

# SALTA

SO BEAUTIFUL, YOU'LL FALL IN LOVE

ENGLISH

*Salta*  
ARGENTINA







## WHY CHOOSE SALTA?

- Location in the North of Argentina.
- Set at the foot of the Andes Mountains.
- Air and land national and international transportation.
- High quality services.
- Qualified and welcoming professional service.
- Landscape diversity and tourist attractions.
- Cultural and recreational activities. Active disconnection.
- Authentic lifestyle.
- Regional and gourmet food.
- High altitude wines.





# SALTA. SO BEAUTIFUL, YOU'LL FALL IN LOVE.

**Salta is colour.** Its territory covers many landscapes, from the bright red of the Calchaquí Valleys to the jungle's exuberant green. **Salta is tradition.** Its culture is alive in the streets, the people, the food, the music and handicrafts. **Salta is friendly and welcoming.** The spirit of its people matches the beauty and vastness of its landscapes. **Salta is unique.** And when you come here it gets better.

Come to Salta and discover its beauty. You'll fall in love.



# AUTHENTIC SALTA

A land of gauchos and open countryside, Salta is noted for its traditions, history and the hospitality of its people. Salta invites travellers to share its lifestyle, the local art, culture, tradition, as well as its festivities, myths and legends.

San Francisco Church, City of Salta. Photo: Eliseo Micu.







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## Cultural Tourism

Salta holds on to its past. The city of Salta is one of the best preserved in Argentina. Neocolonial houses and churches stand out near the main square. The Cathedral, the Cabildo or Town Hall, the San Francisco Church and the San Bernardo Convent are noted.

- 1 - City Town Hall. City of Salta.
- 2 - Typical balconies on 9 de Julio Main Square.
- 3 - Gaucho and his horse.
- 4 - City Town Hall. City of Salta
- 5 - Traditional dances.



Photo: Patricia Ayala

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All year round, Salta invites travellers to enjoy its varied cultural calendar of popular festivities held at many locations. The religious spirit blends with the colourful magic of the local music, dances and traditional rituals.

1 - Arete guazu. Ritual dance. North of Salta.

2 - A boy from the Puna with his siku.



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Photo: Isidoro Zang.

Folklore shows, historical museums, crafts markets, the Salta Symphonic Orchestra, the Provincial Ballet and the Folklore Ballet are a must in order to enjoy Salta's culture.

3 - Inca figurine. Offerings of the "Children of the Llullaillaco". MAAM. City of Salta.  
 4 - MAAM. City of Salta.  
 5 - Symphonic Orchestra. Provincial Theatre. City of Salta.



Photo: Yamila Ayala

## Archaeological Tourism

Salta's geological formations hold fossils of ancient mammals, of disappeared dinosaurs and plants that convey the evolution of vertebrates and nature.

1 - Cardones (cactus) in the Quebrada del Toro.  
Campo Quijano.

2/3 - Rock Art. Guachipas.



The first inhabitants have left evidence, such as the rock art at Guachipas and the Inca Granaries at La Poma. The Archaeological site of Tastil is another place to enjoy.

- 4 - Santa Rosa de Tastil Archaeological Site. Campo Quijano.
- 5 - Cardones (cactus) in the Quebrada del Toro. Campo Quijano.
- 6 - Apacheta by the road, a site to adore the Pachamama.



# Religious Tourism

Our Province's personality is defined by particular characteristics. One of them is the faith and spirituality of its people, devotion with ancient roots. The temples, churches and chapels found throughout the Province confirm this. The procession of the Lord and Lady of the Miracle is the most important demonstration of faith, congregating over 600.000 people each year.

1 - Believers by the Lord of the Miracle, during the procession on September 15th. City of Salta.

2 - Image of the Lord of the Miracle. City of Salta.

3/4/5 - Pilgrims from every corner of Salta salute the images of their Patron Saints. City of Salta.



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Veneration of the Pachamama or Mother Earth is very usual in the Puna region. The high mountain sanctuaries, sacred sites and incredible landscapes, make Salta a place of Andean spirituality.

**1/2** - Puna inhabitants during a Pachamama ritual.

**3** - Sharing cultures. Seclantás.

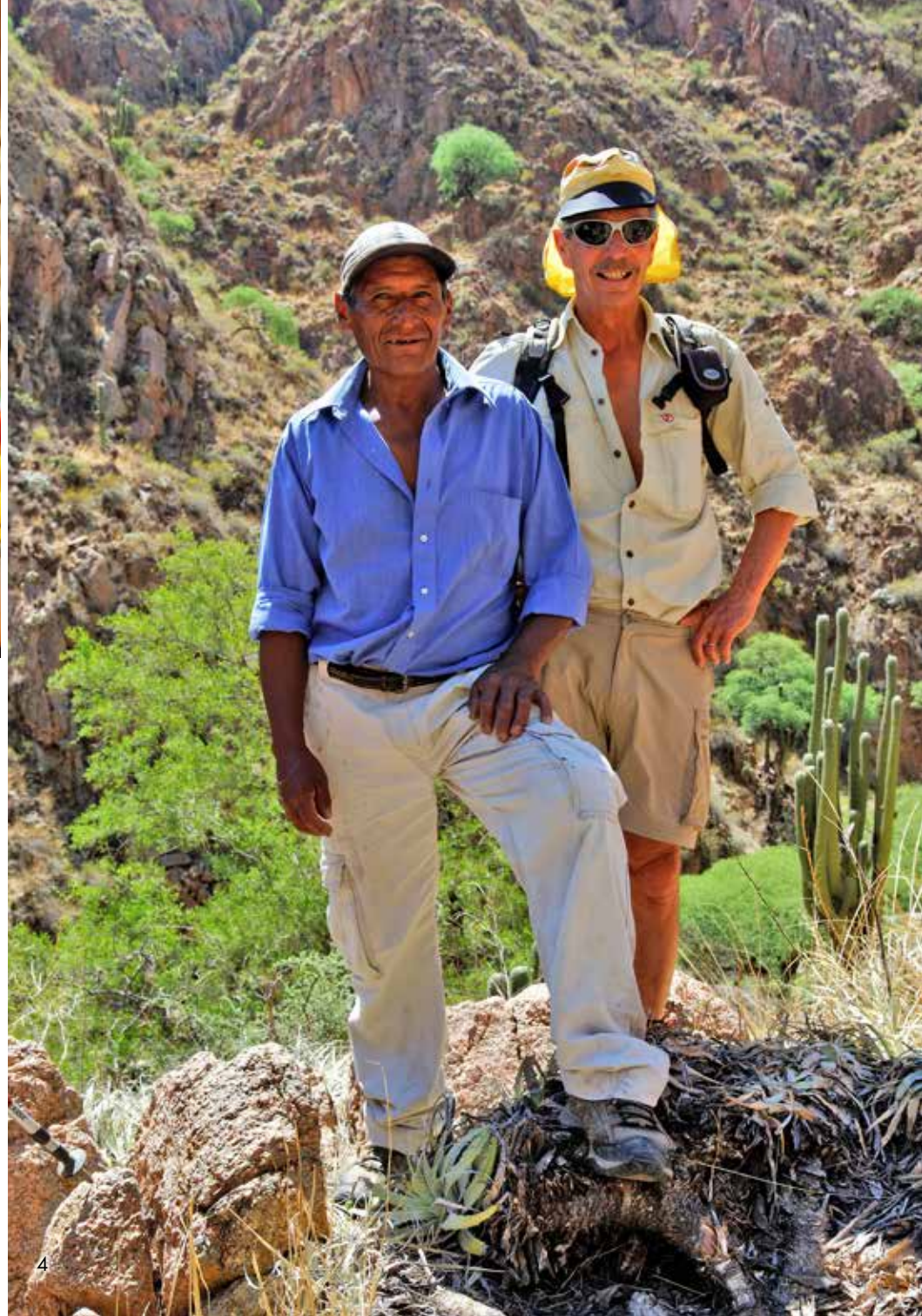
**4** - Trekking with a local guide. Cachi.





## Community Tourism

An intercultural experience between traveller and locals is possible in Salta, through a responsible tourism respectful of local customs. The local rural communities are willing to receive visitors and offer an unforgettable experience. Learn recreational activities from local guides: hikes, bike rides, in a boat or on horseback. Participate in rural field work and daily chores such as making preserves, home wine, walking through the vines and fruit trees and cooking empanadas in a mud oven.

