

FEBRUARY/MARCH 2017  
ISSUE 1

# CAMINO

journeys - south america - luxury

*Colombia's Jewel*  
**CARTAGENA**

SACRED STEPS

PHOTOESSAY TO  
MACHU PICCHU

**WIN A  
LUXURY  
TRIP TO  
CHILE!**

**THE  
ULTIMATE  
TRAIL FOR  
YOUR  
TASTEBUDS**

THE EXTREME  
BEAUTY AT THE  
END OF THE  
WORLD

**PLUS!**







# CONTENTS

## 02 BIENVENIDOS

Welcome to the exclusive lifestyle, luxury & travel magazine for South America.

## 03 THE BULLETIN

Get the latest news bites and updates from SA & beyond.

## 05 SAVOURING SOUTH AMERICA

Join us for the ultimate trail for your tastebuds in this definitive guide to eating and drinking your way through SA.

## 15 GRAND SOUTHERN BEAUTY

Head to the depths of Argentina to find kilometres of breathtaking wilderness in Patagonia.

## 24 WIN THE ULTIMATE CHILE ADVENTURE

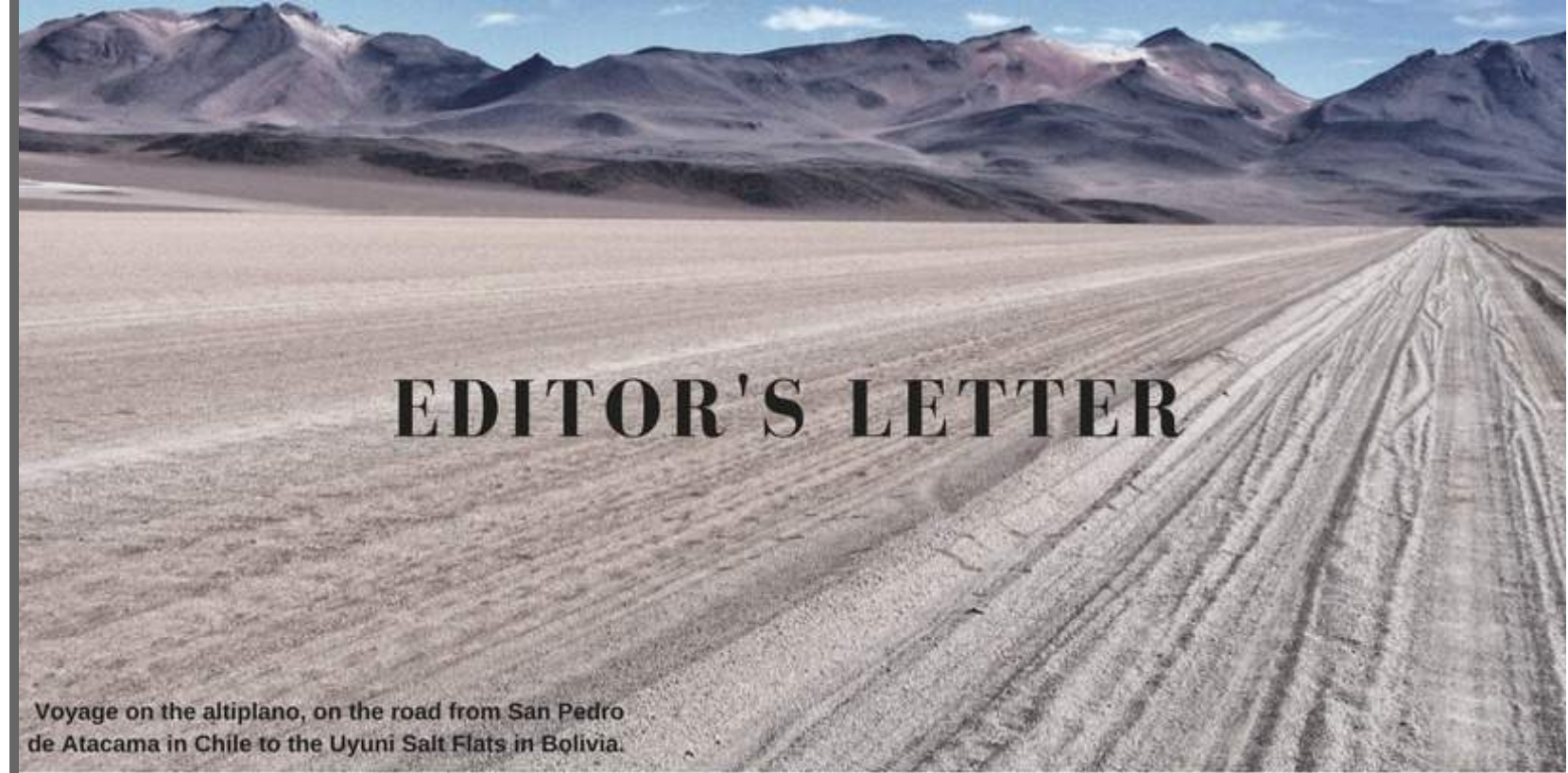
Details on how to win a VIP experience of Chile for two worth more than \$7000.

