

COUNTRY INFORMATION, FACTS & ADVICE

Argentina

The Republic of Argentina is located at the southernmost part of the American Continent. It covers an area of 3.7 million km² (1.43 million square miles), including the disputed Falkland Islands (Islas Malvinas), the Georgias, South Sandwich and some 964,000 km² (372,200 square miles) of the Antarctic Continental Area and South Atlantic Islands.

The climates range from subtropical in the extreme north to the glaciers of Patagonia, although the majority of the country enjoys a temperate climate, and marked southern hemisphere seasonality. Argentina is bordered in the North by Bolivia, in the North-East by Paraguay, in the East by Brazil, Uruguay and the Atlantic Ocean and in the West by Chile. It has an extensive coastline from the mouth of the Río de la Plata down to Tierra del Fuego.

The name Argentina comes from the Latin word Argentum, meaning silver, and was given to the country by the Spanish Conquerors who were in the region from 1524.

This is a country of tremendous diversity, where visitors can enjoy the deep jungles of Tucuman and Misiones, the sounds of silence in the Altiplano of the North, the grandeur of Iguazu Falls, and the crashing pillars of ice at the Perito Moreno Glacier.

This is also a land blessed by nature, graced by the breath-taking flight of the Condor over the Andes, and the playfulness of the Southern Right Whale at the Valdes Peninsula.

Argentina is also home to the highest peak in the Americas - Aconcagua - which stands at 6,962 meters (22,830 ft.), and the widest river in the world - the Rio de la Plata - which is some 220 km (137 miles).

Getting into Argentina

A passport (valid for at least 6 months) is required for all foreign visitors to Argentina.

Citizens of the United States, Canada, the European Union, Australia, New Zealand, and South Africa require a valid passport to enter the country. No visa is required for citizens of these countries for tourist stays of up to 90 days.

Reciprocity Fee

The Argentine government set an entry fee on equal amounts to those the Argentine citizens must pay when requesting a Visa to travel to other countries. When entering Argentine Territory, the nationals of the following countries must pay a "reciprocity fee" (Entry Request Fee) in accordance with the following chart:

US\$ 75 for **Canadian** Citizens single entry (Valid for 3 months) and US\$ 150 multiple entries.(Valid for 5 years)

These rates are subject to modifications based upon reciprocity, and have to be pre-paid prior to the arrival into the country. The payment of this "reciprocity fee" IS NOT A VISA - Argentina does not require visa to nationals of the above-mentioned countries when traveling for tourism or business purposes.

To register for the pre-payment of the fee, visitors should do so by following the steps detailed below:

- 1) Enter the web site www.migraciones.gov.ar or www.provinciapagos.com.ar of Provincia Pagos and register to start the process.
- 2) Complete the form with the corresponding personal and credit card information.
- 3) Print the payment receipt.
- 4) On arrival in Argentina, this printed receipt must be presented at Immigration Control.

The receipt will be scanned by the Immigration officials, the information will be checked, and the traveler's entry to the country registered.

Arrival Information

Unless you have booked airside meet and greet assistance, your A&K representative will meet you as you exit the immigration and custom halls.

Argentina's Agricultural Service forbids the entry of the following items into the country: Fruit, Vegetables, Meat and sub-products, Flowers and plants, seeds, Milk products. This law is designed to protect the Argentine agricultural and cattle industries, in order to avoid diseases. There are heavy fines imposed on those caught in possession of these items and if carrying these they must be declared on arrival.

Early Check-in

Although we do our best to accommodate early arrivals, A&K cannot guarantee that your first-day hotel room will be available for immediate occupancy if you arrive on an early-morning flight.

Your Argentine Embassy in Washington is:

Address: 1600 New Hampshire Ave., N.W.

Telephone: 202 - 00 1 202 238 6400

Your U.S. Embassy in Buenos Aires

Address: Av. Colombia 4300

(C1425GMN) Buenos Aires - Argentina

Telephone: (+54 11) 5777 4533

Keeping Healthy in Argentina

Vaccinations

Full details of the latest health requirements should be obtained from an authorized medical source, such as your doctor. There are no mandatory health requirements for Argentina, however:

Yellow Fever vaccination certificates are required for travellers over 6 months old if arriving from infected areas. A certificate is also required if visiting jungle areas below 2300m.

