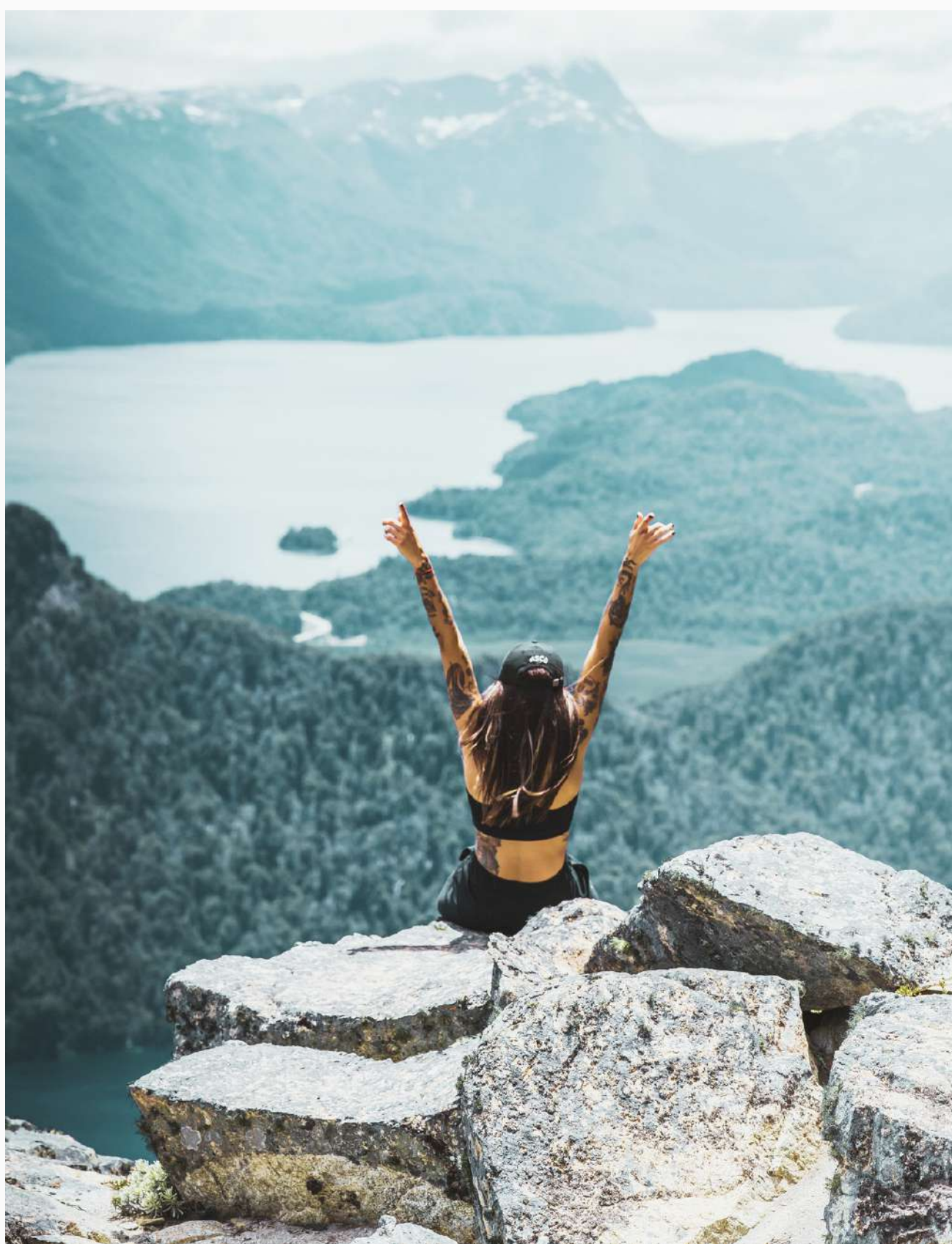


MINDSCAPE



PATAGONIA

Retreat



ABOUT THIS TRIP

PATAGONIA

Experience a Patagonian haven like no other. Our meticulously curated 7-day holistic retreat was conceived to find balance and clarity in your life. Nestled on a lakeside estancia, our retreat offers all-inclusive serenity, rustic cabins, farm-to-table cuisine, and transformative activities. Join us to fuel the transformation you are looking for.



THE ESTANCIA

ACCOMODATION

This Eco-lodge is nestled within the grounds of the first and largest national park in Argentina, Nahuel Huapi National Park, in the Northern Patagonia Lake District. It provides a serene escape from urban life, an opportunity to immerse yourself in nature, with a multitude of activities like trekking, horseback riding, and yoga, all at your doorstep



TREKKING

TRANSFORMATIONAL

Embark on a trekking adventure in the Andean mountains within our estate. Discover the transformative power of nature as you calm your nervous system, ignite physical vitality, and forge a path to personal growth.