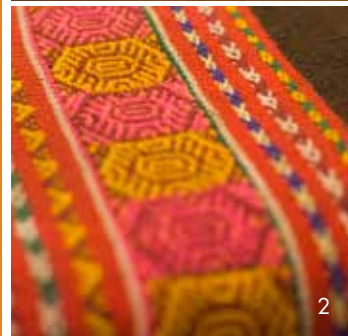


# Crafts

During pre Columbian times, inhabitants of distant deserts and tropical jungles, gathered during festivities to trade their produce, fruit of long hours of manual work. Many of these techniques are still alive, transmitted from one generation of artisans to the next one. These traditions were enriched with the Spanish heritage. Textiles, woven baskets, ceramics, carved woods, leather, bone, horn and silver crafts as well as the Chané indigenous masks.



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1 - Ceramic crafts. Cafayate.

2 - Woven crafts. Molinos.

3 - Silver crafts. Mates. City of Salta.



## Rural and Gaucho Tourism

Salta is a land of gauchos where, for the visitor, rural life is full of charm and surprises. Estancias and fincas are noted for their traditions, class and hospitality. They easily combine a rural active lifestyle with relax and nature. Horse rides, milking goats and cows, baking bread and making cheese are some of the rural chores the visitor can enjoy.



4 - The warmth of the Salta people.

5 - Salta gaucho ladies. San Lorenzo.

6 - Typical veranda at a Salta Estancia.







Photo courtesy of: Séphoré Fenesiraz



## Spa and Wellness

There are many options to relax. Hotels and exclusive estancias have their spas; or the Wine Spa in the Calchaquí Valley. These places combine different water therapies with other beauty and relaxation techniques, like massages, yoga and oriental therapies.

1 - Relax at a local Estancia. La Merced.

## ACTIVE SALTA

Salta is an invitation to practice adventure travel activities in its diverse landscapes and unspoilt vast territories. Activities such as golf, fly-fishing and adventure activities like rafting, horseback rides, trekking, canopy, 4 x 4 expeditions and mountain bike, among other options.





Trekking in los Colorados. Tolar Grande. Photo courtesy of: Instituto Nacional de Promoción Turística [INPROTUR]





Photo: Gonzalo de la Serna



# Adventure Travel

Salta invites you to enjoy adventure activities.

Valleys and mountains, jungles and deserts draw a map of diverse characteristics ideal to discover and to practice non conventional sports like horseback rides, 4x4 expeditions, rafting, trekking, mountaineering, mountain bike, kite buggy and canopy.

- 1 - Kite buggy in Salinas Grandes.
- 2 - Trekking. Molinos
- 3 - Quads in the jungle. San Lorenzo.
- 4 - Trekking to the Cerro Laja. San Lorenzo.



## Rafting and Kayak

Flowing rivers, intact landscapes and a privileged climate make Salta an option to enjoy all year round. The Lipeo River (level V) in the jungle of the Baritu National Park and the Juramento River (level III) with its incredible scenery along with the opportunity of seeing dinosaur footprints are great places to experience this adventure.



Photo: Eliseo Wicay



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## Mountain Bike

At the Acay pass, near 5.000 meters above sea level, sensations soar. The high Puna, at its best, will make you feel close to the sky. Biking along National Route 40, the Wine Road, or the Yungas forest is a good way to discover Salta in a different way.

- 1 - Kayak in Juramento River. Coronel Moldes.
- 2 - Rafting. Juramento River. Coronel Moldes.
- 3 - Mountain bike at Quebrada de Las Conchas. Cafayate.



Photo courtesy of: Francesco Siciliano.

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## Mountaineering

Being on the roof of America is a unique sensation. With mountains above 6.000 metres high, Salta is an ideal place to practice this activity. The Lullailaco Volcano (6.739 mts), where the well-known frozen Inca children were found, and the Nevado de Cachi (6.380 mts) are examples of this. Salta has circuits that demand different technical skills, with options for beginners and for expert climbers.

1 - Lullailaco Volcano Summit. Tolar Grande.

2 - Macon Sacred Mountain. Tolar Grande.



Photo: Rafael Kijul

2



Photo: Gary Pekarek.

3



Photo: Mathias Grill.

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## 4x4 and Moto Expeditions

To watch the sunset up in the Puna with the Andes Mountains as backdrop or discovering thermal waters and small towns hidden in the mountains, are all a part of this unforgettable experience.

**3** - 4x4 expedition. Puna.

**4** - Motorbike expedition. San Antonio de los Cobres.



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## Canopy

An inimitable experience for those who seek an unusual adventure. At the heart of the Juramento River canyon and with heights of up to 140 metres, Salta offers one of the longest canopy circuits in South America.

1 / 2 - Zipline in Juramento River Canyon. Coronel Moldes.



Photo: Eliseo Micu

Photo: Sebastián del Val



## Trekking

Privileged, generous and diverse, Salta's territory is ideal for trek activities. Enjoying the landscape while walking, the colours, sensations and immensity provide tranquillity. Trekking options are many, both for beginners and for experienced hikers.

**3** - Trekking in the Quebrada de Las Flechas. Angastaco.

**4** - Young llama. La Poma.

**5** - Los Amarillos. Tolar Grande.



## Horseback Rides

A chance to share the gaucho lifestyle. Salta's different sceneries allow riding through Yungas forest and multicoloured mountains in the Calchaqui Valley during a same ride. Riding on narrow paths, places that can only be reached on horseback are discovered.

1 - Horseback riding in the mountains.

San Lorenzo.

2 - Horseback riding in Valle Encantado.

Chicoana.



Photo: Fernando Escudero



## Golf

Salta's golf courses are as varied as the province's landscapes and are found at several locations. Acclaimed for their high quality turf and beautiful surroundings, some are placed close to the city while others, further away, have unique vistas of colourful mountains and vineyards.

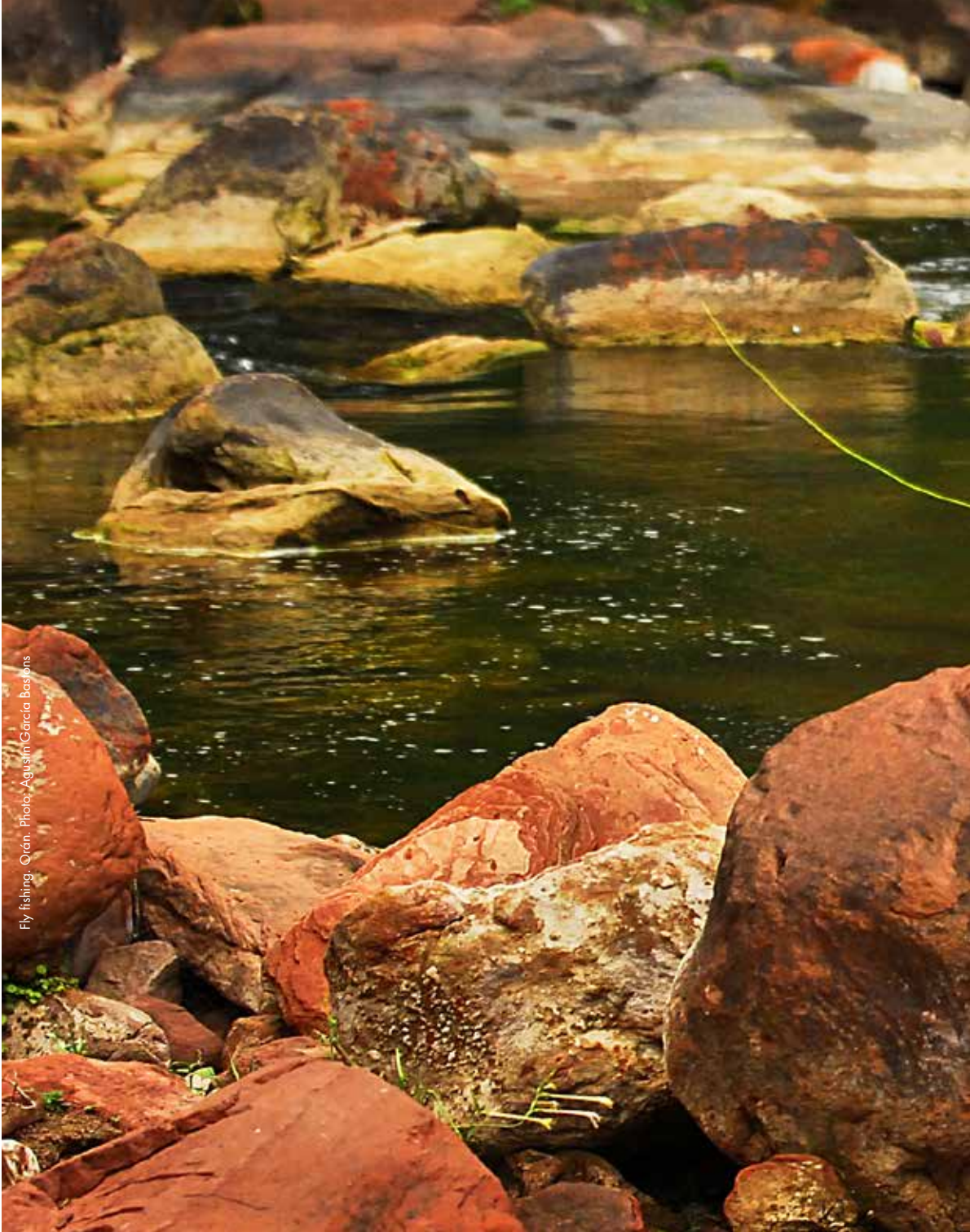
**3** - Golf at Hotel Termas. Rosario de la Frontera.

