

Adventures in Argentina
Featuring *The Art of Aloneness* with Lauren Mackler
November 15 to November 22, 2008

Haunting tango music and lithe dancers. Patagonian mountain ranges bordered by crystalline mountain lakes and vibrant wildflowers. Tender steaks as big as your plate. European boulevards and a fashion scene thriving with up and coming young designers. Outdoor cafes and local wines. Sunday tango in the streets and antique flea markets beckoning with that special purchase in Buenos Aires. It is all waiting for you in Argentina.

Hibiscus Tours takes you there in November for 8 days and 7 nights. We meet in Buenos Aires, the energetic Latin American city with a European sophistication. Beyond the metropolitan flare, the city boasts authentic Latin architecture and culture, and of course- tango dancing. We will dive head first into the hustle and bustle of the city and savor the charms of its culture and nightlife.

For our seminar, we will fly to the stunning Lakes region of Northern Patagonia for 4 days at Estancia Peuma Hue, *The Place of Dreams*. The ranch is the perfect inspirational setting to work with Lauren Mackler who will lead our seminar, **The Art of Aloneness: Becoming Whole and Happy on Your Own**. This seminar is perfect for women who are single or divorced—or in a relationship, but wanting to develop greater independence within their partnership.

Lauren is a leading expert in unleashing human potential, a renowned coach and popular radio and TV talk show guest. Her new book, *The Art of Aloneness: Becoming Whole and Happy on Your Own*, will be published by Hay House in April, 2009.

Peuma Hue, set in a deep glacial valley filled by the blue waters of Gutiérrez Lake and the unique emerald-green to turquoise waters of Peuma Hue Bay, is filled with the energy common to sacred places. It is truly a special resort, and the stunning setting, gourmet local cuisine, plentiful activities and caring owners and staff make the ranch an ideal venue for personal reflection and relaxation.

We will fly back to Buenos Aires to continue our exploration of the city where shopping, *milonga* tango salons, and world class art museums await our return. We end our week together with a Tango show and farewell dinner, the ultimate ending to our Argentine adventure.

Detailed Itinerary

Day 1 Buenos Aires

We meet this evening at our Buenos Aires hotel Legado Mitico located in the trendy Palermo Soho district at 7:00 PM. You will have a chance to meet the other women in the group, ask questions and get a preview of what to

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expect in the upcoming week. We will walk together to a dinner at a local *parilla*, or steak house, for an introduction to Argentine cuisine and to begin to get to know each other

Meals – Welcome Dinner
Lodging - Legado Mitico Hotel

Day 2 Buenos Aires to Patagonia

We begin this morning with a private tour of Buenos Aires. Buenos Aires is undoubtedly the Latin American city that best resembles the cosmopolitan and aristocratic atmosphere of the big European capitals. But beyond this Buenos Aires there is another one, one of the small colored houses of La Boca and the popular Tango that lives in the streets of San Telmo. It is this mixture that makes Buenos Aires an original and irresistible metropolis. Our tour will visit the city's highlights, examining its history and culture: the historic development, the immigration process, cultural topics (football, Tango music), the architectural heritage, Peronism and other features of the Argentinean society.

Sunday is a special day in almost every city around the world and especially in Buenos Aires which features several famous urban fairs. We will visit the incredible San Telmo Sunday fair. The primary attractions which make this fair so unique are the array of antiques and its tango atmosphere. Today this protected historic district features an artists' quarter as well.

There is time for you to grab a quick lunch before we depart to the airport for our two hour flight to Bariloche in the Patagonia Lakes region. We will settle into Peuma Hue, our home for the next few days and enjoy the ranch's wonderful cuisine at dinner together this evening.

Meals – Breakfast and Dinner
Lodging – Estancia Peuma Hue

Days 3 through 5 Patagonia

Lauren Mackler will join us at the ranch for our three day seminar as you take the time to focus on your authentic self and design a vision for your life. With your fellow guests, you will learn to move beyond limiting beliefs, fears, and behaviors and create a roadmap to a joyful, fulfilling, and secure life on your own. Lauren is a leading expert in unleashing human potential, a renowned coach and popular radio and TV talk show guest.

Using brief lecturettes, visualizations, and experiential exercises, you'll gain practical information, tools, and exercises to help you develop the self-awareness, life skills, and confidence to create and live a rich, happy, successful, and financially secure life—with or without a partner. The seminar is sure to be life changing and surprising!

Estancia Peuma Hue, *Place of Dreams*, is the ideal spot for our seminar. You will appreciate the uniqueness of the ranch and its owner once you have spent time there.