Dehydration

Warm temperatures and dry air rapidly evaporate the body's supplies of moisture. Short-term dehydration can cause various unpleasant symptoms including fever, headache and nausea. Fortunately these disappear rather quickly after a good long drink. We recommend that you drink as much water as possible while on tour in Peru. Tap water should not be drunk but abundant supplies of clean drinking water are available at your hotel. Exercise caution when eating and drinking outside good hotels and first class restaurants. Avoid drinking the water or iced drinks and avoid fruit and vegetables if they have been peeled.

Please advise A&K of any special dietary requirements/allergies at least 6 weeks prior to the beginning of your journey. Every effort will be made to comply with your request. Travellers with physical disabilities and those who require frequent or on-going medical attention should advise A&K of their health situation at the time of booking (or at the time such a situation occurs should this be after the reservation is made).

We do recommend that you take out comprehensive travel insurance to cover you in the event of a medical emergency.

Tipping

Tipping is a very personal matter and should only be considered when our staff have gone above and beyond for you. Should you feel you would like to acknowledge their service, the below serves as a rough guide:

Drivers

USD3-5 per person, per day

Local Guides

USD8-10 per person, per day

Taxi drivers are not normally tipped although it is customary to leave the change when it's small amount.

Tipping is customary in most restaurants, but it's not obligatory. In general, you should tip about 10% of the bill.

Talk the talk

Spanish (español), also called Castilian (castellano), is a Romance language that originated in Castile, a region in Spain. Approximately 406 million people speak Spanish as a native language, making it the second-most-spoken language by number of native speakers after Mandarin.

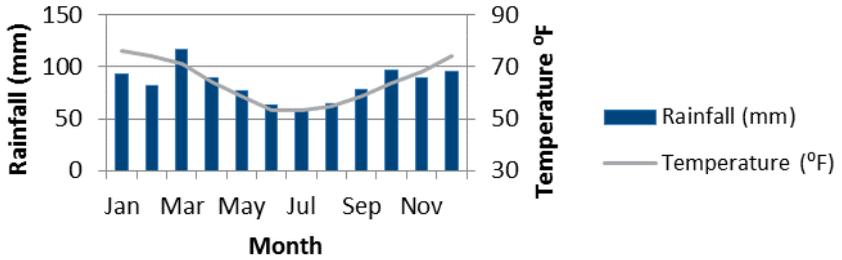
Most people who come into regular contact with visitors from overseas speak English to some degree. English speakers can be rare however in rural districts.

English	Phonetics	Spanish
How are you?	<i>Komo está?</i>	Cómo está?
Thanks for your help.	<i>Graseeas por soo ayooda</i>	Gracias por su ayuda.
Hello./Hi!	<i>Ola/keh tal</i>	Hola./Qué tal!
Good-bye.	<i>Adeeyos!</i>	Adiós.
Sorry!/Excuse me!	<i>Lo seeeyento!</i>	Lo siento!
Do you speak English?	<i>Abla oosteth eengles?</i>	Habla usted inglés?
I don't understand.	<i>No enteeyendo</i>	No entiendo.
How much is it?	<i>Kwanto kwesta?</i>	Cuánto cuesta?

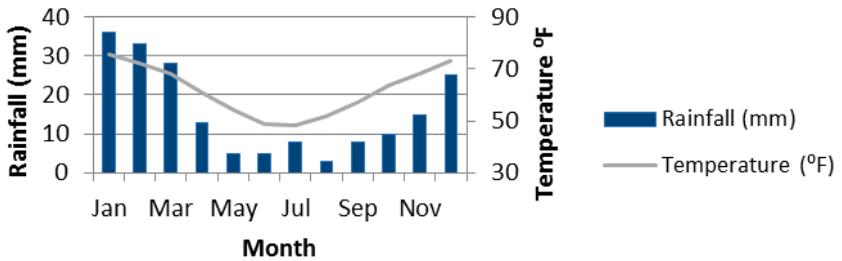
Weather

Except for a small tropical area in northern Argentina, the country lies in the temperate zone, characterized by cool, dry weather in the South and warmer, humid air in the centre. Accordingly, January and February are quite hot - often in the high 90s to more than 100°F (35°C-40°C) - while winter (approximately July-Oct) can be quite chilly.