**4** - Golf course. Cafayate.



## Sports fishing

Salta's geographical diversity offers many water courses with three main fishing regions: the Bermejo, the Juramento and the Pilcomayo river systems. Given the river and fish variety, the region is a favourite among fishermen. The torrential waters are good to catch the dorado; calmer waters are home to the surubí, the pacú and the sábalo; and the high mountain rivers have rainbow trout. In artificial lakes the pejerrey is easily found. The diverse rivers allow the use of most fishing techniques.





## NATURE IN SALTA

Salta combines many different landscapes, from the high dry desert of the Puna to the exuberant jungle. Nature's generous bounty is seen in the province's three national parks: Baritú, Los Cardones and El Rey. Salta is one of the provinces that better cares its environment and a 16 % of its territory is protected.





# Bird watching

The geographical diversity, variations in height, different microclimates and eco-regions turn Salta into a splendid scenario for bird watching. Its vast territory is home to 65 % of Argentine bird species, 652 species of the 1.000 that live in the country are found in Salta.

- 1 - Flamingos at Santa María Lagoon. Tolar Grande.
- 2 - Toucan. Baritú National Park. Santa Victoria.



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## Nature Tourism

Salta combines a vast territory with many different landscapes, from the high dry desert of the Puna to the exuberant jungle.

Salta is nature and invites to connect with sensations, and offers many touristic options to do this. At each step, on each road, travellers will find some detail inviting them to stop, and for a moment become a part of the natural scenario.

- 1 - Garganta del Diablo. Guachipas.
- 2 - Llama in Quebrada del Toro. Rosario de Lerma.
- 3 - El Arenal. Tolar Grande.
- 4 - Los Miradores. Tolar Grande.
- 5 - Laguna de Pintascayo Provincial Park. Orán.











## Protected Areas and National Parks

Nature has given everything to Salta. The Provincial Reserves and National Parks: Baritú, Los Cardones and El Rey, where jungle and altitude landscapes coexist. Salta is one of the provinces that best takes care of its landscape, and a 16 % of its territory is protected.

- 1 - Corzuela. Baritú National Park. Orán.
- 2 - Cardon flower. Los Cardones National Park. Payogasta.
- 3 - Puma footprint. Parque Nacional El Rey. Anta.
- 4 - Flower. El Rey National Park. Anta.
- 5 - Red Iguana in Baritu National Park. Santa Victoria.



## Los Cardones National Park

With 64.117 has, it protects the cardón, a huge cactus plant and one of the most important plants of that region. Indigenous tradition says these plants watch over protecting from danger.

- 1 - Los Cardones National Park. Cachi.
- 2 - Red Seriema at El Rey National Park. Anta.
- 3 - Red Squirrel at Baritú National Park. Santa Victoria.
- 4 - Cai Monkey at Baritú National Park. Santa Victoria.



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## Baritú National Park

This park protects the Yungas or Montane Forest as well as the jaguar and the taruca, an Andean deer. Both mammals are endangered species. The park is ideal to observe exotic flora and fauna and for bird watching.

## El Rey National Park

With an amazing geographical diversity, this area protects a part of the Yungas forest and Chaco woodlands. Many species are guarded here, some of them endangered.





## GOURMET SALTA

Salta offers the world the most delicious Argentine north-western popular cuisine dishes, enhanced by the unequalled altitude wines, which have international recognition. Quality beef is served with fresh vegetables, grown locally. We recommend tasting the traditional tasty empañadas salteñas, which are small meat or cheese turnover.





## Gastronomy

Salta's cuisine is as rich as its history. From the famous empanadas to the most elaborate gourmet dishes, Salta is an invitation to relish. Come and savour it.

- 1 - Wine Tasting. Cafayate.
- 2 - Andean Potatoes. Nazareno.
- 3 - Gourmet Cuisine. Cachi.
- 4 - Field barbecue. Metán.
- 5 - Typical Salta empanadas. Chicoana.







## The Wine Route

The Calchaquí Valleys are located southwest of Salta and are home to the highest vineyards in the world, some cultivated at 3.000 metres above sea level.

The Wine Route connects more than 20 wineries in this exceptional wine region. Amazing landscapes, colours, historical towns, crafts, archaeology and typical cuisine add zest to this.

- 1 - Vineyards. Torrontes wine tasting. Cafayate.
- 2 - Wines and regional cheeses. Cafayate.
- 3 - Winery. Cafayate.
- 4 - Tasting at a winery. Cachi.

## SALTA MEETING INDUSTRY

With the most up to date convention and exhibition centre in the country, equipped with modern technology and with a capacity for 2.400 attendants, Salta is an attractive option to organize venues and meetings. Its people's professionalism and friendliness, a rising hotel infrastructure and tourist services' industry, make of Salta a perfect place to combine work and pleasure, guaranteeing your event's success. Salta is the ideal place for original, different and motivational incentive's trips.



## Services

Salta has good high quality suppliers needed to organize social and business events. Qualified human resources, as well as infrastructure and related service providers, such as printers, multimedia services and modern equipment, to guarantee the success of different events.

- 1 - Five Star Hotel. Cafayate.
- 2 - Warmth and professionalism.
- 3 - Gourmet Cuisine.

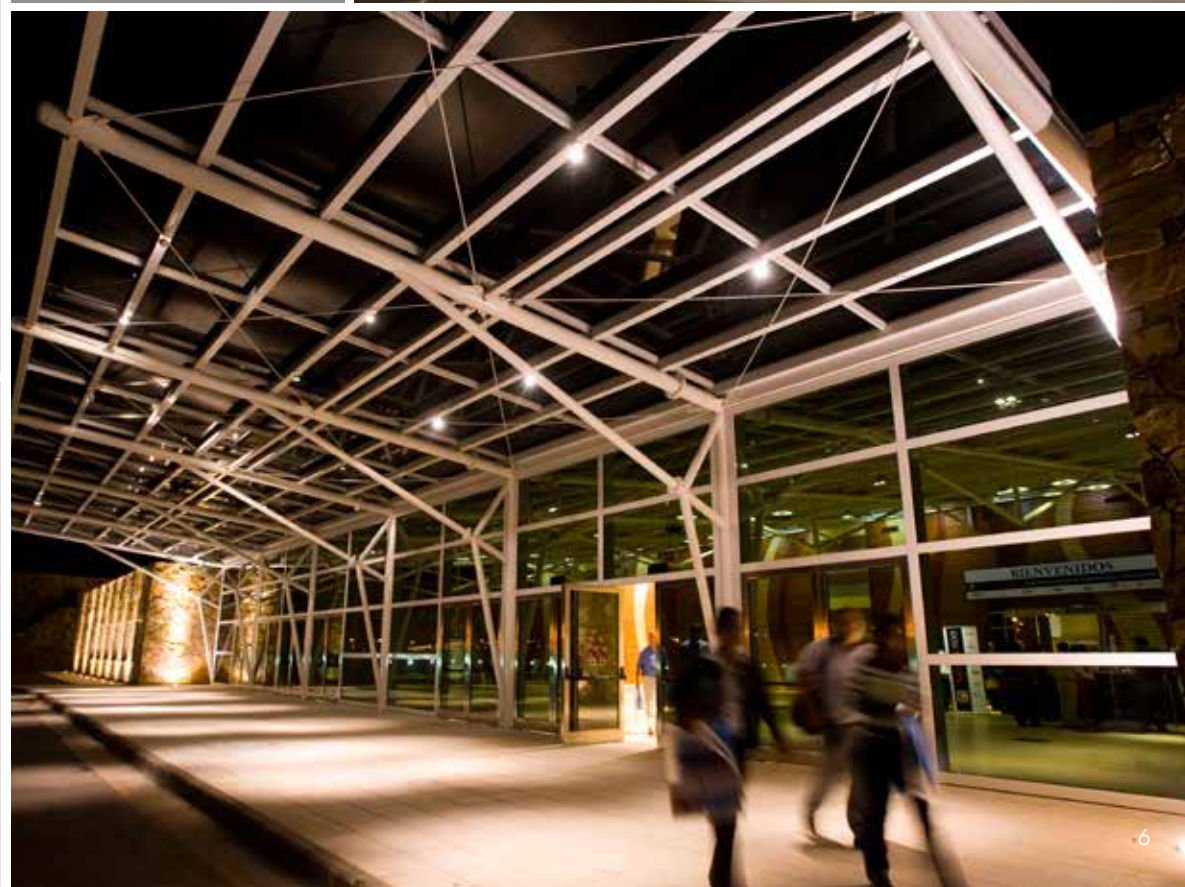




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## Infrastructure

The province's current hotel capacity is 17.000 beds. This includes 4 and 5 star hotels as well as boutique hotels. Besides, Salta as four venue auditoriums and 110 conference rooms, prepared to accommodate meetings and conventions which call for different magnitude and technology.