As one reviewer wrote: "It's hard to improve on the splendors of Argentina's Lake District, but in creating Peuma Hue, the owner Evelyn Hoter has done it. First, there's the spectacular setting, right on the shore of indigo Lago Gutiérrez, with jagged mountains soaring up behind the lodge, thickly forested with virgin beech woods and filled with wildlife. All the major trails of the area lie nearby, but in Peuma Hue's own 500 acres you can hike alone to pristine waterfalls, take a kayak onto the calm waters of the lake, or ride with the resident horse whisperer to secret places no car could reach. It's paradise.

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Evelyn's vision extends further: to offer guests a transforming experience. The lodge is beautifully designed, combining great comfort and contact with nature: huge windows, roaring fires, lovely quiet spots to sit and meditate; some rooms even have baths with views of the stars. Evelyn and the staff have a special quality; deeply connected with the place and its wildlife. Peuma Hue means 'place of dreams' in the native Mapuche language, and whatever brought you here, you know you were meant to come. It's an utterly magical place."

Meals – Breakfast, Lunch and Dinner
Lodging – Estancia Peuma Hue

Day 6 Patagonia to Buenos Aires

The first half of the day at Estancia Peuma Hue is open for you to enjoy its offerings in this breathtaking lakeside setting. Paddle a kayak on the lake, hike to the mystical waterfalls, ride horses on the mountainside trails or relax lakeside reflecting on your work with Lauren. You can even take a trip to town to stock up on the renowned chocolate of Bariloche.

After lunch we will go to the airport to fly back to the clamor of Buenos Aires where we will settle again into our Palermo Soho hotel. You are free this evening to explore the city on your own, we will be happy to provide you with many suggestions and recommendations. Palermo Soho is a trendy district, home to many restaurants and shops.

Meals – Breakfast and Lunch
Lodging – Legado Mitico Hotel

Day 7 Buenos Aires

We meet in the afternoon for a tour of the art scene in Buenos Aires. The morning is yours' to shop, sightsee, learn tango or relax. For those

interested in shopping, we will direct you to whatever type of store you desire, a designer boutique, antique shop or custom leather coat factory. We can help you with whatever you have in mind for the morning.

Our three hour private guided art tour provides a complete panoramic view of the pieces exhibited in the most important city museums. At The National Museum of Fine Arts (MNBA) the nineteenth and twentieth century Argentine art is surveyed in detail, and we will also explore important works of the European art collection dated between the twelfth and twentieth centuries.

We will study works of the most important modern artists from Latin America which are gathered at the stunning Museo de Arte Latinoamericano de Buenos Aires (MALBA) before ending with a stop at one of the Buenos Aires galleries which best exemplifies the current trends in contemporary Latin American art.

We will reconvene at the hotel in the evening where we will end our trip immersed in the art of tango with its haunting love songs and passionate dance. We will go together to a tango show with dinner where we say our farewells and celebrate our journey toward wholeness in aloneness.

Meals - Breakfast and Dinner
Lodging – Legado Mitico Hotel

Day 8 Fare Thee Well

After breakfast, we will arrange for you to make your way to the airport for your departures home. For those with an evening flight, we will be happy to help you plan your day in the City.

Meals - Breakfast

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Included in the tour:

- Three-day seminar with well-known personal coach
- English speaking tour leader
- All accommodations
- Meals as indicated
- Transportation within Argentina
- All sightseeing and cultural activities included on the itinerary
- All activities related to the seminar

What is not included:

- Airfare to and from Buenos Aires
- Airport Transfers in Buenos Aires
- Some meals as indicated
- Gratuities for the tour guides
- Optional and personal expenses

Cost of the tour is \$4495 (includes domestic airfare of approximately \$650)

How to Register

If you wish to register for this trip, please go to www.GoHibiscus.com and to our registration form. We would be happy to speak with you about the trip, or Lauren, or answer any questions you may have. You can also call us to check on availability for this or any one of our trips.

Once you have filled the form out, you can get it to us one of three ways.

- 1) Email it to us at
Info@GoHibiscus.com
- 2) Fax it to us at 1-888-896-1116
- 3) Mail it to us at
Hibiscus Tours
Church Street Station
P.O. Box 1713
New York, NY 10008-1713

Once we have your information and your deposit, we will reserve your spot.

Meeting Time

We will be meeting in the lobby of the Legado Mitico Hotel at 7:00 PM on Saturday November 15. We will end our trip on Saturday November 22 and you may depart any time to the airport.

