



Tucumán: Trekking the Sierra del Aconquija

October 11 - 15 (5 days - 4 nights)

Pre-Summit Adventure

The Tucumán highlands, Sierra del Aconquija, are comprised of rolling green hills rising to over 4,500 meters (14,765'), deep gorges covered with forests, lush green valleys and plateaus. It is a wild region! There are vast areas with no roads and while it feels a long way from civilization, a surprising number of people live in the hills. The locals here live in much the same way as they have for centuries. Meeting them and passing through their land is what makes this trek so fascinating! In the heart of the Highlands, we find the Anfama community where we are warmly received by Doña Petrona, who, with her simplicity and hospitality, make us feel welcome.



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HIGHLIGHTS

- Hiking, camping, & a village stay in the Sierra del Aconquija of Tucumán Province
- Trekking from the lovely hilltown, **Tafí del Valle** to nearby historic **San Miguel de Tucumán**, known as “The Garden of the Republic”
- River gorges, deep valleys, high mountains, little known archeological sites, and friendly locals

Travel Style	Trekking	DAY / ITINERARY
Operable Season:	From April to October	01 Buenos Aires Airport – Tucumán Airport – Tafí del Valle
Beginning day:	October 11th	02 Tafí del Valle - La Ciénaga
Departure:	Group	03 La Ciénaga – Anfama
Minimun of pax:	4 passengers	04 Anfama - Tucumán
Maximun of pax:	12 passengers	05 Tucumán - Salta
Difficulty:	Moderate	LODGING
Trip starts at:	San Miguel de Tucumán	2 nights at Hotel (twin share rooms)
Trip ends at:	Salta City	1 night Semi - Full camping (backcountry)
		1 night at simple lodging (dormitory style)

DAY BY DAY ITINERARY

October 11 - Day 1 Buenos Aires Airport (AEP)–Tucumán Airport – Tafí del Valle Village

Our trip begins today in San Miguel de Tucumán. Upon arrival in Tucumán, we depart to Tafí del Valle village. Route 307 marks the ascent to the valleys. The road goes through the “Quebrada del Rio Sosa”, which crosses the Natural Reserve of the same name. The Yunga forest invites us to stop. Continuing, we see the monument "El Indio". Above, the entrance to the valley of Tafi is simply shocking. Surrounding La Angostura Dam we arrive at El Mollar to visit the menhirs. Finally get to Tafí del Valle, which is 2,000 m. Transfer to our accommodation.

Lodging at Hotel (twin share room).

Meals we provide: Lunch & dinner

NOTE: Your incoming international flight may arrive at Ministro Pistarini International Airport (EZE). We recommend up to 4 hours to transfer from EZE to Aeroparque Jorge Newbery (AEP).

Recommended flight from Buenos Aires to San Miguel de Tucumán (TUC) on Aerolineas Argentinas:

AR 1446 | **AEP** 09:25 AM to TUC 11:20 AM

Nonstop: Duration 1h 55m

October 12 - Day 2 Tafí del Valle – La Ciénaga valley

Early morning, we begin our journey on foot towards Aconquija Sierras. After a not very demanding 2.5hs hike arrived in Las Mesadas (2400 m), sighting Tafi Valley and its archaeological sites. Continuing our journey, we enter the valley of La Ciénaga, crossing different mountain villages until we reach our camp (2500masl) near the local



rural school. Walking time: 6 to 7 hours a day.

Lodging at Semifull Camp (backcountry wilderness – double occupancy tents)

Meals we provide: Breakfast, box lunch & dinner

October 13 - Day 3 La Ciénaga valley - Anfama valley

We continue our tour on foot, starting from the rural school to the highest point of the trek, the “Alto de las Aguadas” at 2700masl (8,858’). From this point, we begin to appreciate the change of vegetation, and views of the Aconquija Sierras with the highest peaks reaching 4860masl. From our high point, we descend approximately 4 hrs, arriving at Anfama Valley (1800masl). Walking time: 6 to 7 hours a day.

Simple lodging (family home – simple dormitory style)

Meals we provide: Breakfast, box lunch & dinner

October 14 - Day 4 Anfama - Tucumán

This day we will fully cross the Yunga´s forest. After breakfast, we say goodbye to the community and begin our descent. We will descend carefully, enjoying the scenery, to the river Las Juntas, which we will wade several times until reach Potrero de las Tablas village. Here we find our vehicle which takes us to Tucumán city. Walking time: 5hrs.