SOUNDHEALING

THERAPY

The use sonic vibrations balances and heals the body, mind, and spirit. It involves using specialized sound frequencies to create a therapeutic atmosphere to promote deep rest, nervous system rebalancing, and emotional release.





YOGA

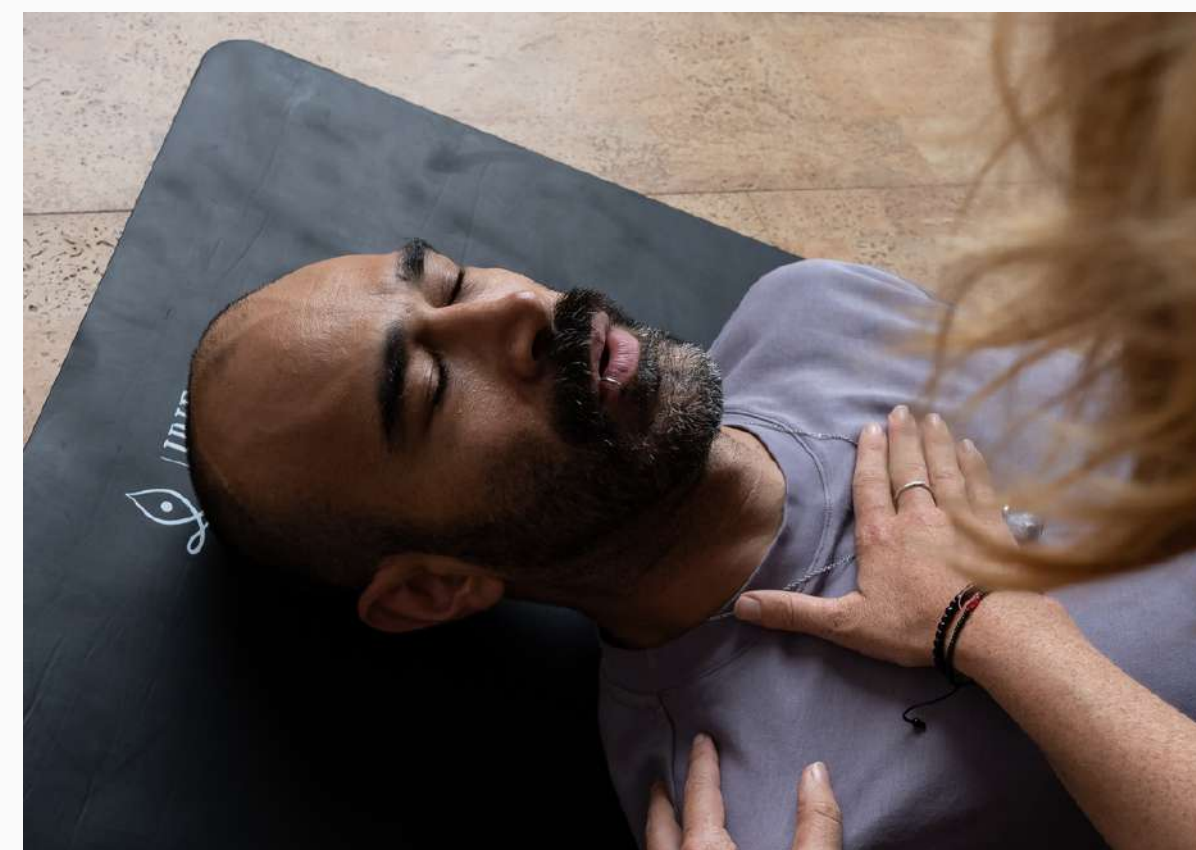
PATAGONIA

Engage in lakeside yoga for a serene, transformative experience. By the tranquil shore, calm your nervous system, enhance physical well-being, and cultivate a journey towards personal growth amidst the Patagonian beauty.



BREATHWORK

Delve into the profound benefits of breathwork practices. Awaken inner serenity, nurturing personal growth. Harness the transformative potential of your breath to soothe the nervous system and enhance overall well-being within our Patagonian retreat.



COLD EXPOSURE

THERAPY

Experience invigorating benefits as you strengthen your resilience, boost vitality, and promote personal growth. Challenge the extraordinary, mastering your mind in the cold water of Nahuel Huapi Lake.



SAILING

GLACIAL WATERS

Sail on the expansive Nahuel Huapi Lake, where the fresh breeze embraces you. Immerse in a sense of vastness, as stunning panoramas unfold. Feel awe and tranquility in this boundless journey within our Patagonian retreat.