## 25 PHOTOJOURNEY: MACHU PICCHU

Follow us on a four day photo adventure to Peru's treasured lost city in the sky, Machu Picchu.

## 34 CONTEMPLATING COLOMBIA & MY TIME IN CARTAGENA

Falling for the Caribbean gem Cartagena & looking beyond the country's dark past.



## EDITOR'S LETTER

Voyage on the altiplano, on the road from San Pedro de Atacama in Chile to the Uyuni Salt Flats in Bolivia.

### Why Camino?

The literal translation of Camino means path, which is the perfect name for an exclusive South American travel and luxury magazine.

Sure, we can look at path as the physical road or route you might use on your travels in South America, but it's more than that.

We're talking about YOUR path.

That intangible and sometimes spiritual journey that makes up so much of your travelling.

Your path might be about where you start, where you end, and even what inspired you to make it there in the first place.

Paths swerve, they sometimes cross and even stop and start off in another direction.

Your path is your life.

Just as your life is indistinguishably influenced by your travels and experiences, CAMINO! Magazine is all about finding your path.

To unearthing your passions, igniting your imagination and helping you live your travel dreams in a land that for so long has been glossed over.

South America.

In a continent so big, the paths you can take are many, but sometimes the only way to find your own camino is to delve deep within you and open your mind to many incredible possibilities.

Welcome to el CAMINO!

Your exclusive South America luxury lifestyle and travel magazine.

**Katherine Garces**



# - THE BULLETIN -

## NEW ROUTE TO SOUTH AMERICA FROM AUSTRALIA

The long, lavish and geographically diverse country of Chile has been recognised the best adventure destination in South America.

For the second year in a row, Chile won the prize at the World Travel Awards which are considered the 'Oscars of Tourism.'

Chile is blessed with environments ranging from the driest desert in the world in Atacama, the fertile central plains perfect for producing exemplary wine, to the lush lake regions and beautiful volcanoes, glacier filled fjords and channels to the beautiful and picturesque paradise of Patagonia.

The country's 'open nature' and enchanting wilderness has been the feature of present and past tourism campaigns.

Australian arrivals into Chile increased by 12% last year and this is set to continue with more travellers discovering the depth and diversity this country has to offer.

Unspoilt regions like Aysen in Chile (pictured right) are only just hitting adventure traveller's radars.

LATAM Airlines announced a new direct route to South America. Flights from Melbourne to Santiago will depart three times a week from October 2017 and will save time compared to existing connections that travel via Auckland.

## CHILE THE BEST FOR ADVENTURE



## NEW LOOK FOR EXPLORA ATACAMA

Explora Atacama has made a name for itself in creating classy one of a kind escapes in the world's driest of deserts.

The hotel recently re-opened for a refresh of its iconic Atacama hotel that offers an incredible all inclusive adventure experience featuring choices from an excursion menu that includes horse-riding, mountain biking, vehicle and expert led treks to the Atacama desert's most beautiful spots as well as exclusive access to the Puritama Hot Springs and a private astronomy observatory.

