

INTRODUCTION

Immense, beautiful and desolate – Patagonia is a sparsely populated region at the southern end of South America, shared by Chile and Argentina and stretching from the Rio Colorado in the north to Tierra del Fuego in the south. The region is made up of the Andes Mountains to the west and south with low plains, deserts and plateaus to the east. Patagonia has two coasts – the Pacific Ocean to the west and the Atlantic Ocean to the east. Stretching across Chile & Argentina, the Patagonia National Park at the bottom of South America is one of the most spectacular places on Earth.

The Argentine portion of Patagonia includes the provinces of Neuquén, Río Negro, Chubut, Santa Cruz and Tierra del Fuego (Land of Fire), as well as the southern tips of the provinces of Buenos Aires, Mendoza and La Pampa. The Chilean part comprises the southern part of the region of Los Lagos and the regions of Aysen and Magallanes. Patagonia can be divided into three zones – the Lake District of Northern Patagonia, Central Patagonia and Southern Patagonia.

The Lake District is a region of dramatic volcanoes, evergreen forests and beautiful lakes. It straddles the Chile-Argentine border, stretching from Temuco in the north to Chiloe in the south and also includes Chiloe Island in the extreme north of the Chilean Archipelago.

The vast wilderness of Central Patagonia features temperate rainforests, snow-capped peaks and lakes and to the west the Chilean Archipelago, a labyrinth of fjords and islands, home to the northernmost of Patagonia's many sea-level glaciers.



Southern Patagonia encompasses the southern Andes of Chile and Argentina as well as Tierra del Fuego. To the west of the semi-arid Patagonian plateau, immense granite spires such as Cerro Torre and Fitzroy in Argentina and the Torres and Cuernos del Paine in Chile, rise abruptly from the Andean foothills. The remote icy wilderness of the South Patagonian Ice Field lies at the heart of these stunning landscapes and it is here that you



PANTACE SHEET FACTSHEET

find the spectacular Perito Moreno and Upsala glaciers. Intense turquoise blue lakes dotted with icebergs are characteristic of the Southern Patagonian Andes. To the west, snow-capped islands and fjords make up the southern part of the Chilean Archipelago.

Tierra del Fuego lies across the Magellan Straits from mainland Patagonia and like the rest of Patagonia, is divided between Argentina and Chile. The north and east of Tierra del Fuego are fairly flat, but in the south, flanking the Beagle Channel, the southern end of the Andes provides dramatic mountain scenery.

CLIMATE

The climate is generally cool and dry, but Patagonia is renowned for high winds and extreme variability, the climate being affected by season, latitude and local geographic features. Patagonia summers (November to March) generally offer warm, sunny days and cool nights. The days are long with typical daytime temperatures of 20°C, sometimes as high as 25°C, falling to 8°C or below at night. At higher elevations the temperatures will be slightly cooler and frosts can occur even in the summer. Winters, although cold, are not that cold.

In general, the further south you go in Patagonia, the cooler it gets. The further west you go, towards the Andes and Pacific Coast, the wetter and less predictable the weather. The further east you go, towards and across the Patagonian plateau, the drier and more stable the weather. The east coast is warmer than the west, especially in summer. Winters are colder on the inland plateaus and further down the coast on the southeast end of the Patagonian region. Central parts of Argentinean Patagonia are officially called a desert due to the lack of rain and snow. In winter, the western slopes of the southern Andes Mountains can get decent falls of snow, making skiing possible.



The best time to visit Patagonia is in the southern hemisphere summer (November to March/April), when days are long and the climate relatively dry and mild. But spring and summer are also when the central and southern Patagonian regions are sometimes hit by strong, westerly winds.

Please note that between April and November, many hotels and lodges close down completely in Patagonia. Obviously there is less wildlife and plant life in these winter months, but possibly the best reason to avoid travelling to Patagonia at this time is the pumas. While much of the puma's natural prey moves north during this period, the pumas tend to stay in one place. This means that they are often very hungry in winter and the chances of attacks on humans are much more likely. For this reason we don't recommend trekking in Patagonia in the winter months.

