with your guide.

### The Golden Rules

1. If you feel unwell, you have altitude sickness until proven otherwise.
2. Do not ascend further if you have symptoms of altitude sickness.
3. If you are getting worse then descend immediately.

For more information: [Altitude Illness at CDC \(Center for Disease Control\)](#); [Altitude sickness at altitude.org](#)

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## Packing List:

<p><b>Luggage:</b></p> <ul style="list-style-type: none"> <li>• Medium to large duffel (for personal items/sleeping bag transported by llamas on trek)</li> <li>• Packing cubes/stuff sacks</li> <li>• Day pack (35 liters) – carrying water, camera, lunch, jacket, etc</li> </ul> <p><b>Clothing:</b></p> <ul style="list-style-type: none"> <li>• Casual clothing/shoes for travel and city wear (lightweight, easily washable)</li> <li>• Water/windproof jacket, lightweight</li> <li>• Fleece/softshell jacket</li> <li>• Down (or synthetic insulation) jacket</li> <li>• T-shirts, synthetic or wool</li> <li>• Long sleeve shirt, synthetic or wool</li> <li>• Hiking pants (no jeans for trekking)</li> <li>• Synthetic or merino base layers</li> <li>• Underwear/sports bra (quick drying)</li> <li>• Sleepwear</li> <li>• Sun hat</li> <li>• Wool or fleece hat</li> <li>• Neck warmer or buff</li> <li>• Liner gloves, synthetic or wool</li> <li>• Warm fleece gloves/mittens</li> </ul> <p><b>Footwear:</b></p> <ul style="list-style-type: none"> <li>• Hiking boots with rugged sole</li> <li>• Hiking socks, synthetic or wool</li> <li>• Light shoes (sneakers or water sandals – post hike)</li> </ul>	<p><b>Assorted Personal Items:</b></p> <ul style="list-style-type: none"> <li>• Sleeping Bag (10°C/15°F) with compression stuff sack**</li> <li>• Water bottles (2 1-Liter or 2L hydration bladder)</li> <li>• Headlamp with batteries (&amp; extra batteries)</li> <li>• Sunscreen and lip balm with SPF</li> <li>• Sunglasses with UV filter</li> <li>• Personal hygiene items (toothpaste, toothbrush, quick drying travel towel, etc)</li> <li>• 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.)</li> <li>• Personal first aid kit, medications, blister kit</li> <li>• Bandana</li> <li>• Camera/memory cards/battery/charger</li> <li>• Optional:             <ul style="list-style-type: none"> <li>○ Trekking poles (collapsible)</li> <li>○ Earplugs and eye shade</li> <li>○ Binoculars</li> <li>○ Water purification (filter or tablets)</li> <li>○ Insulating mattress (compact, lightweight; Therm-a-Rest ideal): <b>provided</b> but you may want to bring your own for added comfort</li> <li>○ mp3 music player, e-book reader</li> </ul> </li> </ul>
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\*\* (if you are not bringing your own sleeping bag, just let us know and we can help you with the rental)

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