4 - Silver and horn crafts. Cachi.

5 - Provincial Ballet. City of Salta.

6 - Breakfast in the Calchaqui Valleys. City of Salta.





## Productions

Given the beauty and landscape diversity, Salta was chosen as scenario for many brand photo shoots. Most noted was “Rock in Salta” for the designer Benito Fernandez. Salta also staged the final of “The City Chase”, the biggest urban adventure reality show, transmitted by NatGeo TV in more than 168 countries. Different international films have been filmed in Salta given the landscape variety and quality suppliers.

1 - Shakira. 2011 Tour. City of Salta.

2 - Test Match, Los Pumas - England. City of Salta.

3 - Raid dos Andes 2012. Campo Quijano.

## Sports and Musical Events

Given its infrastructure, quality and friendliness, Salta hosted several national and international events. Among them the Dakar Rally, the Copa América, the Pumas vs. England Test Match, the Summer Football Tournament, the field hockey Test Match of Las Leonas vs. USA, La Gran Carrera, The North Face Endurance Challenge, The Champion Challenge with the best male field hockey teams in the world, The XK Traverse and the Columbia Raid of the Andes. Some of the main music shows held in Salta were Shakira, the “Indio” Solari and Sabina-Serrat.





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## Incentive Travel

Ideal for small or medium groups, Salta offers numerous companies the chance to blend perfection with leisure, fun, work, cuisine and sports. A place to develop teamwork, practice sports activities, or organize excursions and escapades that are pleasant, thrilling and non conventional.

- 1 - Trip in La Puna. Salinas Grandes.
- 2 - Horseback riding. Valle de Lerma. La Viña.
- 3 - Expedition in the Quebrada de las Conchas. Cafayate.
- 4 - Rafting at Juramento River. Coronel Moldes.



A scenic landscape featuring a wide river flowing through a valley. In the foreground, a large, rusted metal bridge structure is visible. A train with orange and yellow cars is crossing the bridge. The background shows rolling hills and mountains under a hazy sky. The text 'MUST SEE' is overlaid in white on a red rectangular background in the top left corner, and 'Attractions' is written in red below it. On the right side, the words 'Must see' are written vertically in white.

# MUST SEE

## Attractions

Must see

# Iruya

Surrounded by an incredible landscape, Iruya is a magic town, literally hanging in the mountains in the north of the province of Salta. Its steep stone streets seem to be from another time. As if out of a postcard, Iruya invites to rest and meditate.



Iruya. Photo: Kela Juárez.



La Polvorilla Viaduct, San Antonio de los Cobres. Photo: Antonio Tiz.

## Train to the Clouds

The most amazing train in the world, which takes you through the clouds, up to 4,200 metres high. The train ride travels along 217 km of amazing Andes landscapes, it has 29 bridges, 21 tunnels, 13 viaducts, 2 curlers and 2 zigzags.

## San Lorenzo

This residential area is 10 km away from downtown Salta, and known for its cool climate, exuberant vegetation and crystal clear creeks. The surrounding mountains are covered in montane forest here called the Yungas forest. Hikes, horseback rides, excursions on bikes or quad, or a photo safari down the neighbouring paths are all year round options.

## La Caldera

Only 22 kilometres away from the city of Salta this town, with well preserved 19th century architecture, is found. An 18 metre high image of a Christ protects the village and its church. Close by, the Campo Alegre reservoir is perfect to enjoy water sports and fishing.



Trekking in the jungle. La Caldera. Photo: Eliseo Micu.



## Cabra Corral Dam

It is one of the most attractive and best built dams in Argentina. Located 65 km away from the city, it has 127 sq km of water, framed by green hills. There are nautical and fishing clubs, several hotels and restaurants. Some of the adventure activities practiced there are sailing, water ski, kayak, jet ski, catamaran, bungee jumping or zip line and rafting in the close by rapids of the Juramento River.



## The Vine and Wine Museum

In the Calchaquí Valleys, a region noted for its viticulture, valleys, mountains and gorges, one finds The Vine and Wine Museum. It is a live space, full of visual and sound effects that are interactive and entertaining, presenting all visitors with a chance to learn.

## Quebrada de las Conchas

The road to Cafayate has a particular geography that has been carved by wind and sun. Surprising rock formations seen in gorges and multicoloured mountains surprise the traveller. Some of these formations are the Garganta del Diablo or Devil's Throat, El Anfiteatro or Amphitheatre, El Sapo or Frog, El Fraile or Friar, Los Castillos or Castles, among many.



Quebrada de las Conchas. Photo: Eliseo Micu.



## Tolar Grande

The small town of Tolar Grande is set in the high altitude Puna desert from where the province's volcanoes can be visited (Llullaillaco, Socompa, Arizaro, Aracar and Guanaquero), as well as the incredible water holes in the salt flats, and the most unforgettable landscape. The Arita Cone is a perfect cone of a black lava salt, 147 metres high and one of the most outstanding geographical features in Salta. It is found at the Arizaro Salar, in the high plateau or Puna, 80 kilometres away from Tolar Grande.

## Llullaillaco Volcano

It is the fifth highest volcano in the world (6.739 m), its summit and slopes have small glaciers and volcanic rock and ash flows. In 1999 three frozen Inca children were found, together with their ceremonial offerings. Its summit is coveted by mountaineers from all over the world.

Llullaillaco Volcano Summit, Tolar Grande, Photo courtesy of Francisco Scilliano.





## Cachi

Surrounded by coloured mountains and blessed by the Calchaqui River, Cachi remains a restful town, as well as protecting more than one hundred archaeological sites. Located at 2.280 metres above sea level, this Calchaqui town is recognized by visitors for its particular essence. The Cachi snow capped massif, is one of the treasures that give special characteristics to this town of six thousand inhabitants.



Salta Symphonic Orchestra. City of Salta.

## Salta Symphonic Orchestra

The Province of Salta has an internationally renowned Symphonic Orchestra, awarded with the Konex 2.009 national prize as one of the best in the decade. With its 100 musicians, it performs regularly at the Salta Provincial Theatre as well as in other towns in the province and throughout the country.

## MAAM

The MAAM (The High Mountain Archaeological Museum), is one of the most important museums in Salta. It was created to preserve the frozen bodies of the Children of the Lulluaillo, three Inca children found perfectly preserved in 1.999, on the summit of the namesake volcano, at 6.700 m.a.s.l. Their magnificent funerary offerings are also kept with them, diverse objects, tools and crafts distinctive of this ancient civilization. An excellent opportunity to appreciate and understand, right on the middle of the city of Salta, the secrets of the high mountain, and witness to the ancient Inca Culture.



Offerings of the Children of the Lulluaillo. MAAM. City of Salta.



Basilic Cathedral, City of Salta. Photo: Eliseo Micu.

## City of Salta

Salta is one of the cities that best preserves colonial style in Argentina. Houses and churches built in neocolonial style stand out by the main square. Most noted are the Cathedral, the Cabildo or Town Hall, the San Francisco Church and the San Bernardo Convent. Also, among the city's main attractions there is San Bernardo hill. Easily accessible by cable car, it's top serves as a panoramic viewpoint of the entire Valle de Lerma (Lerma Valley).