USEFUL TIPS

Here's a quick link for more information about South America's best treks.

Top Five treks in Latin America

Click



ARGENTINA - MONEY

Please note that you are advised to carry cash with you in Argentina, as ATM's do not always accept foreign cards.





PERSONAL GEAR RECOMMENDATIONS

Due to the extreme variation in climate, days can range from sunny with temperatures in the 20's (°C) to rain, hail and even snow. Come prepared for all possibilities. Night temperatures often drop down to around $4-5^{\circ}$ C.

When trekking, temperatures at the highest elevations can be as low as -5°C at night. Generally night temperatures are 4-8°C with daytime temperatures of 15-20°C. Wind is one of the constant factors in Patagonia and can manifest itself in the form of a constant breeze or a huge gale.

Please note that what you need to pack will depend on the type of tour you are taking in Patagonia. If you are on a hotel-based tour then items such as sleeping bags are not necessary. If your tour involves trekking where you will be staying in Refugios or camping, then you will need to pack a good quality sleeping bag and clothes suitable for the possible climatic variations.

WHAT TO PACK- CAMPING/ REFUGIOS

The equipment listed below is focused on a layered clothing style that leaves you flexible to adapt to a changing environment whilst trekking.

- Luggage: Large backpack (60-70L), to carry all your gear when you are on the trails
- Daypack (20–25L) to hold water bottle, sweater, camera etc.
- Small locks (for securing luggage)
- Insulated Jacket Medium weight parka or a down jacket
- Sleeping Gear Sleeping bag rated at –5°C to sleep in Refugios, and –10 °C for camping



- Rain Gear Jacket and pants. Jacket needs to be water repellent or waterproof and roomy. Side-zip pants are recommended.
- · Shirts/Blouses 1 wool or flannel, 1–2 long–sleeve shirts, 2 short–sleeve T–shirts
- Trousers 2 pair of hiking pants cotton or lightweight wool pants (no jeans)
- 1 fleece or track-suit bottoms (for cold evenings)
- 1 pair hiking shorts
- Socks 2–3 mid–weight (wool or synthetic), 2–3 liner socks if needed, plus athletic–type socks for city use
- · Hiking boots waterproof and well broken-in
- Running/tennis shoes or sandals are very comfortable when you are in the Refugios or campsites
- Sweater 1 lightweight wool sweater or windproof fleece
- 1 wool or synthetic warm hat
- 1 light sun hat with a wide brim
- 1 pair of medium-weight wool or synthetic gloves
- · Thermal underwear

Accessories:

- Personal first-aid kit (see below for details)
- 1 or 2 one-litre water-hottles
- Pocket knife
- · Whistle
- Travel pillow, ear plugs (optional)
- Emergency repair kit (needle & thread, nylon cord, buttons, safety pins)
- Toiletries (biodegradable preferred)
- Toilet paper (1 roll)
- Wet Wipes (useful for hygiene)
- · Towel and/or washcloth
- Compact flashlight or head lamp plus spare batteries and bulb
- Plastic bags or dry sacks for items that must stay dry, or for wet items (various sizes)
- Sunscreen and lip balm with an SFP 15+
- Sunglasses wrap around types also help keep dust out of your eyes
- · Camera with spare batteries/memory cards





First Aid Kit

- Eye drops/bath
- · Antiseptic ointment
- · Anti-diarrhoea treatment
- Neurofen or equivalent pain-killer
- Assorted plasters / Band Aids
- Antihistamine cream and tablets
- Insect repellent containing DEET
- Rehydration sachets / Vitamin Tablets
- · Medication for personal allergies / asthma etc.
- A couple of bandages (elasticised and triangular)
- Sun block / after sun moisturiser / lip balm
- · Suitable antibiotics recommended by your doctor



WHAT TO PACK- HOTEL BASED TOURS

Below is just a recommendation on what you should bring for your trip to Patagonia:

