



**A T L A S**  
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## **PRE-CRUISE LAND PROGRAM – MONTEVIDEO, URUGUAY**

(Complimentary Pre-Cruise Land Program)

### **Truly destination-immersive and all-inclusive:**

- Deluxe accommodation
- All Transfers are included
- Most meals and beverages
- All tours and entrance fees to sites
- Gratuities for the guides and drivers
- Dedicated Tour Manager who will be with you for the entire Program

### **Countryside Adventures at Balcon del Abra**

**Duration: 3 Days / 2 nights**

**Meals: Yes**

Start your holiday early by spending three marvelous days enjoying the Uruguayan countryside and several adventure and leisure activities.

Located amidst the hills of Uruguay's Lavalleja Department and 114 miles from the capital Montevideo, El Balcon del Abra offers unique landscapes, superb comfort and the charm of a small posada with only eight rooms. A stay here combines fun experiences that have you rediscovering nature and enjoying the best of rural tourism in Uruguay.

### Day 1

Arriving in Montevideo, you will transfer directly from the airport to El Balcon del Abra, a traditional country inn nestled in a well-kept, park-like setting, surrounded by trees and an unspoiled natural landscape. After checking-in, get ready for your first activity, a wonderful horseback ride through the countryside. The inn has a well-trained herd of American Quarter Horses and different types of saddles to fit every rider's needs. Your horse and the route you will take will be determined by your size and skill level. Guided by expert horsemen, it's the perfect way to relax and enjoy the scenic countryside. When your ride ends, bid farewell to your equine friend and head back to the main

house where there are ample and inviting spaces to relax alone or in the company of your fellow guests.

The comfortable and welcoming lounge with its eye-catching fireplace, features a large satellite TV and a corner with a panoramic window, invites you to contemplate the landscape, read or share moments that you might remember forever. If you wish to pamper yourself and complete your well-being, book an optional massage which in good weather, can be provided outdoors in the shade of a tree while you can listen to the sounds of nature all around you.

At mealtime, you will be treated to delicious homemade food produced with organic produce from the garden and accompanied by excellent wines. There is also a covered barbecue area that offers the possibility of cooking outdoors.

### Day 2

Following a restful night in your comfortable accommodations, enjoy a hearty breakfast before preparing for the day's activities. You can choose between mountain biking or trekking (or if you prefer, just spend the day hanging out and relaxing at the inn). The topography of the area offers ideal roads, paths and circuits for exhilarating mountain biking. There are trails for every skill level and your expert guides who are intimately familiar with the area will help determine the best routes. Should you choose the option of trekking, there are also a number of trails that vary in difficulty. From easy with no climbing, to more challenging. The choice is yours and whichever you choose, amazing views and the possibility of observing some of the local wildlife in their natural habitat await.

In the afternoon, perhaps take a dip in the large "Biotop" ecological pool that was built with the intent of offering the possibility of swimming in a totally natural environment. Tables of varying sizes are available for you to have lunch or a snack outdoors if you like.

If you are still looking for more activities, there is 200-yard golf driving range which is free to players with their own equipment (clubs are available for rent). Lessons are also available for an additional fee. And if you are still craving more action, there is an optional tandem paragliding adventure you can sign-up for (cost is approximately \$100.00 per person).

### Day 3

Your final day starts early with breakfast and then a terrific canoe ride on the Aigua River. Drink in the peaceful nature of the river's environs as your canoe slides through

the quiet waters. Be assured your rowing is always done with a guide, safety equipment and radio communication. Along the way, do some fishing and then pause for a picnic lunch at one of the small hidden beaches alongside the river.

After your canoe trip, return to the inn where you will gather your belongings and bid farewell to your hosts. Then board the transfer back to Montevideo where you will embark the ship, no doubt filled with memories of a wonderfully authentic Uruguayan countryside experience.

Special Note: This tour includes a mixture of moderate to strenuous physical activity that can include steep inclines, natural and uneven surfaces. The majority of the activities are not available to wheelchair guests or those with other physical limitations and require participants be in reasonably good physical condition. We recommend wearing weather appropriate comfortable clothing; flat, sturdy walking or sport shoes with a closed toe; a sun cap; sunglasses, sunscreen and insect repellent. All safety equipment will be provided where needed. Guests will need to sign a waiver before being allowed to take part in some of the activities.