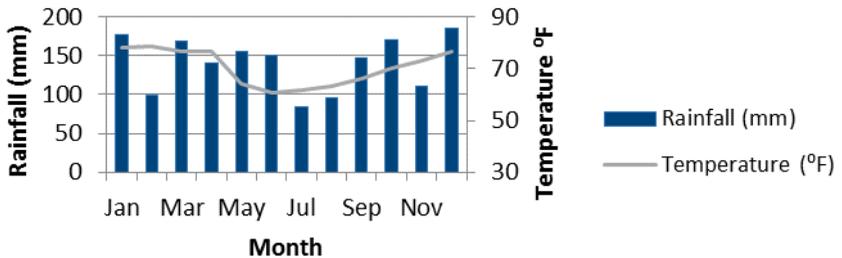
Climate Graph for Buenos Aires



Climate Graph for Mendoza



Climate Graph for Iguazu



What to Pack

Argentina has a varied climate, from the hot and humid northern part of the country, to the much drier and cooler southern end. Seasons are the opposite of what they are in the Northern Hemisphere, with Christmas time being the height of their summer. If you are visiting during the Argentine springtime or fall, long sleeves and light jackets are a sensible choice, as well as lighter layers underneath.

Temperatures rarely drop below freezing in the northern half of Argentina, including Buenos Aires, but a heavier coat or jacket is still a must in winter. During the Argentine summer, most areas of the country are hot and humid, so cooler clothing should be worn.

Temperatures drop dramatically at night however in the high-altitude towns of the northwest, so bring a jacket even in the summer.

Most active excursions require comfortable sports clothing. Given the powerful sun in this part of the world, we strongly recommend that you carry all necessary items for protection against sunburn, i.e. sunhat, sunglasses, sun block, and lip protection. A good insect repellent is useful in Buenos Aires in the summer and invaluable in Iguazu year-round.

Buenos Aires & Northern Argentina

"Lightweight windbreaker

"Lightweight trousers

"Good quality walking shoes or lightweight sports shoes (sneakers)

"Long and short-sleeved T-shirts

"Light, informal clothing for the evening

"Dancing shoes are a must for Buenos Aires, the birthplace of Tango.

"Waterproof clothes for the excursion to Iguazu Falls.

"Swimwear

Patagonia and The Andes

Proper cold-weather gear is essential for visiting Southern Patagonia and the Andean region year-round.

"Lightweight waterproof parka or windbreaker

"Warm sweater or fleece

"Good quality walking shoes or hiking boots (preferably waterproof)

"Lightweight, loose-fitting trousers

"Gloves and hat

"Long and short-sleeved T-shirts

"Thermal underwear and T-shirts

Other Items

"Photographic equipment

Religion & Etiquette

Photography

Etiquette requires that you ask permission before photographing local people, unless you are shooting a crowded public scene. This applies especially to small children. Please be considerate of a desire of not to be photographed. Photography is not permitted at some designated locations, which may include some museums and private houses, for example. These areas are usually clearly marked. In general, avoid taking photographs of airports, government buildings and installations. If in doubt, please ask.

Money

The Peso

The legal tender currency in our country is the Argentine Peso. The legal tender notes are 500, 200, 100, 50, 20, 10, 5 and 2 Pesos, and coins come as 1 Peso, 50, 25, 10 and 5 cents (there are also 1 cent coins but they are rarely used).

Until recently, Argentina was an expensive country to visit - so expensive that Argentines were in the habit of taking their holidays in 'cheap' countries, like the USA. The economic policy that pegged the peso one-to-one to the US dollar kept prices high but inflation under control.

Foreign Currency

US dollars are no longer accepted officially, but there is such a run on dollars at the moment that many shopkeepers would be glad to take them.