- Daypack (20–25L) for excursions
- · Jacket Fleece jacket or down jacket
- · Rain jacket
- Long sleeved shirts and T-shirts
- Trousers
- · Shorts
- Good walking shoes
- Running/tennis shoes or tevas/sandals
- Sweater lightweight wool sweater or windproof fleece
- · Warm hat & gloves
- Sun hat with a wide brim
- · Thermal underwear

Accessories:

- · Toiletries
- Sunscreen and lip balm with an SFP 15+
- Sunglasses
- Camera with spare batteries/memory cards
- · Electrical adaptor plug
- · Water bottle
- · Insect repellent containing DEET
- Personal First Aid Kit to include painkillers, plasters (Band-Aids), antiseptic cream, after-bite, antidiarrhoea tablets, throat lozenges, re-hydration salts & personal medication

Please remember that it is NOT necessary to bring a sleeping bag with you if you are on a <u>hotel-based</u> tour.

DESTINATIONS







Parque Nacional Torres del Paine

Torres del Paine in southern Chilean Patagonia is one of South America's most spectacular National Parks, if not the most spectacular, encompassing soaring mountains, immense glaciers, turquoise lakes, Magellanic forest and rivers. The Cordillera del Paine is the centrepiece of the National Park. The Torres del Paine are the distinctive granite pillars of the Paine mountain range that dominate the landscape as they soar vertically 2,850m above sea level, joined by the Cuernos del Paine. The massif is the hub of the famous Paine trek circuit, which takes in the French Valley, the Torres (Towers) and Grey Glacier with the ice cap beyond.



Prior to its creation in 1959, the park was part of an extensive sheep estancia. In 1978 it became part of UNESCO's Biosphere Reserve system. The park harbours many native and endemic bird and mammal species including guanaco, rhea (ostrich-like birds known locally as ñandú), Andean condor and the elusive puma.

The park is also home to many other bird and animal species including the flamingo and the huemul, an endangered Andean deer.

Easy walking trails, demanding treks over several days, horse riding, cycling and kayaking are all available in the park, giving you various options for exploring the dramatic and stunningly beautiful scenery of the region.

Torres del Paine Climate

The area is characterized by cool summers and cold, drier winters.

| | Av. Max. Temp (°C) | Av. Min. Temp (°C) | Rainfall (mm) |
|-----------|-----------------------|-----------------------|------------------|
| January | 20 | 8 | 8 |
| February | 19 | 7 | 12 |
| March | 17 | 6 | 21 |
| April | 13 | 3 | 19 |
| May | 9 | 0 | 37 |
| June | 5 | -3 | 33 |
| July | 5 | -3 | 32 |
| August | 8 | -1 | 24 |
| September | 10 | 0 | 17 |
| October | 14 | 3 | 20 |
| November | 17 | 5 | 25 |
| December | 18 | 7 | 22 |





El Calafate

El Calafate, 320 kms northwest of Río Gallegos, flanks the southern shore of Lago Argentino in the southwest part of Argentina's Santa Cruz Province. The name El Calafate is derived from the calafate plant common in Patagonia. The town's main street, Avenida del Libertador General San Martín, is lined with restaurants, cafes, chocolate shops and souvenir shops.

The town is near the edge of the Southern Patagonian Ice Field and one of the gateways to Parque Nacional Los Glaciers, home to the massive and spectacular Perito Moreno Glacier. The Moreno Glacier, 80 kms from El Calafate, is the centrepiece of the southern sector of the National Park and one of the most accessible ice fields in the world. The advancing glacier is constantly changing as huge chunks of ice calve off the face of the glacier and crash into the milky turquoise waters below. There is a series of boardwalks and vantage points that allow you to view, listen to and photograph this spectacular glacier.

From El Calafate it is also possible to take a tour by boat to the Upsala and Spegazzini glaciers. Upsala is South America's largest glacier measuring 50 kms in length and 10 kms wide. Forests surround the glacier and the lake is dotted with icebergs that have calved from the glacier. Spegazzini glacier has high imposing walls, the front of the glacier reaching 135 metres.



