



14 to 18  
August  
2025

## *Healthy Patagonia Experience*

A journey to discover the secrets of the Welsh Route,  
connect with a healthy experience and nature in Los  
Alerces National Park.





→ THURSDAY | 14

TRANSFER IN | Esquel Airport – Accommodation.

→ FRIDAY | 15

## WELSH ROUTE

Includes: insurance, professional Spanish-speaking guide, entrance fees to Nant y Fall Waterfalls, Nant Fach Mill and Nant y Fall Vineyards.

This tour brings together the produce, flavors, and landscapes that make Route 259 a unique destination. It connects Esquel and Trevelin with the border with Chile. The first stop on the route is Trevelin, the Mill Village, the epicenter of Welsh culture in the region, with the centuries-old Bethel Chapel and the dragon in Trevelin's main square. The itinerary continues to the Nant y Fall Waterfalls, a Protected Natural Area with three waterfalls: Larga, Mellizas, and Petiza. Next, we reach the Nant Fach Mill, a replica of the old flour mills from the early 20th century, when this valley produced high-quality wheat. We'll visit the museum where you can see artifacts that were part of the daily life of the early Welsh. Concluding the tour, we'll visit the Nant y Fall Vineyards, a family-owned business that has successfully produced high-quality wines, being pioneers in the Trevelin Valley.

→ SATURDAY | 16 e SUNDAY | 17

## HEALTHY PATAGONIA EXPERIENCE AT LOS ALERCES NATIONAL

At Hostería Quime Quipán, on the shores of Lake Futalaufquen in Los Alerces National Park, we offer a Lifestyle Medicine experience inspired by love, science, and presence. Two days and one night to reconnect with your body, the natural, the simple, and the essential.

What will you experience?

- A walk through woods and colors.
- Mindful yoga outdoors (or by the fire if it's cold).
- Real food and tasting healthy, honest foods.
- Mindfulness practices to inhabit the here and now.
- The therapeutic power of pause and contact with nature.

Optional: La Trochita (Saturday morning)

→ MONDAY | 18

TRANSFER OUT | Esquel Airport.

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