UPDATE



## ALVEAR: YOUR PALACE IN THE SKY

Because a city as beautiful as Buenos Aires is best viewed from above, recent refurbishments of the iconic Alvear Palace are set to lift the roof off.

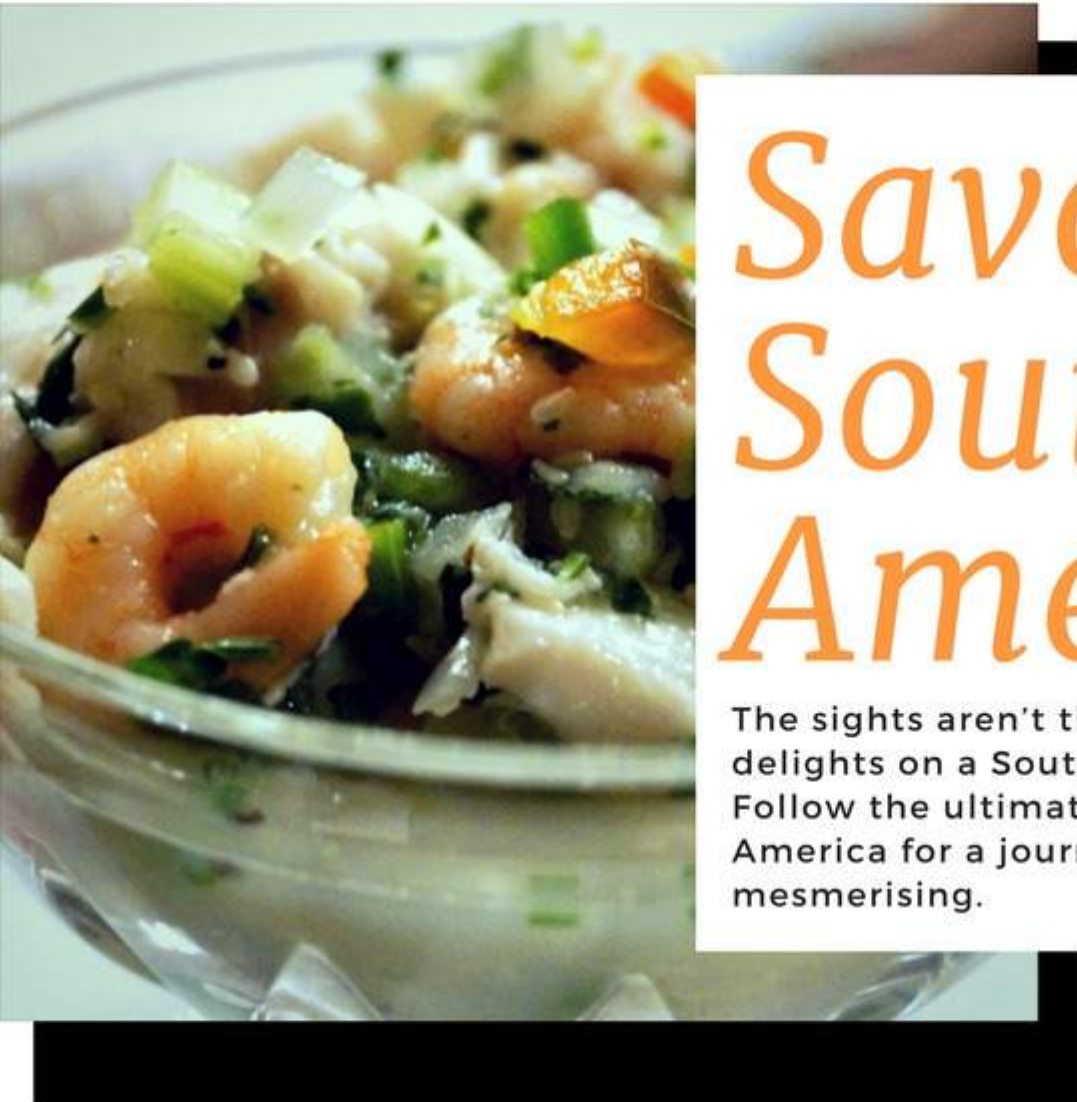
The 11th and 12th floors have been vigorously re-styled with new rooms, swimming pool, spa, pool bar, rooftop bar and exclusive Alvear Lounge open to guests.