Travellers should bring some of their own currency and change it into pesos little by little. ATM withdrawals that reflect the current

exchange rate are the best way to keep up with the fluctuating value of the peso.

Credit Cards & Traveller's Checks

Visa and MasterCard are the most widely accepted credit cards, but don't rely on them - some travellers have reported problems getting vendors to accept credit cards these days. The same goes for traveller's checks.

Time Zone

Argentina is 3 hours behind GMT

During your visit at 9.00 am in Argentina it will be 4.00 am in Seattle

Shopping

Like any other cosmopolitan city in the world, Buenos Aires offers anything a tourist might be interested in. You will have the opportunity to find goods ranging from traditional handicrafts to exclusive jewellery - especially leather goods. World class shops can be found in the best malls and along some of the most elegant avenues in the city.

Unfortunately, the pickpocketing of visitors is an acknowledged problem in many of the best shopping areas. A&K very strongly recommends that you leave all valuables - including jewellery and expensive watches that might attract attention - along with credit cards, money and all travel documents in the hotel safe.

Please note that if you are looking for a specific item, as a courtesy your guide may be able to refer you to a shop that carries the merchandise you want. Such a referral should not, however, be taken as A&K's endorsement of the shop or assumption of responsibility for the merchandise or shipping arrangements you may purchase there. Shopping decisions are your own responsibility. If your purchases are faulty or not as advertised, if shipped items arrive damaged or do not arrive at all, A&K cannot be responsible for following up on your behalf.

Local Food & Drink

Beef is certainly the most famous local dish in Argentina: you can try a typical parrillada (grilled beef and offal), or a classic bife de chorizo (a boneless steak). You should also try out some regional dishes such as empanadas, puchero or locro. Pizza and pasta are also an excellent choice due to Italian immigration and its strong influence in Argentina. If you have a sweet tooth you will enjoy the typical Argentine biscuits, alfajores, usually made with dulce de leche (caramelised milk).

Wine

Argentine wines are also famous worldwide for their high quality and are highly recommended. The best ones come from Mendoza and Salta provinces in the form of Malbec, Carbernet Sauvignon and Syrah.

Eating Hours & Dress Code

In Buenos Aires and most of the rest of Argentina, people usually have dinner rather late, around 10.00 pm, both at home and when eating out. However, most restaurants are open from 8pm until 1am. Dress code for dinner is smart-casual, and a jacket and tie are rarely required.

Pickpocketing

Unfortunately pickpocketing of visitors is a problem in many of even the best dining areas. A&K very strongly recommends that you leave all valuables - including jewellery and expensive watches that might attract attention - along with extra credit cards, unnecessary cash and all travel documents in the hotel safe.

Eating and drinking out in Buenos Aires

Guideline Price Range:

\$ = USD \$50 and under

\$\$ = USD \$51 to 100

\$\$\$ = USD \$100 and upwards

This is based on an average price for a 3 course dinner per person without wine.

Buenos Aires Classics

Café Tortoni

Coffee store serving salads and snacks - \$

Located within walking distance from May Square, Café Tortoni has become the most traditional Café in Buenos Aires and an emblem of the Porteño's coffee culture. Founded in 1858, it is one of the oldest cafés in the city that has served and inspired Argentina's most renowned writers and artists.

825 De Mayo Ave., Monserrat – Phone: +54 11 4342 4328

Mon-sat: 8am to 3.30am // Sun 8am to 1am

La Biela Café

Coffee store serving salads and snacks - \$

Located just steps away from Recoleta Cemetery and offering a nice view of "El Pilar" church, La Biela has been for years the meeting point for Argentine aristocrats. Its terrace occupying the plaza and lying under the shadows of a very old Moreton Bay Fig tree is still the spot to see the upscale Buenos Aires society pass by.

596 Quintana Ave., Recoleta – Phone: +54 11 4804 0449

Mon-sun: 8am to 12am

L´Orangerie

5 o´clock tea - \$\$\$\$

Do it in style at the Alvear Palace Hotel's legendary afternoon high tea, where waiters in white gloves serve an endless assortment of pastries and fancy sandwiches on fine china.