El Calafate Climate

El Calafate experiences a cold semi-arid climate with cool to warm, very dry summers and cool to cold, slightly wetter winters. The city's extremes of cold and heat are moderated by the influence of Lago Argentino.

| | Av. Max. Temp (°C) | Av. Min. Temp (°C) | Rainfall (mm) |
|-----------|-----------------------|-----------------------|------------------|
| January | 19 | 8 | 6 |
| February | 19 | 8 | 4 |
| March | 16 | 5 | 7 |
| April | 12 | 3 | 14 |
| May | 8 | 0 | 19 |
| June | 5 | -2 | 18 |
| July | 5 | -3 | 16 |
| August | 7 | -1 | 16 |
| September | 10 | 0 | 6 |
| October | 14 | 3 | 9 |
| November | 17 | 5 | 3 |
| December | 18 | 7 | 4 |

El Chaltén

El Chaltén is a small mountain village 220 kms north of El Calafate in the Santa Cruz Province of Argentina. It is situated within the magnificent World Heritage listed Parque Nacional Los Glaciares at the base of Cerro Torre and Cerro Fitz Roy mountains. 'Chaltén' is a Tehuelche word meaning 'Smoking Mountain', as they believed that Cerro Fitz Roy was a volcano, it's summit enshrouded by clouds.

Today El Chaltén is Argentina's trekking capital. The towering granite spires and fissured glaciers of the Torre and Fitz Roy groups offer some of the most stunning scenery and spectacular hiking and trekking in southern Patagonia. There is a network of world-class trails that take you to viewpoints with breath-taking vistas including those of Cerro Torre and Cerro Fitz Roy peaks. There are also tracks to Torre Glacier, Piedras Blancas Glacier, Laguna Capri, Laguna de los Tres, Chorillo del Salto and the remote Pasa del Viento (Windy Pass).



PAICE SHEET

El Chaltén Climate

El Chaltén has a dry yet unpredictable climate. Despite its semi-arid location, precipitation is frequent. The days are long in summer but temperatures are cool, rarely rising above 19°C during the day, but often below 5°C at night. The weather is often windy and frosts can occur even in summer. Winter brings much colder weather and snow in moderate quantities.

| | Av. Max. Temp (°C) | Av. Min. Temp (°C) | Rainfall (mm) |
|-----------|-----------------------|-----------------------|------------------|
| January | 19 | 8 | 13 |
| February | 19 | 8 | 8 |
| March | 16 | 6 | 14 |
| April | 13 | 3 | 25 |
| May | 8 | 0 | 31 |
| June | 5 | -2 | 21 |
| July | 4 | -3 | 36 |
| August | 7 | -1 | 31 |
| September | 10 | 1 | 16 |
| October | 14 | 3 | 12 |
| November | 16 | 5 | 9 |
| December | 18 | 7 | 14 |

Tierra del Fuego

Tierra del Fuego (Land of Fire) is an archipelago off the southernmost tip of South America, separated from the mainland by the Magellan Strait. Like the rest of Patagonia it is divided between Chile and Argentina. The eastern part belongs to Argentina, its main towns being Rio Grande and Ushuaia. The western part belongs to Chile with Porvenir and Puerto Williams as the main settlements. Cape Horn, at the southernmost part of the archipelago is in Chilean land.



Ushuaia is the most southerly city in the world with a dramatic setting overlooking the Beagle Channel, surrounded by mountains. It is a major port for Antarctic bound vessels and an interesting city to explore.

The **Museo Marítimo y del Presidio de Ushuaia** (Maritime & the Prison of Ushuaia Museum) is well worth a visit. Located in the former prison of Ushuaia, the prison buildings now house four museums – the Maritime Museum, the Prison Museum, the Antarctic Museum and the Marine Museum of Art. The buildings date back to 1906 when convicts were transferred from Isla de los Estados to Ushuaia to build this national prison. Construction was completed in 1920 and the cells which were designed for 380 inmates, held up to 800 prisoners before closing in 1947.