Combine plush rooms and panoramic vistas in the gorgeous new Junior Lounge suites Deluxe Lounge and Roof Garden Lounge for the ultimate stay in the cosmopolitan capital of Argentina.



HOTEL





## Savouring South America

The sights aren't the only unforgettable delights on a South American adventure. Follow the ultimate tastebud trail of South America for a journey as delicious as it is mesmerising.

Because your appetite deserves a dose of adventure as much as you do, here's the ultimate insiders guide on what you should be eating and drinking as you explore each country in South America.

Words: Katherine Garces

Travel is more than the seeing of sights, it's a multi-sensory discovery.

In that way, eating and drinking your way through destinations comes part and parcel with exploring different cultures. There's nothing like immersing yourself in different regions or districts through local dishes. And South America is no exception.

So for the all around explorers out there, here is the ultimate list of what to order and sample on your travels so you can savour each South American country fully.



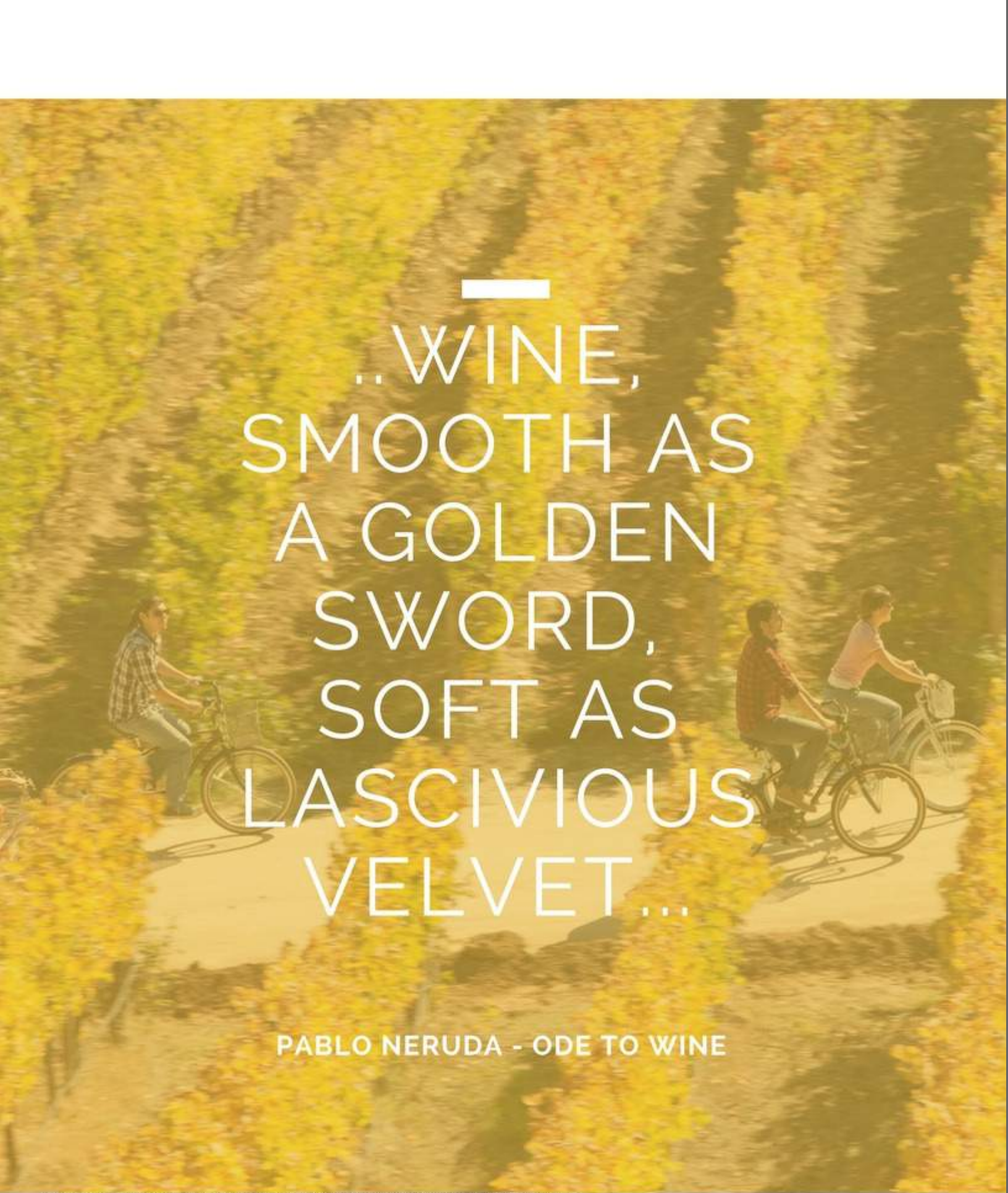
### Empanadas

There is nothing quite as Chilean as an 'empanada.' Whilst most countries in South America have their own type of pie, the cheese or the spiced meat varieties in Chile are distinctly typical.

### Terremoto

Wash it down with a '**terremoto**,' a sort of alcoholic type spider made with fermented wine and pineapple ice cream which translates to earthquake (because it's supposed to leave your legs wobbly.)





—  
..WINE,  
SMOOTH AS  
A GOLDEN  
SWORD,  
SOFT AS  
LASCIVIOUS  
VELVET...

PABLO NERUDA - ODE TO WINE

CYCLING THROUGH THE VINES OF CHILE'S COLCHAGUA VALLEY.

## Wine

And nobody should leave the Chilean borders without sampling the local vino. As a world class exporter of both delicious red and white varieties, you'll be spoilt for choice and won't be disappointed with the local drops.





"...as the leader of gastronomy in the continent, it would be criminal to leave Peru without tasting its most famous of dishes, the 'Ceviche.'"