SUGGESTED  
CIRCUITS

Circuits

## The Spirit of the Andes

7 DAYS, 6 NIGHTS

*The Puna, with its sacred places, its energy and magical landscapes will turn this trip into a unique experience, offering the chance to connect with the Andean spirituality.*

- 1 City of Salta. Historical quarter. MAAM (High Mountain Archaeological Museum), where the frozen bodies of the Children of the Lullaillaco and their funerary offerings are kept. Salta Anthropological Museum and Pajcha, Ethnical Arts' Museum.
- 2 Salta – San Antonio de los Cobres: ceremony asking Pachamama (Mother Earth) blessings at Chañi Mountain. Salt Flats called Salinas Grandes and San Antonio de los Cobres town.
- 3 San Antonio de los Cobres - Tolar Grande: La Polvorilla viaduct, located at 4.200 metres above sea level. Santa Rosa de los Pastos Grandes town, close to Quehwar Volcano, where an Andean Spiritual Ceremony will be carried out. Pocitos Salt Flat.
- 4 Tolar Grande – Base of the Lullaillaco Mountain: Arizaro Salt Flat, discovering its strange and breathtaking formation called the Arita Cone. Los Miradores hills. Return to Tolar Grande in the evening.
- 5 Tolar Grande - Campamento La Casualidad: Lullaillaco Sacred Mountain. Ancestral Sacred Ceremony to Pachamama expressing gratitude.
- 6 Tolar Grande – Rosario de Lerma: workshop: Andean vision and spirituality – Tinku. Understanding perceptions and feelings emerged from the ceremonies of the Apu – the Spirit of the Mountain – reading coca leaves. Tastil Archaeological Sacred site.
- 7 Free. End of circuit.

NOTED



THE PUNA AND ITS PEOPLE.

A very interesting feature of this imposing region is its inhabitants' culture. Locations such as San Antonio de los Cobres and Tolar Grande carry on with their ancient traditions expressed in celebrations such as the Pachamama, the misachicos and the apacheta.



ARITA CONE

Located in the Salar de Arizaro, in the Salta Puna – High Plateau – 80 kilometres away from Tolar Grande. It is a perfect cone of a black lava salt, 147 metres high and one of the most outstanding landscape feature in Salta.

## Salta Celebrates the Miracle

5 DAYS, 4 NIGHTS

*In 1692, Salta was practically destroyed by earthquakes. It was saved by the faith of its people. Live one of the most important faith manifestations in Argentina.*

- 1 City of Salta: arrive at the city of Salta. Visit the historical and religious quarter. The Cathedral, a Basilica that holds the images of the city's patron saints, the Lord and Lady of the Miracle, Cathedral Museum, Church of San Juan Bautista de la Merced, La Viña Church.
- 2 City of Salta: participate in the novena, a prayer to the Lord and Lady of the Miracle that takes place in the Salta Cathedral Basilica. Visit the Town Hall or historical Cabildo, the Sacred Arts' hall, the San Francisco Basilica, San Francisco Museum and the San Bernardo Convent.
- 3 City of Salta – Campo Quijano – City of Salta: depart to the town of Campo Quijano. Meet up with the pilgrims, who walk from the province's different regions to celebrate the Miracle Festivity. From there pilgrimage with them towards the city of Salta.
- 4 City of Salta: procession in honour of the Lord and Lady of the Miracle. This is one of the most important faith manifestations in Argentina, with over 600.000 participants.
- 5 Free. End of circuit.

NOTED



PROCESSION OF THE MIRACLE

Every 15th of September a procession to honour the Lord and Lady of the Miracle, Patron saints of Salta, takes place. It congregates over six hundred thousands pilgrims, being one of the greatest demonstrations of faith in the country. This procession culminates the nine days of prayer that begin on September 6.



PILGRIMS

After walking for 10 days, pilgrims from all over the province arrive to the city of Salta to participate in this Miracle Celebration. An example of solidarity and faith, the pilgrimages are a clear demonstration of Salta's people devotion to their Patron Saints

## Rural Life and Estancias

6 DAYS, 5 NIGHTS

*Salta's farms or Fincas and estates or Estancias are unique. Their lifestyle, food, altitude wines and the hosts' friendliness will provide an unforgettable experience.*

- 1 Salta – San Lorenzo: Historical quarter. Visit the MAAM (The High Mountain Archaeological Museum), where the frozen bodies of the Children of the Lullailaco and their magnificent funerary offerings are kept. Visit the Salta Anthropological museum and Pajcha, Ethnical Arts' Museum. Afterwards, horseback riding in San Lorenzo.
- 2 San Lorenzo – Lesser: Regional breakfast. Visit San Lorenzo. Visit the local chapel. Quebrada de San Lorenzo. Lesser. Walk through the montane forest called Yungas. Lunch at a local farm and farm activities.
- 3 San Lorenzo – Guachipas: Depart to the town of Guachipas. Visit the small towns of Cerrillos, La Merced, El Carril and Coronel Moldes. Field day at Guachipas to learn about farm traditions and gaucho horsemanship. Trek or horseback ride in Pampa Grande.
- 4 Guachipas: Horseback ride along narrow trails through valleys and thick forest going up to 3000 m.a.s.l. learning about mountain culture and lifestyle.
- 5 Guachipas – El Bordo: Depart to El Bordo. Visit El Totoral, a Natural Reserve and the different plantations at the farm. Dinner and lodging at El Bordo.
- 6 Return to Salta. Free. End of circuit.

### NOTED



#### ESTANCIAS

In Salta one can reconnect with nature and with rural traditions. During the day one can ride and walk in the farms and partake in the daily activities so the visitor can experiment and learn farm chores.



#### GOURMET COOKING

The Fincas or Estancias offer the most traditional cuisine such as empanadas, tamales and humitas as well as high end gourmet dishes prepared with Andean ingredients. Always paired with a glass of Salta altitude wine.

## An Invitation to Relax

6 DAYS, 5 NIGHTS

*The best and hotter thermal waters are in Salta. Relax and serenity in a spa enjoying massages, facials and meditating.*

- 1 Salta – San Lorenzo: historical quarter. Visit the MAAM (The High Mountain Archaeological Museum), where the frozen bodies of the Children of the Lullailaco and their magnificent funerary offerings are kept. Visit the Salta Anthropological museum and Pajcha, Ethnical Arts' Museum
- 2 San Lorenzo: breakfast. Walk through the Quebrada de San Lorenzo's mountain trails enjoying its flora and fauna. Relaxation and wellness activities such as saunas, heated swimming pool, aqua gym and an open air Jacuzzi.
- 3 San Lorenzo – Termas de Rosario de la Frontera: departure to the Termas de Rosario de la Frontera Hotel. Using the proven benefits of the hotel's nine different medicinal waters, discover excellent healing treatments, enhanced by the waters' high mineral content. Facials, relaxing massages with essential oils, bio energetic massages with oriental techniques: siatshu and Thai
- 4 Termas de Rosario de la Frontera: therapeutic activities. Facial and body treatments. Walks, yoga, swimming, thermal baths, bird watching, tennis, horse riding, bicycles, gym and golf.
- 5 Termas de Rosario de la Frontera – Salta: a day to relax and enjoy the thermal baths of the Termas de Rosario de la Frontera Hotel. Visit the town of Metán. Historical house, the Posta de Yatasto.
- 6 Free. End of circuit.



#### TERMAS DE ROSARIO DE LA FRONTERA HOTEL

For those wanting to relax, hike, bike, golf and tennis combined with massages and curing techniques, the Hotel Termas in Rosario de la Frontera stands since 1.880. Its renowned thermal baths and spa offer excellent treatments.

## Experience the Country Lifestyle in the Calchaquí Valleys.

5 DAYS, 4 NIGHTS

*Surrounded by amazing nature, you will share with country families their daily chores, traditions and authentic rural life.*

- 1 City of Salta: historical quarter. Visit the MAAM (The High Mountain Archaeological Museum), where the frozen bodies of the Children of the Lullaillaco and their magnificent funerary offerings are kept. Visit the Salta Anthropological museum and Pajcha, Ethnical Arts' Museum
- 2 Salta - San Carlos: visit family ventures that are a part of this web. Participate in rural activities such as gathering fruits and other crops, tasting wines in artisan wineries. Walk through the vineyards and enjoy the valley's landscape. Dinner and night at a family home.
- 3 San Carlos: explore the surrounding areas together with the family while taking care of the goats, or weaving in the loom, preparing ceramics or simply walk round the community. Dinner and night at a family home.
- 4 San Carlos - Los Cardones National Park- Salta: national Route 40. Stop for photographs at the Quebrada de las Flechas. Visit the Cachi church and Anthropological Museum. Return to Salta driving through Los Cardones national Park, and from the 3.457 m.a.s.l. look out a majestic view of the Cuesta del Obispo and the Quebrada de Escoipe.
- 5 Free. End of circuit.

NOTED



RED DE TURISMO  
CAMPESSINO

It is a coop managed by rural families that, besides agriculture production and traditional crafts, offer a rural community tourism option.



ARTISAN CRAFTS

Various ancestral techniques are still in use thanks to many generations of artisans who transmit their knowledge. Most noted are those woven in a loom, and also baskets, ceramics with pre-Hispanic motifs, designs in horn and silver, as well as wood carvings.