Tierra del Fuego National Park, a short bus ride from Ushuaia was the first shoreline National Park established in Argentina. It is a rugged, mountainous park with great views of Lapataia Bay and dramatic scenery with waterfalls, mountains, glaciers and lakes including parts of Fagnano and Roca Lakes. There are many hiking trails within the park including the Coastal Path (Senda Costera) that connects Ensenada Bay to Lapataia Bay on Lago Roca.

The park is home to many species of animal including the guanaco, Andean fox, North American beaver, European rabbit and muskrat. There are also many species of birds including the torrent duck, kelp goose, austral parakeet, Andean condor and the Magellanic oystercatcher.



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The **Fin del Mundo Train** (End of the World Train) is a steam train that runs from Ushuaia to Tierra del Fuego National Park, providing an alternative way to get to the park.

The **Beagle Channel's** inlets and islets also host colonies of marine birds and mammals that can be visited on boat trips from Ushuaia.

In winter, Ushuaia offers winter sports including skiing and snowboarding. Cerro Castor, 26 kms from Ushuaia, has 15 ski runs spanning 400 hectares as well as several lodges and cafes. There are also opportunities to ride snow-cats and husky sleighs.

Ushuaia Climate

Ushuaia has a sub-polar oceanic climate with short, cool summers and long, wet, moderately mild winters. Temperatures rarely exceed 14°C in the summer and average 0°C in the winter months. Snowfall can occur even in summer.

| | Av. Max. Temp (°C) | Av. Min. Temp (°C) | Rainfall (mm) |
|-----------|-----------------------|-----------------------|------------------|
| January | 14 | 5 | 39 |
| February | 14 | 5 | 45 |
| March | 12 | 4 | 52 |
| April | 10 | 2 | 56 |
| May | 7 | 0 | 53 |
| June | 5 | -1 | 48 |
| July | 4 | -2 | 36 |
| August | 6 | -1 | 45 |
| September | 8 | 1 | 42 |
| October | 11 | 2 | 35 |
| November | 12 | 4 | 35 |
| December | 13 | 5 | 43 |

The Chilean Lake District

Chile's Lake District offers scenery of snow-capped conical volcanoes, emerald lakes, fast flowing rivers and National Parks as well as a great range of outdoor activities. The architecture and cuisine show strong German influences, the area having been colonised by German immigrants from Bavaria in the mid-19th century.

Pucon and **Lake Villarrica** are the highlights of the northern Lake District. Pucon has a spectacular setting on the shores of Lake Villarrica overlooked by Volcano Villarrica and is within easy access of volcanic caves and the natural hot springs at the Termas de Huife or Termas Geometricas. It is also possible to climb to the crater of Villarrica Volcano, white-water raft on the Trancura River or trek in one of the nearby National Parks. In winter it is possible to ski and snowboard here. Pucon is a linking point across the Andes to San Martin de Los Andes in Argentina.

Puerto Varas on Lake Llanquihue and **Puerto Montt** are the gateways at the southern end of the Lake District, lying under the shadow of the snow-capped Osorno and Calbuco volcanoes. Activities in Puerto Varas include kayaking, canyoning, climbing, fishing, mountain biking, hiking and then skiing in the winter months. Less than 20 kms away is Puerto Montt on the Seno de Reloncaví bay, the capital of the Lake District, and the last significant outpost of the region.

Puerto Varas and Puerto Montt are good points from which to cross the Andes to San Carlos de Bariloche. From Puerto Montt you can head further south along the Carretera Austral or take a boat to Puerto Natales, sailing along the length of much of Southern Patagonia among fjords and channels.