FARM TO TABLE

GASTRONOMY



ITINERARY

DAY BY DAY

Day 1. Arrival to San Carlos de Bariloche.

Private transfer to Estancia

Day 2. Full day Activity

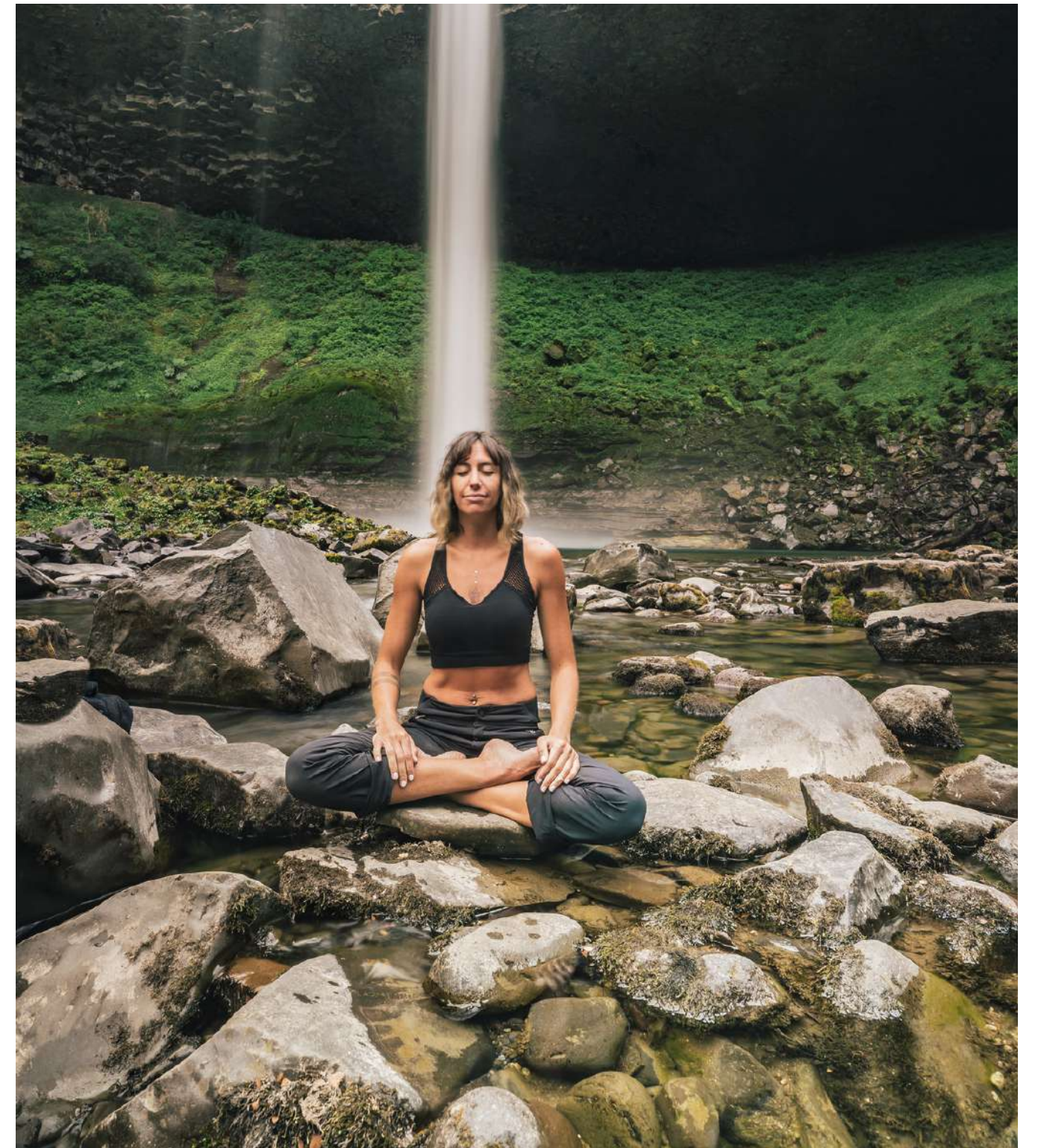
Day 3. Full Day Activity

Day 4. Full Day Sailing

Day 5. Full Day Activity

Day 6. Full Day Activity

Day 7. Private transfer to BRC Airport. End of trip



Why us?

WE DO IT DIFFERENTLY

We understand that true travel magic lies in avoiding the crowds and immersing oneself in the authentic essence of each destination. We curate tailor-made journeys that embrace the spirit of adventure, taking you to breathtaking landscapes, charming towns, and cultural treasures that few have the privilege to witness.



LET'S DESIGN YOUR TRIP!

We would love to hear from you, contact us and we will personalized this itinerary to your specific needs!

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