## An offering for the Pachamama (Mother Earth)

5 DAYS, 4 NIGHTS

*August is the sacred month of the Pachamama. Share with the Andean world their feelings expressing gratitude as well as asking Mother Earth for protection.*

- 1 City of Salta: historical quarter. Visit the MAAM (The High Mountain Archaeological Museum), where the frozen bodies of the Children of the Lullaillaco and their magnificent funerary offerings are kept. Visit the Salta Anthropological Museum and Pajcha, Ethnical Arts' Museum.
- 2 Salta - San Antonio de los Cobres - Tolar Grande: depart on the Train to the Clouds. During the 217 km trip, 21 tunnels, 29 bridges and 13 viaducts are explored. Among the latter, the famous Polvorilla Viaduct, located at 4.200 m.a.s.l. Then, continue by vehicle towards Tolar Grande, going over the Chorrillos OPass at nearly 4.600 m.a.s.l. and the Salar de Pocitos.
- 3 Tolar Grande: drive through the Arenal and the Ojos de Mar, small lagoons in salt flats, extremely salty and very deep. Here some of the few live stromatolites in the world can be found. Visit the local homes where you will find offerings to take up the Sacred Hill. Participate in the ritual of the Sacred Pugio (Mother Earth's mouth), asking and thanking. Those who assist for the first time will receive an Andean protective bracelet, the Yoky.
- 4 Tolar Grande - Quijano: visit the imposing Santa Rosa de Tastil Archaeological site, evidence of this pre-Hispanic city's importance. Visit El Alfarcito to learn about Padre Chifri's work, a Catholic priest who did much for the Andean children.
- 5 Free. End of Circuit.

NOTED



OFFERINGS TO  
PACHAMAMA

Mother Earth's ceremony is an ancient ritual that is still alive today. A hole is dug out in the ground and after the traditional words of: "Kusilla, kusilla, Pachamama", drinks and food are put in the hole: beer, chicha, wine, liquor, stew, corn, pumpkin, coca leaves and tobacco.



APACHETA

It is a place to worship Pachamama. Here the traveller asks for a safe journey and to avoid fatigue. Thankfulness is expressed by offering drinks, coca leaves, a cigar and a stone.

## Total Adrenaline

7 DAYS, 6 NIGHTS

*Fly on a 200 metre high zip line, descend on a MTB from 3.600 metres and raft in a Level III river.*

- 1 Salta – San Lorenzo: short horseback rides or explore San Lorenzo on quads. In Salta ascend the San Bernardo Hill in a cable car and descend on a MTB. Dinner at a folklore Peña.
- 2 Salta - Dique Cabra Corral: depart to the town of Coronel Moldes driving through the Lerma Valley, seeing the area's farms. Bungee Jumping at the Cabra Corral dam. Rafting and zip line (or canopy) at the Juramento River.
- 3 Guachipas - Cafayate: trekking at the Cuevas Pintadas (painted caves) at Las Juntas in Guachipas. Trekking in the Quebrada de las Conchas, coming close to its majestic landscape of multicoloured mountains. Visit a winery and the Vine and Wine Museum.
- 4 Cafayate - Seclantás: horseback ride to Yacochuya. Lunch and visit the bodega, with a wine tasting. Depart to the town of Seclantás, driving through the incredible Quebrada de las Flechas, on National Route 40.
- 5 Seclantás - Cachi: regional breakfast. In a 4x4 drive to the Acsibi Caves, located in a red valley with caves and strange geological formations.
- 6 Cachi - Parque Nacional Los Cardones – Salta: trekking in Los Cardones National Park. Descend on a bike the mountain road called the Cuesta del Obispo, the maximum height being at the Piedra del Molino lookout (3.457 m). Drive through the Valle de Lerma. Arrive to Salta.
- 7 Free. End of Circuit.

NOTED



### RAFTING

The Juramento river, Level III rapids, winds through an amazing landscape adding a plus to this sport. The walls of this canyon were, 65 million years ago, huge beaches inhabited by dinosaurs; during this float their footprints can be seen.



### THE ACSIBI CAVES

This is a natural canyon, 15 km away from the town of Seclantás. The canyon gets narrower until one gets to incredible red caves where beams of light stream in creating a special effect.

## Ascend the Llullaillaco Volcano

12 DAYS, 11 NIGHTS

*At 6.739 metres above sea level, the Llullaillaco's summit is where the highest archaeological site in the world is found. The Inca chose the volcano's summit, 500 years ago, to offer three children to their gods. A challenge for just a few.*

- 1 City of Salta: visit the MAAM (The High Mountain Archaeological Museum), where the frozen bodies of the Children of the Llullaillaco and their magnificent funerary offerings are kept. Visit Salta's Anthropological museum and Pajcha, Ethnical Arts' Museum
- 2 Salta - Tolar Grande: Train to the Clouds. During the 217 km trip cross 21 tunnels, 29 bridges and 13 viaducts, among the latter the Polvorilla, at 4.200 m.a.s.l. is the most well known. Tolar Grande. Salar de Pocitos and the Devil's Desert.
- 3 Tolar Grande: El Arenal and formations called Ojos de Mar, small, deep and salty lagoons, where some of the few live stromatolites are found nowadays. Dead Man's Cave, the Arita Cone, Santa Maria Lagoon and base of the Macon Mountain. Ascend to the summit of the Guanqueros Volcano (5.280 m.a.s.l.). Return to Tolar Grande.
- 5 Llullaillaco Volcano: drive to La Casualidad mine, located at 4.180 m.a.s.l.
- 8 Base of the Llullaillaco. Nights at camps located at 4.800, 5.400 and 5.900 m.a.s.l.
- 9 Tolar Grande: ascend to the summit of the Llullaillaco Volcano (6.739 m.a.s.l.), the world's highest archaeological sanctuary where the frozen bodies of three Inca children were found in 1.999. Summit at midday. Descend in the afternoon. Night at camp.
- 10 Tolar Grande: breakfast. Return to Tolar Grande. Night at the refuge.
- 11 Tolar Grande – Salta: visit the imposing Santa Rosa de Tastil Archaeological site, evidence of this pre-Hispanic city's importance. Visit El Alfarcito to learn about Padre Chifri's work, a Catholic priest who did much for the Andean children.
- 12 Free. End of circuit.



### LLULLAILLACO VOLCANO

It is the fourth highest volcano in the world. Its summits and slopes have small glaciers and volcanic flows with rock and ash. One of the most sought after places by mountaineers.

## The jungle and the National Parks

8 DAYS, 7 NIGHTS

*Few places have a jungle like the one in northern Salta. Untouched, majestic and sublime. Experience nature.*

- 1 City of Salta: visit the MAAM (High Mountain Archaeological Museum), where the frozen bodies of the Children of the Lullaillaco and their magnificent funerary offerings are kept. Visit the Salta Anthropological museum and Pajcha, Ethnical Arts' Museum
- 2 Salta - El Rey National Park: a majestic Yungas environment with great biological diversity. Walk through the park's paths to see its flora and fauna.
- 3 El Rey National Park – Isla de Cañas: transfer to Isla de Cañas on national route 34. Visit the jungle area and the indigenous communities of Isla de Cañas, Los Naranjos and San Andrés.
- 4 Los Toldos – Baritú National Park: Los Toldos, at 1.800 m.a.s.l. Baritú National Park protects endangered species such as the jaguar and the taruca, an Andean deer. Trek through the park.
- 5 Baritú National Park – Los Toldos: activities that blend landscapes with adventures such as a photo safari, trekking and bird watching.
- 6 Los Toldos - San Ramón de la Nueva Orán: an important agro industrial region with a remarkable production of oranges, grapefruits and sugar cane at El Tabacal.
- 7 Orán – City of Salta: Visit the towns of Cobos and Campo Santo.
- 8 Free. End of Circuit.

NOTED



YAGUARETÉ

The jaguar, yaguar or yaguareté is the biggest feline of the Americas and third in size after the tiger and the lion. It needs a wet environment and, as the tiger, likes to swim. It is a protected species and very endangered.



THE JUNGLE

In the north of the province of Salta this park has a subtropical thick forest, populated by native animals and crosses by raging rivers.

## Trekking in Iruya

6 DAYS, 5 NIGHTS

*A town hanging from a mountain. Time seems to have stopped. A landscape to be seen only in Salta.*

- 1 City of Salta: historical quarter. Visit the MAAM (The High Mountain Archaeological Museum), where the frozen bodies of the Children of the Lullaillaco and their magnificent funerary offerings are kept. Visit the Salta Anthropological museum and Pajcha, Ethnical Arts' Museum
- 2 Salta – Iruya: breakfast and leave to Iruya. Visit the attractive villages and landscapes on the way, in the Quebrada de Humahuaca (province of Jujuy). Arrive at Iruya. Visit the local artisans.
- 3 Iruya – San Isidro: breakfast. A 3 hour trek to San Isidro. Walk in the small town and visit the weavers and artisans. Dinner and night in San Isidro.
- 4 Iruya – San Juan: breakfast. A 6 hour trek to San Juan. Walk along old mountain trails still in use by the local inhabitants. Dinner and night in San Juan.
- 5 Iruya: breakfast. Trek for 5 hours returning to Iruya. Return along national route 9. Dinner and night in Salta.
- 6 Free. End of Circuit.