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Pucon Climate

Pucon's climate is mild and temperate but the rainfall is significant. January and February are the driest months and June and July the wettest.

| | Av. Max. Temp (°C) | Av. Min. Temp (°C) | Rainfall (mm) |
|-----------|-----------------------|-----------------------|---------------|
| January | 25 | 9 | 28 |
| February | 26 | 9 | 29 |
| March | 23 | 8 | 45 |
| April | 19 | 6 | 100 |
| May | 15 | 6 | 150 |
| June | 13 | 5 | 201 |
| July | 12 | 4 | 166 |
| August | 14 | 4 | 125 |
| September | 16 | 4 | 86 |
| October | 18 | 6 | 82 |
| November | 20 | 7 | 68 |
| December | 23 | 9 | 50 |

Puerto Montt Climate

Puerto Montt has a mild temperate climate with warm summers and moderate seasonality and no real dry season.

| | Av. Max. Temp (°C) | Av. Min. Temp (°C) | Rainfall (mm) |
|-----------|-----------------------|-----------------------|---------------|
| January | 20 | 9 | 90 |
| February | 19 | 9 | 93 |
| March | 18 | 8 | 99 |
| April | 15 | 7 | 143 |
| May | 13 | 7 | 234 |
| June | 11 | 5 | 224 |
| July | 10 | 4 | 229 |
| August | 11 | 3 | 209 |
| September | 13 | 3 | 146 |
| October | 15 | 5 | 121 |
| November | 17 | 7 | 12 |
| December | 18 | 8 | 103 |

Bariloche

San Carlos de Bariloche lies on the southern shores of Lake Nahuel Huapi in the foothills of the Andes surrounded by mountains and forests. Its location is stunning, surrounded by the Nahuel Huapi National Park, the oldest National Park in Argentina.

With its Alpine-styled architecture, its picturesque lakeside setting overlooked by mountains and forests as well as numerous boutique chocolate shops and St. Bernard dogs, the city has a Swiss-like atmosphere.

It is a year-round destination, with skiing in the winter (May-Sept), and a range of activities in the summer months (Oct-April), including trekking, river rafting, mountaineering, mountain biking, kayaking and horse riding.

One of the most popular excursions is to drive or cycle along the beautiful **Circuito Chico**, a 60 km circuit that takes you from Bariloche along the southern shore of Lago Nahuel Huapi past Playa Bonita, Cerro Campanario and Cerro López to the Llao Llao Peninsula with spectacular views along the way.

Cerro Catedral is probably the largest ski centre in South America, with over 100 kms of ski runs over a skiable area of 2 sq. kms. The mountain provides amazing views as well as good ski slopes. In the summer activities such as horse riding and trekking are possible here, with a trail to the Frey Refugio.

The **Nahuel Huapi National Park** also offers many hiking and trekking options on a range of trails.





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Bariloche Climate

Bariloche has a cool Mediterranean climate with dry windy summers and wet winters. In the summer season from December to March, temperatures are generally around 20°C or slightly higher on average dropping to around 5°C or 6°C at night. The first snowfalls tend to be in mid-May.

| | Av. Max. Temp (°C) | Av. Min. Temp (°C) | Rainfall (mm) |
|-----------|-----------------------|-----------------------|---------------|
| January | 22 | 6 | 22 |
| February | 22 | 6 | 22 |
| March | 19 | 4 | 29 |
| April | 15 | 2 | 54 |
| May | 10 | 1 | 134 |
| June | 7 | -1 | 141 |
| July | 6 | -1 | 129 |
| August | 8 | -1 | 115 |
| September | 11 | -1 | 58 |
| October | 14 | -1 | 39 |
| November | 17 | 4 | 25 |
| December | 20 | 5 | 32 |

Puerto Madryn & Valdes Peninsula

Península Valdés is a UNESCO World Heritage site and one of South America's finest wildlife reserves. It covers an area of 3,600 sq. kms and over 400 kms of coastline. This vast nature reserve extends out into Argentina's South Atlantic, flanked by two large gulfs to the north and south. The area is home to sea lions, elephant seals, guanacos, rheas, Magellanic penguins and an abundance of seabirds as well as killer whales and the endangered southern right whales (ballena franca austral).

