



**IMPORTANT: Bring a bottle of water and towels in case you want to take a swim during our visit to the island.**

Welcome to “Day of Adventure with Extreme Games”. We will take you to see the Cabra Corral Dam, its people, culture and its wonderful landscapes. You will have the chance to do bungee jumping, bridge jumping, zip-line, savor local dishes and navigate the General Belgrano waters.

### **Schedule:**

8.30 am – Pick up at meeting point

Provincial Theater of Salta, Argentina Zuviría 70, A4400EFB Salta  
Capital, Salta, Argentina

Google Map: <https://goo.gl/maps/4cQhkZTeVb12>

***It is very important you arrive on time so we can stay on schedule for the day. If you are late, the guides may need to leave without you.***

10:00 am – Arrival at the Cabra Corral Dam

11:00 am – Adrenaline-packed activities

13:00 pm – Lunch (see more information in the “meals” section)

14:30 pm – “Islands Tour” by boat

15:30 pm – Docking at “Isla de los Deseos”

16:30 pm – Meeting the “Materas de Moldes”, a group of women that make local sweets, while we taste a local brew: Mate

17:00 pm – Return to the Cabra Corral bridge

18:30 pm – Arrival at the Provincial Theater (meeting point for return)

## **Trip Information:**

*Distance:* 85 km (52 miles) to the Dam

*Altitude:* 1290 m.a.s.l

*Estimated driving time:* 1 hour to the Dam - 1 hour back to the city.

*Terrain details (island):* land track with uphill/downhill steps. **Difficulty level:** moderate.

*Estimated navigation time:* 20 min to the Island – 20 min back to the bridge.

The day begins with a trip to the Cabra Corral Dam on our vehicles. You'll enjoy Salta's beautiful scenery, mountains, lakes and small towns on our journey there. We'll have a couple of planned stops at designated lookout points to appreciate why Salta is known as "La Linda" (The Beautiful).

Once we arrive at the Cabra Corral Dam, you can choose your preferred activity:

- Bungee Jump: jump from a platform mounted on a bridge 40 meters (130 feet) above water. An elastic rope is fastened to your ankles allowing you to free-fall accelerating while upside down then, as the fall slows, rebound up and down. You may choose to touch the water or not. Once you've slowed down, you are lowered to a boat and brought to shore.
- Puenting: similar to bungee jump. You jump from a platform 40 meters (130 feet) above water, except with puenting the rope is attached at your waist and the fall results in a large pendulum swing back and forth. Once you've slowed down, you are lowered to a boat and brought to shore.
- Zip line: Soar high (40 meters/130 feet) above water on a 200-meter long zip line. Descend to a boat and be brought to shore.

After the bridge activities are done, we'll taste exquisite local dishes at the Cabra Corral Dam Restaurant (see "meals" section).

Then we will enjoy a lake trip on board our fleet to visit the "Isla de los Deseos". The renowned "Materas de Moldes" will be waiting for us on shore, to treat us to some hand-made local delicacies with mate (a local infusion). We'll see the beautiful General Belgrano lake from the island lookout –perfect for some panoramic photos. And if you want to take a swim, you'll be able to do so at the island's shore.

Once the day of adventure is over, we'll go back to the bridge in order to return to Salta City.

## **What to bring?**

- Day pack (15/20lt)
- Wear comfortable clothes
- Light rain/windproof jacket
- Fleece jacket
- Hiking/walking shoes
- Your own water bottle to avoid using plastic ones. Our team will refill your bottle with mineral water as many times as you want!
- Sunscreen, lip balm with SPF and sunglasses (with UV protection)
- Sun hat
- Towels and swimwear in case you want to swim in the island
- Insect repellent
- Camera
- Personal items/medication

## **Meal:**

**Please, have breakfast at your hotel before we leave.**

- Snacks and fruits during the trip.
- Lunch: starter – main course – dessert. Includes beverages (local wine, soft drinks or water).

**Vegetarian and gluten-free meals will be available.**

- Snacks at the island.

## **Passenger information form and insurance:**

Attached you will find a file named “DOA 20 – Information required”. We need you to print it, fill it, scan it after signed and send it back as soon as you can.

We will need you to complete the “Acknowledgement of risk and release of liability” form the day of the DOA. We will provide the form to you. You can read it attached but you have to sign it at place. Without this form we cannot take you to our DOA, following company’s rules. Feel free to ask us any questions on this matter.

**For more information please check our website**

**[www.extremegame.todowebssalta.com.ar](http://www.extremegame.todowebssalta.com.ar)**