Chances are on arriving into Peru, you will start to see an intriguing yellow cocktail topped with a whitish froth everywhere you go. This concoction is the beloved 'pisco sour,' a cocktail made of lemon juice, egg whites, bitters, sugar and of course, the local clear spirit, pisco. This tastes a lot better than it sounds which I'm sure you'll agree with after your first!

And as the leader of gastronomy in the continent, it would be criminal to leave Peru without tasting its most famous of dishes, the 'Ceviche.'

Fish cooked in lemon juice sounds too simple to be as delicious as it is, but Peruvians have been perfecting this staple for centuries and uniquely pack each one with textures and flavours you won't be expecting.

And although it may surprise you to find alpaca on the menu, carnivores will enjoy sampling it. This protein with a slight gamey flavour has been described as a taste between beef and lamb, is lean with little saturated fat or cholesterol and is rising in popularity worldwide.



# Bolivia

## Submarino

Make your own hot chocolate?

Sign me up.

Forget pre-mixed powders, this Bolivian body-warmer is your chance to make your own delectable treat to your taste.

Simply dunk the piece of quality chocolate in your glass of milk to the depth of flavour you want. Delicious!



# Brazil

## Caipirinhia

Move over mojitos, the Caipirinhia is a sweeter (and slightly more addictive) summertime drink made of cachaca, an alcohol made from sugar cane. Topped with lime, mint and a bit more sugar, this cocktail is as refreshing as it is rejuvenating. But be warned, this drink is supposed to be sipped slowly, letting the ice melt and add to the flavour over an hour or two.



## Manioca Fries

This superb snack made up of the cassava root vegetable is the Brazilian equivalent of french fries and can be found in nearly every bar and restaurant. (Also sometimes referred to as tapioca or yucca.)

## Pao de Queijo

This delicious bread and cheese treat is made up of tapioca flour (which is actually gluten free) and sold on nearly every street corner you'll pass in Brazil and may even make it to a breakfast bar or two.







