

# LADIES TOUR

## 9-Day Hiking in the Lake and Volcano District - Chile

### HIGHLIGHTS

Discover the Lake & Volcano District of Chile together with a group of female travellers. Explore this fascinating part of the country dominated by clearwater lakes, amazing active volcanoes and a rich indigenous culture.

Together with friendly locals, you will hike up active volcanoes, walk through stunning national parks and getting to know the local culture and traditions. Relax in beautiful hot springs and hot tubs perfectly integrated in the nature. Talk to local women in their different entrepreneurship and get to know more about the flora and fauna of southern Chile. Last, but not least, enjoy some relaxing hours practicing yoga with a local teacher.



#### GROUP TRAVEL DATES:

10<sup>th</sup> April – 18<sup>th</sup> April 2021  
24<sup>th</sup> April – 2<sup>nd</sup> May 2021  
20<sup>th</sup> November – 28<sup>th</sup> November 2021  
9<sup>th</sup> April – 17<sup>th</sup> April 2021  
23<sup>rd</sup> April – 1<sup>st</sup> May 2022



## DAY 0

### ARRIVAL TO CHILE

Before we kick off our women tour in Chile's Lake and Volcano District, you should take a day or two to adjust to local time and recover from your travels, and allow for any flight or luggage delays. You should fly into Temuco airport (ZCO).

In Chile, domestic flights are operated by 3 local airline companies: [Latam](#), [Sky Airline](#) and [JetSmart](#).

We recommend staying at Hotel Dreams Araucania in the city, which is well-located with lots of restaurants and other facilities just a short walk away.

#### **Suggested Hotels in Temuco**

[Dreams Araucania Hotel](#)

[Diego de Almagro Temuco Hotel](#)

#### **Official Airport Transfer**

The official shuttle company at Temuco's Airport is called [TransAraucania](#).

They are the only authorized shuttle company at the airport, and their staff wears a blue and green uniform. By contract with the airport, they must have available transport based in the domestic flights arriving every day.

They have a counter at the airport, right next to the automatic doors (from the baggage carousel). They offer regular and private shuttles to Temuco at \$30.000 pesos (USD \$40 per vehicle).

You don't need reservations and you can pay in Credit Card or Cash. The ATM's is on second floor.

All their shuttle services will drop you off at the hotel or address you are staying in Temuco. Driving time is approximately 35 minutes.

Our meeting hotel address is [AVENIDA ALEMANIA 945, TEMUCO](#)



## DAY 1

### TEMUCO - CONGUILLIO

#### Arrival transfer and welcome Pisco Sour

We all get to know each other at the meeting hotel, where our local team will pick you up and bring you to the first Ecolodge Chiles in the heart of the Conguillio Nationalpark, which is also part of the UNESCO Geopark Kütralkura.

We will lunch together and will then go on the first short hike to the Truful Truful waterfalls just a few minutes away from the Lodge. In the evening a nice Pisco Sour (traditional Chilean drink) will be served and our local guide will introduce you to the following days. Then enjoy a nice welcome dinner in the lodge.

Accommodation: [La Baita Ecolodge](#) ★★

Meals: Lunch and Dinner

Hiking hours: 1 h

Driving in Van: 2 h



## DAY 2

### SIERRA NEVADA

#### Beautiful hike and hot tub

What about enjoying a spectacular sunrise a few steps away from the lodge? Join us to be part of this special moment. After that, we enjoy a nice breakfast and we will hop on the van to drive to the entrance of the Sierra Nevada trail. A great hike is waiting for us. We can choose to either walk the whole way or return after the first lookout points. But in fact we definitely recommend walk the whole trail. You wont get upset – the panoramic views overlooking the Lonquimay Volcano, Sierra Nevada, Lava fields and volcanic lakes does recompense every effort. We hike through Nothofagus & Araucaria forests and pass by three different lookout points.

A tasty box lunch will give us enough energy to walk until the end. Especially knowing that there will be a heated hot tub waiting for us back at our Lodge. Dinner at La Baita Ecolodge.

Accommodation: [La Baita Ecolodge](#) ★★

Meals: Breakfast, Box Lunch and Dinner

Hiking hours: 4-5h

Driving in van: 1 h



## DAY 3

### WOODPECKER TRAIL – PUCON

#### Hike and transfer

Good morning again at the Araucaria Biosphere Reserve! Our local team will be waiting for you after breakfast to drive to the entrance of the Carpintero trail. A nice walk will bring us to the Captren Lagoon where we will not only enjoy the beach but also have a tasty lunch.

Afterwards, we jump on the van again to drive south to the capital of outdoor activities, the nice town of Pucón.

In the afternoon we will try on the equipment for the next days volcano climb.