1891, Alvear Ave., Recoleta – Phone: +54 11 4808 2100

Mon-sat: 4.30pm to 7pm // Sun 5pm to 7pm

El Federal

5 o´clock tea - \$

Old-school cafés or *bares notables* (noteworthy, historical landmark cafés) make up an important piece of this city's history. Like many of these cafés, El Federal stays open all day. Skip the food at this café dating back to 1864 and go straight to the aperitivo. Order a Cynar and soda or a Fernet and Coke (it's the national drink) with a *picada* charcuterie platter, and all will be good in the world.

599, Carlos Calvo St., San Telmo – Phone: +54 11 4300 4313

Hot & Trendy Restaurants and Bars

Elena (at the Four Seasons Hotel)

Modern Porteño Cuisine - \$\$\$\$

In a gorgeous double-height space bathed in natural light, gourmards and those who love a great meal with friends and family will come together at Elena. The space features a dramatic spiral staircase to the balcony level, where private dining areas are available. On the menu guests will find a broad selection of the meats beloved by locals, from precision-cut dry aged steaks and Argentinian kobe beef to the highest quality pork, chicken and other meats, and abundant fresh seafood. The adjacent bar, Pony Line, makes some of the best cocktails in the city.

1086/88 Posadas St., Recoleta – Phone: +54 11 4321 1200

Mon-sun: 12.30pm to 3.30pm & 7.30pm to 12.30am

Tegui

Modern Porteño Cuisine - \$\$\$\$

Go through the DL black door amid the stencil barrage on this sleepy Palermo block, and step into BA's culinary experience du jour. Nominated amongst the top ten of the 50 Best Latam restaurants this restaurant offers a 8 course set menu that rotates daily.

5852, Costa Rica St., Palermo – Phone: +54 11 5291-3333
Tue-sat: 12.30pm to 3.30pm & 8pm to 1am

Chila

Argentine Cuisine- \$\$

Widely praised for its well-presented nouvelle Argentine cuisine Chila remains an elegant (if slightly stiff) favorite of business types, big-spending locals, and special-occasion visitors.

1160, Alicia Moreau de Justo Ave., Puerto Madero – Phone: +54 11 4343 6067

Mon-sun: 12.30pm to 3.30pm & 8pm to 12am // Fri-sat: 12.30pm to 3.30pm & 8pm to 1am

Florería Atlántico

Bar - \$\$

Hidden in the basement of a flower shop on Arroyo St., one of Buenos Aires most beautiful streets, this bar is frequented by locals and visitors in search for a modern spot to taste some international cocktails.

872, Arroyo St., Retiro – Phone: +54 11 4313 6093

Mon-sat: 7pm to 12am

Ocho7Ocho

Bar - \$\$

878 was one of the first underground *puerta cerradas* (closed door speakeasies) in the city, though it's since opened its doors. The buzzing drinking hole has seen its share of first dates and hookups thanks to the consumption of thousands of masterful cocktails. Cynar, Hesperidina, Pinal, and Fernet make regular appearances to honor the city's aperitivo heritage.

878, Thames St. – Tel: +54 11 4773 1098

Mon-fri: 7pm // Sat-sun: 8pm

Happy hour: mon-fri 7pm to 9pm

Argentine Traditional Dining

El Baqueano

Steak House - \$\$\$\$

This small restaurant located in San Telmo neighborhood is dedicated to the search and the enhancement of the products of the different regions of Argentina. In this search they find the native

meats and collection products, organic orchards and small farmers self-sustaining abound.

The ever-changing seasonal menu is paired with local wines selected by co-owner and sommelier Gabriela Lafuente.

499, Chile St., San Telmo - Phone: +54 11 4342 0802

Tue-sat: 8pm to 12am

Don Julio

Steak House - \$\$\$

There's a hell of a lot of competition for the title of best “parrilla” in town, and Don Julio consistently makes a very strong case for itself. By striking a great balance between traditional and indulgent. The dining room looks into an open kitchen, so ask your waiter to explain the various cuts of meat and they'll be happy to give you a crash course, based on samples sizzling away on the grill. From the “bife de chorizo” (sirloin) and “lomo” (tenderloin) to “mollejas” (sweetbreads) and “chinchulins” (chitterlings), you'll soon understand the old adage: the only part of a cow an Argentinian doesn't eat is the moo.