# Argentina

## Bife de Chorizo

As the meat capital of South America, it would be remiss of you not to indulge your inner carnivore in Argentina. Ask for 'bife de chorizo' for a premium cut of sirloin at a restaurant or simply sample from the assortment that comes with your parilla - a grill platter. And make sure you top it with some of their sumptuous tomato based salsa 'chimi-churi.'

## Malbec

Whilst Argentina competes with Chile when it comes to award winning wine, there is one variety that stands heads and shoulders above - Malbec. This slightly sweet, robust but easy to drink blend is perfect paired with beef.



## Alfajor

This delectable dessert, pronounced 'al-fa-hawr' is a beautiful biscuit sandwich filled with dulce de leche - that South American caramel dreams are made of.

# Ecuador



## ...Cacao Dreams Await...

With a climate close to the equator and home to many cocoa farms, Ecuador is the home of quality chocolate in South America.

Their speciality are the dark varieties and the only tip is to try as many as types as possible.





# Grand Southern Beauty

Jane Harris finds an undisturbed natural paradise at the ends of the earth in Patagonia Argentina.

## Journey to the end of the world

Raw natural beauty, rich cultural history, delicious food and drink, vast rolling landscapes and breathtaking immersive experiences all await you in Patagonia. The Argentinean side of this wilderness wonderland serves up adventure in equal measures of fierce and elegance for the heartiest of scenery seeking globetrotters.

RIGHT: VIEWS OF LAKES AND VALLEYS OF THE ANDES FROM ESTANCIA CRISTINA.  
TOP: THE ENIGMATIC PERITO MORENO GLACIER.





## Be enchanted by El Calafate

Situated on the southern border of the stunning Lago Argentino in the southwest part of the Santa Cruz Province, El Calafate is the ideal first stop on your journey to the end of the world.

To luxuriate in the endless rugged beauty you must experience Los Glaciares National Park, home to the enigmatic Perito Moreno Glacier, the most active in the world. There are many light trails you can walk on arrival, all offering incredible views of the north face of the glacier and the surrounding snow capped mountains. Your excursion choices here are many; take a boat ride to experience the south side of the glacier. You may be lucky enough to witness or hear the large shards of ice that break intermittently from the glacier and plunge into the immense lake below.

Or you can head ashore for a short trek through pristine forest and mini-trek your way across the glacier itself for a once in a lifetime experience. Neighbouring glaciers of Upsala and Onelli are also worth a mention and you can cruise for the day to observe the natural kaleidoscope of icy colours.

**LEFT: TAKE A DAY NAVIGATION TO BE CAPTIVATED BY THE FALLING CHUNKS OF ICE UP CLOSE.**



**THE GAUCHOS ARE ARGENTINEAN COWBOYS, WITH CENTURIES OF CUSTOMS AND TRADITIONS.**

## Enjoy the Gaucho way of life with an Estancia Experience

El Calafate has some historic estancias close by that offer completely different scenery which you can enjoy on horse back, on foot, in a 4WD, boat or on a mountain bike. Rivers, lakes, the Andes, glaciers, vast open desert and valleys surround you. Estancia Cristina and Eolo are highly recommended offering exceptional service and views from your room.



**HORSERIDING WITH VIEWS OF THE UPSALA GLACIER IN EL CALAFATE.**





LUXURIOUS LANDSCAPES OF CERRO TORRE IN EL CHALTEN.

## Exhilarating trails of El Chalten

A couple of hours drive from El Calafate you will find the trekking capital of Argentina. El Chalten.

The town sits in a valley surrounded by mountains. White-capped, jagged and imposing, they and the paths within them are the main drawcard. You will overlook the unrelenting winds and more rustic accommodation of these parts as the natural beauty more than makes up for everything.

Some viewpoints only take an hour or so to reach while others days. With a wealth of mountains, lakes and glaciers worth every minute of effort, the choice of how you want to enjoy this remarkable place is truly yours.