Dinner on your own. Our local guide will be happy giving you recommendations about the best restaurants in town.

Accommodation: [Casa Solaria](#) ★★☆☆ or [Hotel Antumalal](#) ★★★★★

Meals: Breakfast, Box Lnch

Hiking hours: 3 h

Driving in van: 2 – 3 h



## DAY 4

### VILLARRICA VOLCANO CLIMB

#### Climb one of the most active volcanoes

We will have to get up very early today, but it is definitely worth it! Today we will hike one of the most active volcanoes Chile, the Villarrica Volcano. The perfectly cone-shaped volcano with its white covered summit all year around is one of the highlights of every trip to our country. It last erupted in march of 2015 and if we are lucky we can still see some red lava upon arrival at the open crater. You will get stunning views all the way up and the downhill is another highlight of the day. Sit on your plastic sled and slide the long way down to the starting point. Today a big dose of adrenaline is guaranteed!

We will provide all the equipment and a healthy box lunch. Enjoy a good dinner on your own in town.

Accommodation: [Casa Solaria](#) ★★☆☆ or [Hotel Antumalal](#) ★★★★★

Meals: Breakfast, picnic Lunch

Hiking hours: 6 h

Driving in van: 1 h





## DAY 5

### LOCAL PLANTS AND RAFTING

#### Recollection of native plants and adrenaline

After breakfast we enjoy a short drive up the local hills and meet three friendly women. They will introduce us to the local flora and we will start a nice walk through the native forest. On the way we will learn more about the plants, recollect everything we might prepare for our lunch. Don't hesitate in asking everything about traditions and nature, you will get answers from the experts.

As soon as we get back to the starting point, Rose will already be preparing our lunch and we will complete it with our recollection. Under huge Nothofagus trees we will enjoy a extraordinary lunch with the best company.

With our bellies and heart full of love, we jump again on the van and drive a few minutes to the trancura river. Our rafting boat will already be waiting for us and we only have to get changed, jump on the boat and learn some basics before heading of downstream. What a fun group experience!

Our day has not finished yet. Getting out of the boat, we walk directly to our next host, a friendly mapuche family. We can change again to our comfortable clothes and sit together to enjoy good conversation about traditions and history of the proud mapuche community. Of course we will not miss, tasting a nice dinner together with the family we just met.

After a short drive we will be back at our hotel and ready for the bed.

Accommodation:	Casa Solaria	☆☆☆☆	Or <a href="#">Hotel Antumalal</a>	☆☆☆☆
Meals:	Breakfast, Lunch, Dinner			
Hiking hours:	1 h / Rafting 1h			
Driving in van:	1 h			





## DAY 6

### MAPUCHE AND HOTSPRINGS

Culture, nature and relax

Another day full of excitements! After breakfast, we drive around the Villarrica Volcano to get to know the other side of this beauty. Calm lakes, native forests and a lot of Mapuche culture will be waiting for us. We will not only get to walk on great hiking trails, but also get to know another Mapuche woman. This young lady can give you a perspective about their actual culture and lifestyle.

Traditional lunch around the fireplace.

In the afternoon we invite you to relax in the most beautiful hotsprings in southern Chile. The geometrical hotsprings count with a very unique architecture, perfect integrated in the nature.

After you relaxed every muscle, we will drive to the nice little town of Panguipulli, where we have dinner and a nice sleep.

Accommodation:	<a href="#">Hotel 381</a> <span>☆☆☆</span> or <a href="#">Casa Panguipulli</a> <span>☆☆☆☆</span>
Meals:	Breakfast, Lunch, Dinner
Hiking hours:	2 – 3 h
Driving in van:	3 h





## DAY 7

### PANGUIPULLI – PUERTO VARAS

#### Cultural encounter and Yoga

Another perfect day is waiting for us! After breakfast we will meet a very interesting mapuche woman. Isabel will talk us on a journey through the ancient traditions of her community and family. We will be able to learn about cooking methods on the fire, how to use the local plants for beauty and health products and much more. This unforgettable experience will be topped with a typical lunch.

Sadly it is time to say goodbye, but another destination is waiting for us.

Driving south we will pass by many agriculture fields and towns. Then we drive along the second biggest lake of Chile, the Llanquihue lake, until arriving the little town of Ensenada.

Here a friendly woman is waiting for us in her own yoga center. Lets stretch our legs and enjoy a relaxing yoga session from a professional yoga instructor.

We will also enjoy a tasty vegetarian dinner at this great place and then have a relaxing sleep at our beautiful little hotel in Puerto Varas.