4699, Guatemala St., Palermo – Phone: +54 11 4832 6058

Mon-sun: 12pm to 4pm // 7.30pm to 1am

La Cabrera

Steak House - \$\$\$

Ask the locals, ask the tourists: Everybody's going to La Cabrera for steak, possibly the most popular “parilla” in the city. Located in Palermo Soho neighborhood, this is the city's most popular steakhouse, known for huge slabs of meat accompanied by a plethora of mini side dishes. Booking in advance is recommended to avoid long queues.

5099, Cabrera St., Palermo - Phone: +54 11 4831 7002

Mon: 8:30pm to 1am // Tue-sun: 12.30pm to 4pm & 8.30pm to 1am

Fervor

Steak House - \$\$

An elegant restaurant, located in Recoleta neighborhood, Fervor is one of the finest Argentine kitchens serving its local dishes to a large number of local politicians and celebrities.

1519, Posadas St., Recoleta – Phone: +54 11 4804 4944
Tue-sun: 12pm to 4pm & 8pm to 1am

La Brigada

Steak House - \$\$\$

Known as one of the best “parrillas” in San Telmo neighborhood, La Brigada offers the atmosphere of an old time porteño restaurant. The best choices include the short rib roast, sirloin steak and baby beef. If planning to visit this venue for lunch on a Sunday during the Antique Fair, we would recommend arriving early to avoid the crowds.

465, Estados Unidos St., San Telmo - Tel: +54 11 4361 5557
Tue-sun: 12pm to 4pm & 8pm - 1am

Peron Peron Resto Bar

Argentine Cuisine - \$\$

Peron Perón — named after the beloved president Juan Perón and first lady Eva Duarte — is a typical Argentine restaurant where loyal followers come to sing the national anthem around a Peronist shrine while downing deep-fried empanadas, polenta with osso buco, and grilled pacú river fish.

2225, Angel Carranza St., Palermo – Phone: +54 11 4777 6194
Mon-sat: 6pm to 3am // Sun closed

Proper

Wood-fired oven cuisine - \$\$

Located inside an unmarked mechanic shop, Proper has quickly become BA's restaurant opening of the year. Most of the small plates — like pork flank with pickles and radish, or sea bass with chermoula, beans, and pancetta broth — are cooked in a custom built wood-fired oven. Proper is a real cook's restaurant: There's an industrial vibe and virtually no division between the kitchen and the dining room.

1676, Araoz St., Palermo – Phone: +54 11 4831 0027
Tue-sat: 8.30pm to 12am

Guerrin

Pizza - \$

It's clear why Argentines take their pizza culture so seriously: Over 60 percent of the population is of Italian descent, and dough and

cheese flow through their blood. Locals could debate for days which pizzeria serves the best Porteño pie, but the perfect balance of history, quality, and consistency embodied in the quintessential cheese-smothered slice is found at El Güerrin.

1368, Corrientes Ave., Barrio Norte – Phone: +54 11 4371 8141

Mon-sun: 11am – 1am

International and Ethnic restaurants

Aramburu

Fussion Cuisine - \$\$\$

In the somewhat rough Constitución neighborhood, Aramburu offers elegance combined with the most unexpected flavors in a 12-step tasting menu which usually has its high points: Prawns in unilateral firing on refractory stone, forgotten in nitrogen and mandarin oriental ferment or rabbit cooked at 65 degrees for 18 hours, with seasonal mushrooms infused in oil, pine veil of herbs, wildflowers and ground carob. These among other delicacies change seasonally. The proposal, beyond being risky for the palate, it is a complete experience. The living room is sober set, with a group of tables gap that separates them from the rest, which is very dimly lit intimate. In the background stands a tank through which you will see the work of the chefs.

