



E.V.T. leg. 14.351 - Argentina



CYCLING & COOKING IN THE LAND OF THE GAUCHOS - DAY OF ADVENTURE

The Activity: We bike 45 km (28 miles) on a winding and rolling paved road, under a green canopy of montane forest – called Yungas in NW Argentina – and by agriculture fields and small towns.

- ✓ Max. elevation gain: 380 mts in 20 km – ride up to pass from El Carmen
- ✓ Max elevation loss: 160 mt in 25 km – from pass to La Caldera

The Day: depart from Salta and drive north to the small town of El Carmen, in the neighbouring province of Jujuy. After a quick coffee stop, we jump on our bikes and start rolling from one valley to the next. We go by La Cienaga, Las Maderas, and Campo Alegre reservoirs. We end our ride at the small colonial town of La Caldera for lunch at a private property, hosted by the owners. We enjoy a typical Salta lunch and learn how to cook in a mud oven. While waiting for our food to cook, a tasting of Argentina wines tops the experience: Torrontés, Malbec, Shyras, Cabernt, and Tannat. We transfer back to Salta during the mid-afternoon to your hotel. Estimate arrival at 16:30 hours.

[Bike Route](#)

Number of participants: Min 4 – Max 16

Activity Grading: Level 3 – moderate.

<p>Included:</p> <ul style="list-style-type: none"> • Minivan for 16 travellers • Bikes and helmets • Support vehicle with bike mechanic • Two guides • Lunch in a private home hosted by owners • Regional lunch, cooking lessons and wine tasting • Drop off at hotels 	<p>What to bring:</p> <ul style="list-style-type: none"> • Day Pack (15-20L) • Wear clothes comfortable for cycling • Light rain/windproof jacket • Fleece/insulating jacket • Hiking/walking shoes • Water bottles or hydration bladder • Sunscreen and lip balm with SPF • Sun hat • Sunglasses • Insect repellent • Camera • Any personal items/medications you need
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NOTE: we require participants to have travel and medical insurance. And to sign a Risk Acceptance Form.