Lodging at Hotel (twin share room).

Meals we provide: Breakfast, box lunch & dinner

October 15 - Day 5 Tucumán – Salta city

After breakfast, we are transferred by vehicle to the Salta city where our PSA tour ends.

Meals we provide: Breakfast & box lunch

Drop off at Salta City between 5pm and 5.30pm.





WALKING TIME & Altitude/Elevation gain & loss

TUCUMAN: TREKKING THE SIERRA DEL ACONQUIJA

DAY - JOURNEY	WALKING TIME (hours)	INITIAL - FINAL HEIGHT (meters)	Elevation gain (m)	Elevation loss (m)	Elevation gain (m)	Elevation loss (m)
DAY 1: TAFI DEL VALLE - LA CIENAGA	6 - 7	1980 - 2500	520 up			
DAY 2: LA CIENAGA - ANFAMA	6 - 7	2500 - 1300	200 up	1400 down		
DAY 3: ANFAMA - POTRERO DE LAS TABLAS	5	1300 - 950	300 up	500 down	350 up	500 down

SERVICE DETAILS

Included:

- Incoming Services
- Bilingual guide (Spanish - English) during the excursions.
- 2 nights in Hotel it bases single with private bath and breakfast.
- 1 night in simple lodging (room without private bathroom).
- 1 night in Semi - Full Camp (included: tents and dinner tent or saloon. Not included: sleeping bag & insulating mattress).
- Included meals: 4 breakfasts, 5 lunches / box lunches and 4 dinners.
- All transportation as shown in the itinerary.
- ✓ Transfer Tucumán - Tafí del Valle.
- ✓ Transfer Tafí del Valle - Starting trek point.
- ✓ Transfer Potrero de las Tablas - Tucumán.
- ✓ Transfer Tucumán - Salta.
- Trekking between Tafí del Valle and Anfama (Between the days 2 and 4 we provide mules for the transportation of the tents, general equipment and food for all the crossing. We will carry the passengers' luggage up to a maximum of 8kg (17.5 lbs).
- First aid kit.
- VHF communication
- Inreach Explorer communication

Lodging

AVS - TUCUMAN: TREKKING THE SIERRA DEL ACONQUIJA is offered with the following type of accommodations.

NIGHTS	01	02	03	04
Lodging at Hotel (twin share rooms)	×			×
Semi Full Camp - double occupancy dome tents		×		
Simple Lodging - dormitory style (6 bunk room & 12 bunk room)			×	

The semi full camping is a mounted camping that is set up once the passengers arrive. It has dome type tents that are double occupancy. It also has a dinner tent or dinner saloon with tables, chairs and a complete set of dishes. Latrine (no plumbing) available at camp.



Note: The names of the Hotels where we will stay in are not available yet.

Meals

The following meals are provided in this program.

DAYS	01	02	34	04	05
Breakfast		×	×	×	×
Lunch - Box Lunch	×	×	×	×	×
Dinner	×	×	×	×	

Note: The names of the restaurants where we will provide dinners are not available yet.

Not included:

- Medical and life insurance.
- Tips.
- Extra alcoholic or non-alcoholic drinks.
- Services not shown or detailed in the program.



Price: u\$d 745

Reservation & Payment:

A **reservation request** to book the trip is to be solicited via e-mail by giving: *the customer's first name, surname, passport number and nationality.*

The operator is to issue a **reservation confirmation** by e-mail, after which it is to issue a reconfirmation once it receives the corresponding down payment. We would appreciate receiving a copy of the **bank deposit slip or money transfer** of this payment via e-mail. The down payment is equivalent to 30% of the price of the programme.

The complete final payment for the programme is to be deposited no later than 30 days before its date of commencement.