Accommodation:	<a href="#">Hotel Mero Gaucho</a>	☆☆☆	or	<a href="#">Hotel AWA</a>	☆☆☆☆
Meals:	Breakfast, Lunch, Dinner				
Yoga hours:	1 h				
Driving in van:	3 – 4 h				





## DAY 8

### PASO DESOLACION

#### Hike with stunning views

We will wake up in the famous town of Puerto Varas and eat a healthy breakfast before jumping on the van again. Driving around the Osorno Volcano is already a highlight, but hiking the Desolation pass is just overwhelming. The views overlooking the Todos Los Santos (all saints) lake, the Andes Mountain Range and of course the Osorno volcano will give you the impression hiking on one of the most beautiful trails worldwide. Of course we will again eat a healthy box lunch on the way.

Tonight we will meet for our goodbye dinner in town. After that we will show you a nice local bar, where you can again enjoy typical Chilean drinks, good music and best company.

Accommodation:	<a href="#">Hotel Mero Gaucho</a>	☆☆☆	or	<a href="#">Hotel AWA</a>	☆☆☆☆
Meals:	Breakfast, Lunch, Dinner				
Hiking hours:	4 – 5 h				
Driving in van:	2 h				



## DAY 9

### TRANSFER OUT

#### Yoga, shopping, coffee and goodbye

The last morning starts again with a nice breakfast. You will then get the chance to join a nice yoga session to start the day with the best energy.

Afterwards, we will show you the best shops in town and give you time to buy some souvenirs and gifts for your friends and family.

We will enjoy lunch at a famous restaurant in Puerto Varas.

Finally, will drive you to the airport of Puerto Montt Airport to catch your flight.

Meals:	Breakfast, Lunch
Yoga hours:	1 h
Driving in van:	30 min

END OF SERVICES



## PROGRAM INCLUDES

- Small groups with up to 12 guests maximum.
- Professional guide - English-Speaking (9:1 guest-to-guide ratio)
- Mountain guide - English-Speaking (4:1 guest-to-guide ratio), for volcano ascent
- Private ground transportation
- 2 nights accommodation at Ecolodge
- 3 nights accommodation at 4\* Hotel in Pucon
- 1 night accommodation at 3\* Hotel in Panguipulli
- 2 nights accommodation at 3\* Hotel in Puerto Varas
- Meals as per itinerary (8 breakfasts, 9 lunches, 6 dinners)
- 0 waste on-route snacks (drinking water, local beer, isotonic drinks, trail-mix, fresh fruit and home-made energy bars)
- First glass of Chilean wine, beer or soft during our group dinners
- Accident insurance Basic plan
- Insurance Medical and insurance
- All activities according to the itinerary (hikes, local culture, encounters with the Mapuche indigenous community, yoga sessions, white water rafting, natural hot springs)
- Entrance fees hot springs and national parks
- Gratuities at hotels and restaurants
- Hiking poles
- Mountain gear for volcano ascent - Includes crampons, ice axe, helmet, and climbing harness
- Ski lift (if available) for volcano ascent
- Water bottles available upon request

## PROGRAM DOES NOT INCLUDE

- Flights International & domestic
- Insurance Travel & trip cancellation
- Extras
- Cocktails & beverages, SPA and laundry services
- Gratuity for local team. At the end of the trip, gratuity for the crew for a job well done is highly appreciated. We encourage you to use your discretion and tip according to the caliber of service you receive. As a guideline, the industry standard is \$120 dollars per person, per guide

Contact us for enquiries or bookings:

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## | FAQ's

### Intensity level

#### Advanced

Designed for people who lead active lives and are comfortable participating in up to **6-8 hours** of physical activity per day. Tours at this level generally involve some activities of higher intensity and/or a more vigorous pace. Usually a medium command of techniques is needed according to the activities involved.

You love hiking. These hiking tours are physically demanding and best suited for strong people with a high endurance level. A typical day may include hiking over fairly hilly terrain offering lots of challenges. Trails are along high meadow paths and/or maintained cliffside or Andean trails, with some steep ascents to make you feel exhilarated.

### Climate

Most hiking lovers head to Chile during South America's spring and summer months, which stretches from October to April.

October and November is springtime, and especially from Santiago south to Puerto Varas there are plenty of hiking trails to discover. The weather is generally nice, making for a great road trip. As April progresses the weather usually turns cool and wet, but with less people on the trails.

### COVID-19

Check out our COVID protocols [here](#).

### Zero Waste Challenge

As a company offering responsible tourism in the Lake & Volcano District, Atacama Desert and Patagonia of Chile since 2003, we decided to take a new challenge towards becoming a Zero Waste Company. As a result, we are implementing several new measures: [REDUCE, REUSE, RECYCLE AND MUCH MORE.](#)

### Itinerary Modifications

Slight itinerary modifications might occur due to weather and/or road conditions, or force majeure.

Contact us for enquiries or bookings:

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