The warmer waters along the Golfo Nuevo, Golfo San Jose and the coastline from Punta Norte to Punta Hercules are major breeding zones for the right whales from June to mid-December. The whales are best seen from a whalewatching trip from Puerto Piramide.

Punta Tombo is nearby and is the continent's largest Magellanic penguin breeding ground, with around 600,000 penguins.

Puerto Madryn is the gateway to Península Valdés. It is the second largest fishing port in Argentina and home to the country's first aluminium plant, built in 1974. Puerto Madryn was founded by Welsh settlers in 1886, and along the shoreline statues of immigrants and Teheulche pay tribute to the history of the town. Between July and September the migrating southern right whales sometimes come so close that they can be viewed from the town pier.

Puerto Madryn Climate

Puerto Madryn has a relatively dry temperate desert climate. Average monthly temperatures range from 7°C in July to 21°C in January. Rainfall is scarce in Puerto Madryn but the city can be very windy, especially in the winter months.

| | Av. Max. Temp (°C) | Av. Min. Temp (°C) | Rainfall (mm) |
|-----------|-----------------------|-----------------------|------------------|
| January | 30 | 13 | 22 |
| February | 29 | 13 | 27 |
| March | 27 | 11 | 31 |
| April | 22 | 6 | 19 |
| May | 17 | 3 | 34 |
| June | 13 | 0 | 20 |
| July | 13 | 0 | 13 |
| August | 16 | 1 | 15 |
| September | 19 | 4 | 14 |
| October | 23 | 7 | 29 |
| November | 26 | 10 | 16 |
| December | 29 | 12 | 22 |







CUISINE

Argentine Patagonian cuisine is very similar to that of Buenos Aires, mainly grilled meats and pasta with extensive use of local ingredients. Lamb is considered to be the traditional Patagonian meat in both Chile and Argentina. It is lean and grass-fed on the Patagonian Steppe. The traditional way to cook the meat is to stretch it across a metal frame, grilling it slowly for several hours over an open fire.

Wild boar is not native to Patagonia but was introduced from Europe at the turn of the 20th Century and soon spread along the foothills of the Patagonian Andes in Argentina and out across the open grasslands. Along with lamb, wild boar is now one of the staple meats in Argentine Patagonia.

The pristine waters of Patagonia are home to an abundance of trout and salmon. Centolla (king crab) is also common.

In the area around Bariloche, Alpine cuisine is more the norm with chocolate bars and fondue restaurants. Tearooms are a feature of the Welsh communities in Gaiman and Trevelin.



Dulce de leche, similar to caramel, is used in nearly all desserts, made from sugar and milk. The Calafate berry, also known as the Magellan Barberry is a dark blue-black berry native to Patagonia. It is often incorporated into jams, sauces, mousses, ice cream and even cocktails.

Mate is a bitter tea that is drunk very frequently in Argentina and southern Chile. It is a bitter infusion of the leaves of a South American shrub, prepared by steeping dried leaves of yerba mate in hot water. It is drunk through a metal straw from a shared hollow calabash gourd.

Some wines are made in Patagonia in the regions of Rio Negro and Neuquen. The wines are more European in style than those from central and northern Argentina, due to the cooler climate and higher latitude. Pinot Noir is the region's iconic grape variety but Malbec still plays an important role in Patagonian wine. White wines from the region include Chardonnay, Sauvignon Blanc and Riesling.

READING LIST

- The Old Patagonian Express Paul Theroux
- The Motorcycle Diaries Ernesto "Che" Guevara
- The Voyage of the Beagle Charles Darwin
- Travels in a Thin Country Sara Wheeler
- · Chile: A Travellers Literary Companion Katherine Silver
- Gauchos and the Vanishing Frontier Richard W. Slatter
- The Uttermost Part of the Earth: Indians of Tierra del Fuego Lucas Bridges
- · In Patagonia Bruce Chatwin
- The Whispering Land Gerald Durrell
- · Wanderings in Patagonia Julius Beerbohm





Enjoy your journey!
If you have any further questions or concerns, please do not hesitate to contact us!

The Team at Chimu Adventures