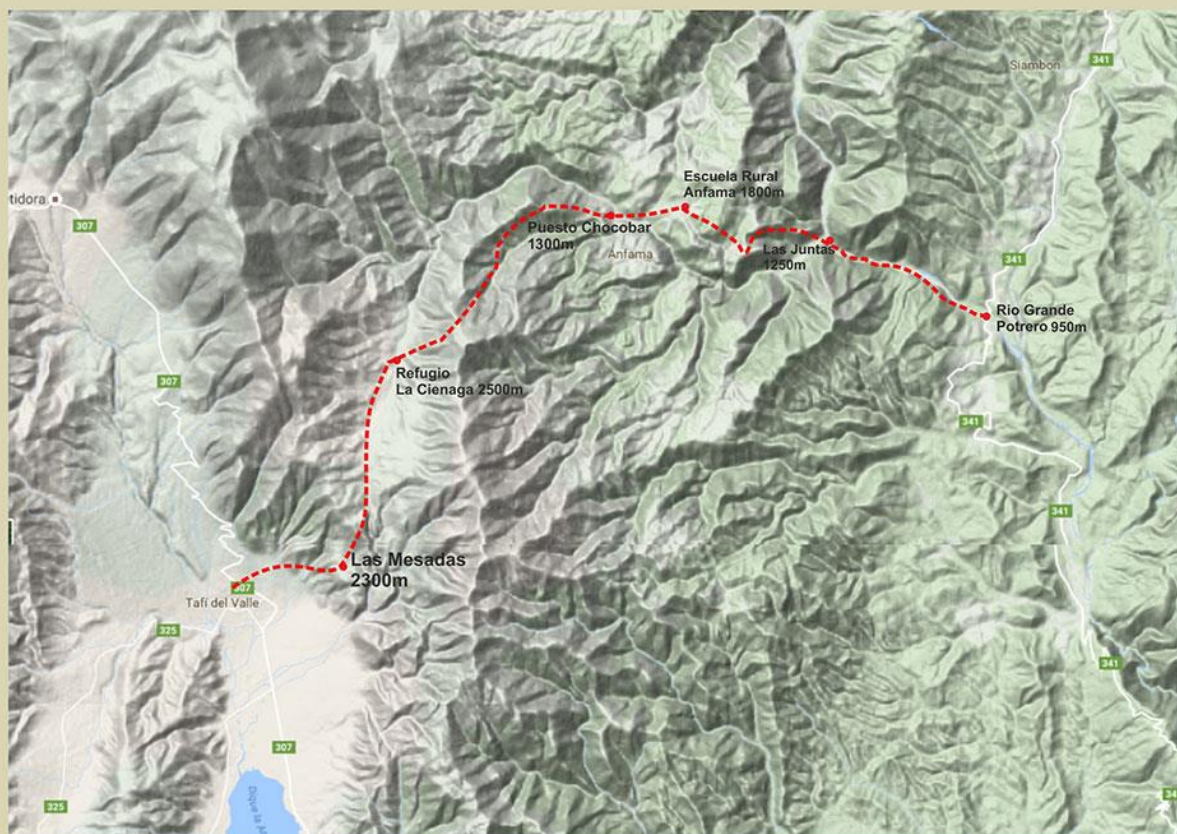
For purposes of organization, reservations are to be made no later than 30 days before the date of commencement



of the service. Any posterior reservation will be pending the availability of the programme.

The pertinent information is to be remitted by e-mail to: aventura@umatravel.tur.ar

TREKKING MAP



Google map link: <https://www.google.com/maps/@-26.7635142,-65.5234395,34355m/data=!3m1!1e3>

Notes

The travel agency holds the right of changing the itinerary or cancel any of the activities when any natural cause (or any other cause of any type) justifies it to look after the group safety

Is this tour for me?

We qualify this tour as "Moderate" (3) This means that you need to be physically fit to enjoy it. No previous technical knowledge is required. The group will walk an average of 6 to 7 hours a day, at a moderate pace and with all the necessary stops for water, snacks or rest. The trek includes up hills and down hills, some of them quite steady.



Weather:

In October, Tafí del Valle's (start of the trek at 2000m/6,565') average temperature is 14°C/57°F, with highs ~18°C/65°F and lows ~4°C/39°F. The average precipitation is 25.1mm/1.0 in for the month. While the chance of rain is low, the mountains may be covered in fog at times, making the ambient temperature feel much cooler. Be prepared with adequate layers.

Packing list:

