

# ARGENTINA - A RANGE OF ADVENTUROUS ACTIVITIES



Diving, rafting, trekking, horseback riding, mountain biking, surfing and paragliding are among the pure-action possibilities for enjoying the best landscapes in Argentina. Horseback riding over the Cordillera, jumping the rapids of a Patagonian river, swimming with small sea lions, surfing the waves of the Atlantic or flying over the mountains. There are thousand ways to enjoy the adrenaline rush offered by adventure tourism activities on all terrains in Argentina.

Some options combine adventure with pleasure, stunning landscapes and typical flavours.

## DIVING

There's no doubt about it: the "national diving capital" is Puerto Madryn, Chubut, and it is obvious why. **Its clear waters and mild temperatures allow this sport to be practised throughout the year, with or without a dry suit.** Walk on the sea floor at different natural submarine parks, between rock formations where you can appreciate Patagonia's natural ecosystem and share the experience with wildlife. A must for Madryn is diving or snorkelling with the sea lions in the nature reserve of Punta Loma; it is a unique experience where the animals come close and play, in direct contact with people.

Several companies offer maiden outings designed for those who dare to start "from scratch", without no experience; the only thing needed is good health and the desire to explore the underwater world. Underwater baptism is the beginners' ride, which can be practised starting from age 8.

## RAFTING

Navigable mountain rivers are the ideal setting for gliding on the water in rubber boats; a very exciting adventure because you can go in groups of generally up to eight people. Two of the most popular rivers for rafting are the Atuel and Mendoza rivers in Mendoza province, but the Manso River, with its green waters in the unique setting of the Nahuel Huapi National Park is also highly recommended.

There are rides that are ideal for the entire family because of their low level of difficulty, like the ride on the Lower Manso River, as well as others that guarantee a high adrenaline rush and the challenging rapids such as the Class III-IV "Manso River Rafting to the Chilean Border."

## TREKKING

This can be done on any terrain, from the beach to the mountains, and even in the city. However, there are special places, which are irresistible if they have trails through forests, mountains, lakes, rivers and glaciers. **This is the case of El Chalten in south western Santa Cruz, the "National Capital of Trekking" with its forests spread out at the foot of the majestic Mount Fitz Roy in the Los Glaciares National Park.** There are numerous options of varying difficulty levels, many of them self-guided. From simple trek to Chorrillo del Salto, which leads in 40 minutes to a 14-metre waterfall in the middle of forests of beech, or to Laguna Torre, for a close-up look at the over 3,000 metres high Cerro Torre.

## PARAGLIDING

Mountains, hills, coasts, locations with good thermals. Any place can be right for imitating the birds while strapped to a glider, but in Argentina there are two "Meccas" with the best conditions and years of experience: the Cuchi Corral look-out in the Punilla Valley in mountains of Cordoba, and Loma Bola, in the San Javier sierra, near San Miguel de Tucumán. This site in the Tucuman mountain chain was acquired in 1998 by paraglider pilots, who began to organize flights and revealed to the world a place that is famous for its ideal conditions, soft green take-off point and very good thermals, which allow you to enjoy long and pleasant flights.

## MOUNTAIN BIKING

A bike and scenery, as well as good physical condition. This is all it takes to enjoy one of the most popular adventure sports: there are circuits and bicycle rental, literally, everywhere. The options are many, and you can decide according to the terrain, climate or level of difficulty. Tours of Esteros del Íbera or Misiones are ideal for autumn, winter and spring, while for summer a tour in Patagonia is ideal. Double crossing the Andes using the Pehuenia circuit and La Araucanía allows you to enjoy a unique view from your bike, going through the Icalma passage, and touring the towns of Aluminé and Villa Pehuenia, the Ñorquinco, Moquehue and Aluminé lakes, and in Chile, Melipeuco and the Conguillío National Park, among other sites.

## CLIMBING AND ABSEILING

Where there is a mountain, most likely you will be able to do climbing and abseiling. And where else but in the Mendoza mountains? A visit to this beautiful province may well include a half or full day trip to learn the basic secrets and begin the mountain climbing adventure.

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