1050, Salta St., Constitucion – Phone: +54 11 4305 0439

Tue-sat: 8.30pm to 11pm

I Latina

Latinamerican Cuisine - \$\$\$\$

Located in a beautiful refurbished Villa Crespo house, the reservation-only restaurant transports diners to the beaches of the Colombia by serving a seafood-rich tasting menu of Caribbean coastal flavors.

725, Murillo St., Villa Crespo – Phone: +54 11 4857 9095

Tue-sat: 8pm to 11pm

La Mar Cebicheria Peruana

Peruvian Cuisine - \$\$\$

Peruvian powerhouse La Mar came to school Argentines in the art of ceviche making. One step across the threshold to a massive sunny terrace, and you'll instantly be in the mood for some ceviche and pisco. It's open for lunch and dinner.

2024, Arevalo St., Palermo – Phone: +54 114776 5543
Tue-sat: 20.30pm to 16pm & 8pm to 1am // Sun: 12pm to 5.30pm

Osaka Puerto Madero

Fussion Cuisine - Peruvian & Japanese - Sushi - \$\$\$

Located in the Faena Art District in Puerto Madero, Osaka is now the place to taste modern fusion cuisine surrounded by a crowd of local rich and famous characters that gather together here every weekend in search of a refreshing option in a city full of steaks houses.

1164, Juana Manso St, Puerto Madero – Phone: +54 11 5352 0404
Mon-sun: 12pm to 4pm & 8pm to 12.30

A&K recommendation:

Helados Rapa Nui

Ice cream - \$

Ice cream is probably what BA does best. It's served by the kilo, and most heladerías deliver it for free until midnight. Rapa Nui, a family-owned shop that originated as a chocolate factory in Patagonia, makes over eight variations of dulce de leche, half a dozen types of chocolate, and another dozen fruits and creams. Usually each order allots three flavors, and chocolate, dulce de leche, and sambayón are the holy trinity.

2302, Arenales St., Recoleta – Phone: +54 810 888 7272
Sun-thu: 11am to 1am

Eating Out in Mendoza

1884

Cuisine d´auteur - \$\$\$

An elegant refined dining room that is accompanied by a beautiful terrace with a traditional Argentine wood burning mud oven for al fresco dining. Its chef Francis Mallman is famous for having taken Argentine cuisine to the highest level with specialties such as wood oven roasted baby goat and grilled lamb.

1188, Belgrano St., Godoy Cruz, Mendoza – Phone: +54 261 4242698

Mon-fri & Sun 9pm to 1am

Terruño

Local Cuisine - \$\$

Housed in a renovated 19th century family vintner's home, surrounded by the original vineyards, Terruño offers the traditional country fare of Mendoza, including grilled baby goat and Argentine beef, as well as home made pastas. The elegant country decor and the peaceful vineyard surroundings offer a unique dining experience.

Ruta 60, Maipú, Mendoza – Phone: +54 261 4960131

Mon-sun 12.30pm to 3pm & 9pm to 11.30pm

Siete Cocinas

Cuisine d´auteur - \$\$

Situated just a few blocks from Hyatt Hotel, this restaurant boats a new and smart concept. In the menu you will find dishes from seven regions of Argentina, all very different in climate, topography, and culture. The differences are then obvious in the kitchen. Perfect place to share dishes with friends, making an imaginary journey through the seven corners of our rich culture.

794, Mitre Ave, Mendoza City – Phone: +54 261 [423 8823](tel:+542614238823)

Only for dinner

El Mercadito

With an attractive fairly lit patio perfect for the summer nights, this is a perfect stop for something quick to munch on. With a cool bive, relaxed music, this is a perfect place for coffee, bit to eat or cocktails. Perfect for sandwiches, salads and “ lomitos” (staek sandwiches)

Open every day from breakfast to dinner - Do not take Credit Cards

521, Villanueva Aristides Ave, Mendoza – Phone: +54 261 4638847

Fuente y Fonda

Right across the Street from Plaza Italia, this is a new restaurant from Pablo del Rio. A more urban and simple concept, Fuente y Fonda offers simple, homemade argentine food. The menu is very short and changes weekly, but everything there is worth trying, especially the “ milanesas”. Portions are to share as well as some community tables. The wine list is small but has the greatest picks from boutique wineries and rare cult wines. Dessert is on the house !