Luggage: ☐ Medium to large duffle (transported by horse during trek) – no rolling luggage ☐ Extra duffle to store unneeded items while on trek ☐ Luggage locks ☐ 30-40 L day pack ○ Waterproof pack cover or garbage bag to line pack Clothing: ☐ Casual clothing/shoes for travel and city wear (lightweight, easily washable) ☐ Waterproof jacket, lightweight ☐ Waterproof pants, lightweight ☐ Fleece/softshell jacket ☐ Down (or synthetic) jacket ☐ T-shirts, synthetic or wool ☐ Long sleeve shirt, synthetic or wool ☐ Hiking pants (no jeans for trekking) ☐ Synthetic or merino base layers ☐ Underwear/sports bra (quick drying) Footwear: ☐ Trekking boots with rugged sole ☐ Hiking socks, synthetic or wool ☐ Light shoes (sneakers or water sandals) ○ Water crossing/camp shoes	Assorted Personal Items: ☐ Trekking poles (collapsible) ☐ Sleeping Bag (15-20°F/-5 or -10°C) with compression stuff sack ☐ Insulating sleeping pad (compact, lightweight; Therm-a-Rest ideal) ☐ Water bottles (2 1-Liter or 2L hydration bladder) ☐ Headlamp with batteries (& extra batteries) ☐ Sunscreen and lip balm with SPF ☐ Sun hat ☐ Wool or fleece hat ☐ Neck warmer or buff ☐ Gloves/mittens ☐ Sunglasses with UV filter ☐ Personal hygiene items (toothpaste, toothbrush, quick drying travel towel, 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.) ☐ Personal first aid kit, medications, blister kit ☐ Bandana ☐ Camera/memory cards/battery/charger ☐ Packing cubes/stuff sacks ☐ Optional: ○ Earplugs and eye shade ○ Binoculars ○ Water purification (filter/Steripen or tablets/drops)
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Note: Water is treated by boiling or with iodine while on trek. You may bring your own filter/Steripen/drops/tablets, if desired.

Sleeping bags and pads may be available for rent. Book early for best availability.



High Altitude Alert:

This trip ascends to high altitude, traveling to a high point of 2,700m/8,858' and sleeping occurs at 2500 meters/8,202' feet. 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](#)

Getting to San Miguel de Tucumán

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 San Miguel de Tucumán, however, may 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.

Cancellation Policy:

CHARGES FOR CANCELLATION

If the cancellation occurs 30 days or more prior to the trip, the down payment for the reservation (30% of the programme's price) will be retained.

If the cancellation occurs between 29 and 15 days prior to the commencement of the programme, 60% of the entire price will be retained.

If the cancellation occurs less than 15 days prior to the commencement of the programme, 100% of the entire price will be retained.

EXCURSIONS WITH A MINIMUM NUMBER OF CUSTOMERS

Those trips with a minimum required number of customers may be cancelled up till 15 days before the planned date for beginning the programme.

In the case of the programme being cancelled due to not having achieved the minimum number of customers, 100% of the amount received will be reimbursed.

DECLARATIONS

1. APPLICATIONS AND PAYMENTS:



The price of the services of which comprise the programme are subject to modifications without prior notice, upon the alteration of the services, the modification of the costs or the kind of foreseeable changes not imputable to the parties.

Any and all the amounts paid before the definitive confirmation of the services are viewed as reservation payment. The definitive confirmation of the services is upon the emission of the reservation confirmation sent by the operator and the remittal of a copy of the bank deposit slip or money transfer slip by the agency. The agency is to carry out the payment of the amounts within the deadlines and according to the conditions established by this agreement.

2. LIMITATIONS TO THE RIGHT OF PERMANENCE:

The operator reserves the right to have abandon the programme at any moment any customer whose behaviour, manner of operating, state of health or other reasons serious in the judgement of the company in that he or she might prove to harass the other customers or cause danger, the miscarriage or the normal development of the excursion.

3. ALTERATIONS OR MODIFICATIONS:

The operator reserves the right, for technical or operative reasons, to alter totally or partially the daily order and/or the services comprising the programme before or during the execution of that programme.

The operator accepts no responsibilities for those events produced accidentally or by force majeure, meteorological phenomena or acts of nature which occur before or during the development of the programme and which impede, delay or in any other way present an obstacle to either the total or the partial execution of services to which the operator has bound itself.

Once the excursion has begun, the suspension, modification o interruption of the services by the customer for personal reasons of any nature will not be ground for any claim, reimbursement or restitution.

4. LIMITATION OF RESPONSIBILITIES:

Our services don't include medical insurance nor life insurance. Our excursions or part of them are carried out in wild areas situated at a distance of more than two hours from urban centres. Medical and other types of services may be at a distance from where the customers are during the period of the excursion.

The operator commits itself to undertake all efforts to guarantee the safety and wellbeing of all the customers. Upon making his or her reservation for an excursion, each customer acknowledges being aware of the potential risks associated with this type of tourism.

The operator will reject whichever claim of responsibility related to accidents, illnesses, negligence or physical or psychological harm.