NOTED



IRUYA

This is a town that seems to be hanging from a mountain and where its inhabitants cherish their traditions and culture. The colonial style buildings with stone narrow streets and imposing views turn this place into a worthwhile visit.



CRAFTS

Beautiful artisan crafts can be acquired at Iruya and its surrounding villages such as San Isidro and Río Grande. Tapestries, ponchos, rugs, caps, all made in sheep or llama wool.

## Fly Fishing

7 DAYS, 6 NIGHTS

*There are special moments in life. Fly fishing is one of them. And Salta is an ideal place to enjoy it.*

- 1 Salta – Las Lajitas: historical quarter. Visit the MAAM (The High Mountain Archaeological Museum), where the frozen bodies of the Children of the Lullaillo and their magnificent funerary offerings are kept. Transfer to Las Lajitas.
- 2 Las Lajitas: access the Río Seco. Here you can find surubí, pacú, sábalo and dorado. Begin fishing. Lunch at the river. Dinner at a nearby estancia.
- 3 Las Lajitas: transfer to the Río Dorado in a 4 x 4 to practice catch-and-release of the dorado fish. Lunch at the river. Camp and dinner on the riverbank.
- 4 Las Lajitas: full day fishing. Lunch at the river. Camp and dinner on the riverbank.
- 5 Las Lajitas: fishing full day. Lunch at the river. Camp and dinner on the riverbank.
- 6 Las Lajitas - Salta: last fishing day. Lunch at the river. During the afternoon end the fishing activity and return to the city of Salta.
- 7 Free. End of Circuit.

NOTED



RIO DORADO

it is one of the best rives to fly fish for dorados, closet o the rivers del Valle, Seco and Juramento. Located in an area of wild beauty, where the most exciting fly fishing of dorados is found.



FISHING IN MOUNTAIN RIVERS

The surrounding amazing geography makes this fishing experience a true adventure where the foot prints of wild animals and the sight of exotic birds offer a challenge to the fisherman.

## Motorbike Adventures, Defying the Wind

10 DAYS, 9 NIGHTS

*Wind, freedom, adrenaline. Sensations that are intensely felt in Salta.*

- 1 City of Salta: historical quarter. Visit the MAAM (High Mountain Archaeological Museum), where the frozen bodies of the Children of the Lullaillo and their magnificent funerary offerings are kept. Visit the Salta Anthropological museum and Pajcha, Ethnical Arts' Museum
- 2 City of Salta – Cafayate: Lerma Valley. Quebrada de las Conchas where the coloured mountains and formations eroded by water and wind are noted.
- 3 Cafayate: explore the town and visit wineries to taste the acclaimed altitude wines. Vine and Wine Museum. Lunch with pairing at a winery. Visit the town of Tolombón and the area's artisans.
- 4 Cafayate – Cachi: Quebrada de las Flechas with its capricious formations. San Carlos and Angastaco towns. In Molinos, visit the Church and the interpretation centre.
- 5 Cachi - Payogasta: visit a winery and have a wine tasting. Church and Archaeological Museum. Artisans.
- 6 Payogasta – San Antonio de los Cobres: visit the Incan Granaries, archaeological circular and rectangular silos used to keep maize. Acay Pass at 4.895 m.a.s.l.
- 7 San Antonio de los Cobres – Tolar Grande: Polvorilla Viaduct at 4.200 m.a.s.l. Santa Rosa de los Pastos Grandes. Be part of the Andean Spirituality Ceremony. Salar de Pocitos and the Devil's Desert.
- 8 Tolar Grande: El Arenal and formations called Ojos de Mar, small lagoons where some of the few live stromatolites are found nowadays. Dead Man's Cave. Arita Cone. Santa Maria Lagoon and Macon Mountain.
- 9 Tolar Grande – Salta: Santa Rosa de Tastil Archaeological site. El Alfarcito to learn about Priest Chifri's work.
- 10 Free. End of circuit.



RUTE 40

The most traditional Argentine route for travel lovers. Its attractions are innumerable: Salinas Grandes, the town of San Antonio de los Cobres, The Acay Pass at 4.895 metres, and the picturesque villages.

## The Secrets of the Jungle

10 DAYS, 9 NIGHTS

*Salta is one of the provinces that best cares for its environment with over 16% of its total surface a protected area. Enjoy visiting its National Parks and Natural Reserves.*

1 Salta – El Rey National Park – Las Lajitas: with an amazing geographical variety, this park protects part of the Yungas forest and the Chaco dry woodlands, guarding thousands of species, some of them endangered.

2 El Rey National Park – Las Lajitas: trekking along circuits where flora and fauna – tapir, toucan, seriema and wild pig – can be seen.

3 Las Lajitas – Isla de Cañas: walk in the dense vegetation and meet the native communities at Isla de Cañas, Los Naranjos and San Andrés. Provincial Park Laguna Pintascayo. Isla de Cañas.

4 Los Toldos – Baritú National Park: This park protects the montane forest, an ecosystem noted for its tree ferns and native gum trees.

5 Baritú National Park – Los Toldos: landscapes and adventures: photo safaris, trekking and bird watching.

6 Los Toldos – San Ramón de la Nueva Orán: visit the community. The area is thick with native tree species like the cebil colorado, cedro, aliso, pino del cerro, nogal, peteribí, tipa, pacará and lapacho among others.

7 Acambuco Reserve: A place of great diversity, such as the green burrowing parrot. The agouti, armadillos, cai monkey and the ocelot are some of the local mammals.

8 Acambuco Reserve – Tartagal: full day walking on trails to see its flora and fauna. Dinner and night at Tartagal.

9 Day 9: City of Salta: historical quarter. High Mountain Archaeological Museum, where the Lullaillaco Children and their offerings, are kept. Dinner at a regional food restaurant.

10 Day 10: Free. End of Circuit.



BARITÚ NATIONAL PARK

Northern Salta is covered in thick jungle, which makes it the ideal place for sustainable tourism activities, photo safaris and bird watching trips.

## Bird Paradise

10 DAYS, 9 NIGHTS

*With over 65% of the bird species of Argentina, Salta is a paradise for bird watchers. Observe the 652 species that inhabit our contrasting natural habitats.*

1 City of Salta: historical quarter. Visit the MAAM (The High Mountain Archaeological Museum), where the frozen bodies of the Children of the Lullaillaco and their magnificent funerary offerings are kept. Visit the Salta Anthropological museum and Pajcha, Ethnical Arts' Museum

2 Salta – San Lorenzo: The Huaico Reserve, in San Lorenzo. Look for some of the typical native birds of the area. Night outing to look for owls.

3 Palomitas – Joaquín V. González: explore the transition forest and dry scrubland searching for the Giant Toucan and the Seriema.

4 Joaquín V. Gonzalez: drive to the dry Chaco region to look for the environment's typical species.

5 Joaquín V. González – Metán: full day exploring the dry forest in search of birds. Visit the El Tunal reservoir and the Juramento river.

6 Metán – San Lorenzo: walking on narrow trails in search of eagles, parrots and South American ostrich among other species.

7 San Lorenzo – San Antonio de los Cobres: drive to Campo Quijano and Santa Rosa de Tastil. Explore the mountains, the areas full of cardones – a huge cacti – and lagoons on the lookout for flamingos, humming birds and other Andean birds.

8 San Antonio de los Cobres: full day expedition in the high Andes in search of this environment's bird species.

9 Abra Blanca - Salta: return to Salta stopping to view the magnificent scenery as well as the birds along the Quebrada del Toro, Campo Quijano and San Luis.

10 Day 10: Free. End of Circuit.



BIRDS

The geographical diversity, the changing relief, the multiple microclimates and the eco-regions that characterize the Province of Salta make it home to 652 bird species, which represent 65% of the country's total.