675 Montevideo St, Mendoza – Phone: +54 261 4298833

Open Mon to Sun for dinner. Lunch only weekends

Eating Out in Iguazu

El Jardin

International Cuisine - \$\$\$

This restaurant offers a sophisticated menu of international dishes combined with the scents and colours of the region in subtle harmony. For the delights of guests and visitors, spectacular buffets are served on weekends.

Ruta 12, Km. 1640, Iguazú Grand Hotel, Puerto Iguazú – Phone: +54 3757 498050

Lunch: Sun-mon 12pm to 4pm

Dinner: Mon-fri 8pm to 1am // Sat 8pm to 2am

La Selva

Local Cuisine - \$\$

Located at the entrance of the Iguazú National Park, in the Visitors Center, La Selva restaurant offers a broad variety of menus from buffet lunch, fixed menu lunch or a box lunch.

*Centro de Atención al Visitante - Parque Nacional Iguazú, Argentina
Tel: +54 3757 491459*

Mon-sun 12pm to 4pm

Doña Maria

International Cuisine - \$\$

Located at Iguazu downtown, through a relaxed and polite atmosphere in which you will experience a wide range of gastronomic options of Doña María's regional, international and unique cuisine.

148, Cordoba Ave., Puerto Iguazu – Phone: +54 3757 425778

Mon-sun from 12pm to 3pm // Dinner from 7pm to 12am

Garganta del Diablo

International Cuisine - \$\$\$

At the Sheraton Internacional Iguazú Hotel, a variety of dining options combine cultural traditions and delicious local products including sweet fruits, the best Argentine barbecue, and freshly caught fish. At Garganta del Diablo, the views are as spectacular as the meals. Enjoy buffet style international cuisine with local specialties as well as live music in an elegant atmosphere.

*Sheraton Internacional Iguazú Hotel, Iguazú National Park – Phone:
+54 3757 491800
Mon-sun from 12pm to 3pm & 7pm to 11.30pm*

Communications & Electrical Gadgets

Hotel Telephone Service

As is common around the world, hotels in your destinations may impose a hefty surcharge on international calls placed through their switchboards. We urge you to check the hotel policy before placing any call through your hotel.

Cell Phones

Please check your local service provider before you leave to ensure your phone will work abroad.

Voltage

The current in Argentina is 220-240v, 50 Hz, AC. Adapters and transformers are available in Argentina should you need to buy one here.

Until a couple of years ago all plugs had rounded prongs (Type C) but now Argentina has standardised on Type I plugs and sockets with inverted flat prongs, although Type C plugs and sockets are still commonly found in older buildings.



Before you leave home

- Photocopy the personal information pages of your passport; leave one copy at home with family or a friend, and pack another separately from the passport itself. Some people memorize their passport number, its date and place of issue.
- Check with your health care provider to research your coverage (or lack of coverage) outside your country. We recommend that all travellers purchase adequate trip cancellation / interruption, medical baggage insurance – and carry the details of their coverage on tour. While Abercrombie & Kent will endeavour to protect your property, possessions are carried at your own risk.
- We recommend that you leave valuable personal belongings (such as fine jewellery or other similar items) at home.

While travelling

- Use common sense and the same basic safety precautions you would take at home; don't wander in unfamiliar areas, especially at night; don't display money or jewellery in public; and don't assume that every stranger has your best interest in mind.
- Valuable items (including cash, passports, medication, jewellery, electronic devices, cell phones, etc.) should be left in the safe in your hotel, lodge or camp (when available). If you must carry any valuables with you, keep them on your person at all times and do not leave them unattended. For everyday access, use a money belt or pouch rather than a wallet or handbag. When travelling it is always prudent to exercise caution when using your credit and/or ATM cards to avoid the risk of fraudulent charges. You should never leave valuables unattended in either a hotel room or inside any vehicle.

ESSENTIAL CONTACT LIST

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