Accommodations

The Legado Mitico Hotel
Gurruchaga 1848, Palermo Soho
Cuidad Autonoma de Buenos Aires
Argentina
Tel: +54 11 4833 1300
Fax: +54 11 4833 1300

Located in the Palermo Soho part of BA, this hotel is a wonderful combination of old and contemporary, ideal for those who seek the authentic and sophisticated. There is a friendly, cozy atmosphere at this eleven room hotel, with each ensuite room decorated differently and dedicated to different legendary Argentine characters.

Each room has its own full bathroom and is air conditioned with an LCD flat screen television, minibar, and safe. There is a jacuzzi, solarium and internet access.

Estancia Peuma Hue
15 miles outside Bariloche
Cabecera Sur Lago Gutiérrez-PNNH,
Km 25 Ruta 40,
Bariloche, Rio Negro, Argentina
Tel: +54 92 9445 01030

After years of searching northern Patagonia's lake district, Evelyn Hoter—then a psychologist in Buenos Aires—chose a 500-acre lot inside

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Nahuel Huapi National Park on which to construct her estancia, whose name means "place of dreams" in the Mapuche language. Originally she used it as a private home, but now guests can stay here, in luxurious log cabins filled with handmade rugs, furniture, and crafts by local Indians. In the main house, multicourse organic meals are served, and there's a large public living room facing Lake Gutiérrez. Ask at the front desk where to hike in the surrounding Andean foothills and you'll get a hand-drawn map of trails. Horseback riding, biking, and kayaking can be arranged too, as well as off-property fly-fishing, rafting, and skiing, and Peuma Hue's own tai chi classes and massage treatments make it an estancia for the New Age.

It is the perfect location for privacy and self-reflection and the warmth of the owner and the staff draw you into the magic of Peuma Hue.

Trip Cancellation Insurance

It is *strongly suggested* you purchase trip insurance to protect your travel investment from unexpected circumstances beyond your control. Depending on when you cancel, in some instances Hibiscus Tours does not issue refunds. Travel insurance can bring you peace of mind and shield against unforeseen events and accidents that result in significant expense.

Extended Trip

If you decide to extend your trip or to arrive early, we will recommend a travel agent you can work with to plan your stay. We will be happy to book a room for you at Legato Mitico Hotel space permitting or elsewhere in Buenos Aires.

Arrival and Departure Planning

Please plan to arrive in Buenos Aires on Saturday November 15. We will provide information regarding traveling to and from the airport to the hotel and we are happy to arrange a transfer from the airport at an additional cost of \$US 55. If we have your arrival information we will group women together when possible.

Passports and Visa requirements

For entry into Argentina, citizens of the United States are required to have a valid passport, which is stamped upon entry and exit, for stays up to 90 days. Currently no VISA is required to visit Argentina under a US passport.

It is the responsibility of each traveler to ensure they have the proper travel documentation.

Currency Exchange and ATMs at the Airport

The currency in Argentina is the peso. There are ATM machines in Terminal A and currency exchange services at Terminals A and B at the airport.

Money

The official currency in Argentina is the peso. You can check the current exchange rate at www.x-rates.com/calculator.html. There are private and official foreign exchange services found throughout Argentina. Rates vary so look around for the most competitive rate.

ATM Cards

The easiest way to obtain cash while in Argentina is through an ATM machine.

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Cirrus and PLUS networks are found in the cities and tourist areas, not necessarily in less developed areas. If your bank, credit, or debit card is affiliated with one of the major international credit cards (such as MasterCard or Visa), you should have no trouble getting money in Argentina. You can check with your bank to locate ATMs in the area before you leave home. Check with your bank to see if your pin will work at Argentine banks; you might have to change yours to a 4 number pin before you go. Be aware that daily withdrawal limits may be considerably lower than those in the US.

Credit Cards

Credit cards are a safe way to carry money, they provide a convenient record of all your expenses, and they generally offer good exchange rates. You can also withdraw cash advances from your credit cards at banks or ATMs, provided you know your PIN. Your credit card company will likely charge a commission (1% or 2%) on every foreign purchase you make, but you may be getting a good deal with credit cards when you factor in things like ATM fees and higher traveler's check exchange rates.

It is a good idea to call your credit card company and let them know of your travel plans outside the country before you leave home.

Departure Tax

There is an \$US 18.00 departure tax due when leaving Argentina payable in pesos or dollars.

Additional Information

Hibiscus will send packages with information such as what to pack,

electricity facts, tips for telephone calling and other helpful information once you have registered for the trip.