## The Wine Route

6 DAYS, 5 NIGHTS

*Altitude wines are one of Salta's symbols. In the vineyards planted above 3.000 metres above sea level, distinctive flavours and aromas are acquired. Find pleasure in tasting them.*

- 1 City of Salta – San Lorenzo: historical quarter. Visit the food markets to learn about spices and vegetables. Lunch. Typical foods' cooking class. Regional dinner and night in San Lorenzo.
- 2 Salta - Cachi: drive through the towns of Cerrillos, La Merced and Chicoana, famous for its tamales. Los Cardones National Park. Visit Amblayo, a town where Salta's most famous goat cheese is made.
- 3 Cachi - Seclantás - Molinos: visit the Artisan Road to Seclantás. Visit homes where the typical Salta poncho is woven in looms in their courtyards. Visit a winery, altitude wines' tasting.
- 4 Molinos - Cafayate: explore the towns of Animaná and San Carlos, surrounded by vineyards. Lunch in Cafayate at a winery. Guided visit to learn about the production of the emblematic Torrontés white wine. Visit the Vine and Wine museum.
- 5 Cafayate - Salta: drive through the multicolour Quebrada de las Conchas. Visit the Cabra Corral dam with its amazing mirror of water. Dinner at a folklore peña – restaurant – with a tasting of altitude wines.
- 6 Free. End of Circuit.

NOTED



### TORRONTÉS

In Salta, vine cultivation began during the 18th century near Cafayate with the Jesuit missionaries. Here the Torrontés variety developed, a white wine distinguished by its intense aroma and fruit flavour. This varietal has achieved unique expressions in the Salta terroir, becoming the flagship white wine of Argentina.



### THE WINE ROUTE

The landscapes, colours, the mountain breeze and transparent skies, make the Salta Wine Route a special place to enjoy historical villages, vineyards, wineries and wines.

## A Pleasure to Meet

9 DAYS, 8 NIGHTS

*Our cuisine is as rich as our history. Salta invites you to take pleasure in the local cuisine that ranges from regional empanadas to elaborate gourmet dishes.*

NOTED



### EMPANADAS

These small turnovers are made of beef, chicken, charqui or cheese and are the best in the country. The Salta empanada is unique and inimitable and is the food that best represents the province's cuisine.

- 1 Salta – San Lorenzo: historical quarter. visit the food market to learn about local ingredients and vegetables. Lunch. Typical foods' cooking class.
- 2 San Lorenzo - Chicoana: meet with the ladies who sell tamales and learn how to cook this typical northern dish. Visit a factory of regional preserves and jams. Regional cooking class.
- 3 Chicoana – Coronel Moldes: visit a typical estancia and discover its cheese factory and Tobacco Museum. Gaucho barbeque or asado. Dinner and night at a Coronel Moldes' Farm or at the Dique Cabra Corral Hotel.
- 4 Coronel Moldes – Guachipas: Cabra Corral hydroelectric dam, the second biggest in Argentina. Taste the pejerrey, a white delicious fish. At Guachipas visit the Cuevas Pintadas de Las Juntas, where native inhabitants left a legacy of rock art abstract paintings. Night at a typical estancia.
- 5 Guachipas – Rosario de la Frontera: El Jardín, El Tala and Lola Mora's home, the famous sculptress. Thermal baths at Termas de Rosario de la Frontera. Hotel
- 6 Rosario de la Frontera – Las Lajitas: depart to Las Lajitas. Fly Fishing day in a close by river. Dinner and night at Las Lajitas.
- 7 Las Lajitas – Campo Santo: full day at an estancia with gaucho activities as well as regional cooking class and typical dances. Gourmet dinner prepared with local ingredients.
- 8 Campo Santo - Salta: regional breakfast. Return to Salta. High Andean cuisine with ingredients like llama meat or Andean potatoes will be dinner options. Altitude wines' tasting.
- 9 Free. End of circuit.



## DESTINATION GENERAL INFORMATION

### BASIC DATA

Population: 1.200.000 inhabitants approx.

Capital: City of Salta

Commercial hours: 8.30 to 13.00 hrs and 16.30 to 21.00 hrs.

Phone dialling:

+54 + 387 + local landline

+549 + 387 + mobile number

(without the initial 15)

### LANGUAGE

Spanish is the official language. However English is spoken at hotels, restaurants and most souvenir stores.

### WHEN TO GO

Salta can be visited all year round. Summer:

December to March, average temperature 20° C.

While in autumn and winter average temperature is 13°, with July being the coldest month. Average temperature in spring is 18°C. The rainy season is during summer with an average of 630 mm a year.

### ELECTRICITY

220 V, 50 Hz.

### WEATHER

Given the diverse geography, jungle, high mountains and dry valleys, Salta has many climates, so a wide variety of temperatures – ranging from 4° to 25° - can happen at the same time of the year. Days are temperate and nights are cool. At higher altitudes this temperature difference increases.

### WHAT TO TAKE

In winter, day time temperatures are agreeable, while cold during the evenings and at night. In summer, days are warm and nights are cool, so a light jacket is necessary.

### CURRENCY

Currency can be exchanged in the city of Salta as well as at the province's main tourist destinations. Visa, Diners, MasterCard and American Express cards are accepted at main shops and most hotels.

### CONNECTIVITY

Mobile and internet connection is possible at most tourist destinations within the province. Many public places – hotels, services stations, coffee shops - have free WiFi.

### PRACTICAL ADVICE:

Many of the tourism circuits follow gravel or dirt roads. There also are mountain road circuits that must be done at an average of 50 km/h. Considering that most itineraries include high mountain roads, hiring the services of agencies and authorized operators is suggested.

If driving your own car, before leaving find information at the Salta Ministry of Culture and Tourism on weather and road conditions, given that during certain times of the year roads could be temporarily interrupted.

**Tel. +54 387 4310950**

[info@turismosalta.gov.ar](mailto:info@turismosalta.gov.ar)





## HOW TO GET THERE

### BY AIR

Salta International Airport Martín Miguel de Güemes, 15 minutes away from downtown Salta, is open all year.

[www.aa2000.com.ar](http://www.aa2000.com.ar)

Flights from Córdoba and Iguazú:

[www.aerolineas.com.ar](http://www.aerolineas.com.ar)

Flights from Buenos Aires city:

[www.andesonline.com](http://www.andesonline.com); [www.aerolineas.com.ar](http://www.aerolineas.com.ar);

[www.lan.com](http://www.lan.com)

Federal North Corridor: Bariloche – Mendoza – Salta – Iguazú. [www.aerolineas.com.ar](http://www.aerolineas.com.ar)

In the summer, charter flights from Brazil and Chile.

### INTERNATIONAL DISTANCES

COUNTRY	CITY	KMS FROM SALTA	TRAVEL TIME IN MINUTES
CHILE	SAN PEDRO DE ATACAMA	515	9
	CALAMA	737	10
	IQUIQUE	1.038	13 1/2
	ARICA	1.222	17
	ANTOFAGASTA	948	12
BOLIVIA	TARJA	507	8
	UYUNI	691	9
	LA PAZ	1.311	20
	SANTA CRUZ DE LA SIERRA	941	11
PERÚ	PUNO	1.555	27
	MACHUPICCHU	1.886	33
PARAGUAY	ASUNCIÓN	1.170	14

### INTERNATIONAL LAND CONNECTIONS

From Bolivia, via the border crossings of: Puerto Chalanas (Aguas Blancas with Bermejo), Salvador Mazza- Yacuiba, El Condado-La Mamora (Los Toldos with La Mamora) and Aguas Blancas-Bermejo.

From Chile, via the border crossings of: Sico (San Antonio de los Cobres with San Pedro de Atacama).

From Paraguay on National Route 81, connecting Asunción del Paraguay with the Province of Formosa and the Province of Salta.

### NATIONAL DISTANCES

PROVINCE	ROUTES	KM FROM SALTA	TRAVEL TIME IN MINUTES
Buenos Aires	34	1.605	21
Cataratas del Iguazú (Misiones)	16	1.464	17
Córdoba	9	903	12
Humahuaca (Jujuy)	9	245	4
La Quiaca (Jujuy)	9	410	7
La Rioja	9/38	772	10
Mendoza	9/38/40	1.506	16
Mendoza (via Córdoba)	9/5	1.609	17
Paso de Jama (Jujuy)	9/52	473	6 1/2
Purmamarca (Jujuy)	9	157	3
Ruinas de Quilmes	68/40	241	4 1/4
Salinas Grandes	9/52	222	5
Salinas Grandes (via Quebrada del Toro)	51/40	265	4
San Fernando del Valle de Catamarca	9/38	555	7
San Miguel de Tucumán	9	311	4
San Miguel de Tucumán (via Cafayate)	68	420	8
San Salvador de Jujuy	34	124	1 1/2
San Salvador de Jujuy (through cliffside road)	9	92	2
Santiago del Estero	34	460	6
Tafí del Valle (Tucumán)	68	310	6
Termas de Río Hondo (Santiago del Estero)	9	400	5
Tilcara (Jujuy)	9	176	3 1/4

[www.vialidad.gov.ar](http://www.vialidad.gov.ar) - [www.dvs.gov.ar](http://www.dvs.gov.ar)

## **AUTHORITIES**

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