The famous My Fitz Roy is unmissable and the trek to reach the best view is enriched with vistas of snow capped mountains, crystal clear lakes and untouched forests.

The famous My Fitz Roy is unmissable and the trek to reach the best view is enriched with vistas of snow capped mountains, crystal clear lakes and untouched forests. If you're not glaciered out yet, you can also navigate or go ice-trekking on Viedma and its pristine lake.



GREETING THE GLACIAL GIANTS, VIEDMA IN EL CHALTEN.



THE MAGNIFICENT MT FITZROY AT SUNSET.



## Picture postcard moments abound in Patagonia

This southern part of Patagonia is often called the wild place at the end of the earth. You can't help relish the vast, outstanding landscape that lay at your feet and all around wherever you may tread.

RIGHT: FITZROY IN THE DISTANCE FROM ESTANCIA HELSINGFORS.



## When to visit

The best time to visit El Calafate depends on you and what you would like to experience. During the peak summer months of December to February is a popular time. The average high temperatures are around 20°C. Be prepared for the region's infamous winds however, which can reach over 120 miles an hour. Spring (Sep - Nov) and fall (Mar - May) are slightly cooler, but the winds tend to be less severe. It is good to note May is generally the wettest month. In winter (Jun-Aug) the minimum average temperature is 1.8°C. Many people consider winter to be one of the most picturesque times of year for a day hike as other trails are generally closed.

## Where to stay

Eolo is a luxury estancia (ranch) offering a 5 star authentic immersion the gaucho pastoral life from El Calafate. With only 17 rooms, this is an intimate an experience you can get.

**BOTTOM: GORGEOUS PATAGONIAN SUNSETS FROM EOLO LOUNGE.**  
**RIGHT: OVEJA SUITE AT EOLO.**



In El Chalten, Hotel Aguas Arribas or Estancia Helsingfors offer great rooms, vistas and unique activities to make your deep southern adventure even better.



**TOP: VISTAS FROM AGUAS ARRIBAS LODGE.**  
**LEFT: COZY INTERIORS AT AGUAS ARRIBAS**  
**RIGHT: AT HELSINGFORS, YOU CAN GO HORSERIDING TO LAGO AZUL.**



## JANE HARRIS

Jane Harris is a professional copywriter, content specialist, journalist, editor and PR practitioner. Her communication skills are as diverse as the industries she has worked with in her 25-year career collaborating with everyone from international brands through to not-for-profits. Breaking rules intelligently to achieve impossible outcomes that result in commercial and brand benefit, encapsulates her work ethos.

Connect with her on [LinkedIn](#) - Find her on [Facebook](#)



Or Discover El Chalten & El  
Calafate in 9 days as part of  
a Unique Custom Tour -

## BUENOS AIRES & PATAGONIA

click [here](#) to explore



## WIN A VIP EXPERIENCE OF CHILE FOR TWO!

(WORTH MORE THAN \$7000)

Get in quick to enter the draw for the ultimate 8 day adventure through the sophisticated capital Santiago, venture out to the eclectic portside city Valparaiso and be astounded by the wonders of the breathtaking Atacama Desert, all whilst staying in some of the finest boutique hotels and adventure lodges. Program includes 7 nights accommodation in stylish hotels, return flights to and from Calama, touring and transport.

Visit <http://www.boutiquesouthamerica.com.au/win-chile/> to enter and for full terms and conditions or put your phone's qr scanner on top of this code. Entries close 30 June 2016.







# *Photo Journey: Machu Picchu*

Photographer Carole Pilling shows us the way to the Incan masterpiece of Machu Picchu through images.





## ALL ABOARD THE SACRED TRAIL

Your local porters and their trusty donkeys are your best friends as you attempt the 43 kilometre inca trek through the imposing valleys and mountains of Peru.



The Inca trek trail to Machu Picchu is modelled after the very same route that American archaeologist and explorer Hiram Bingham used to discover this 'lost city of the Incas' in 1911.





Today, your inca trail journey starts in the Inca Capital city of Cuzco with a train trip to kilometre 104. The trek itself is 4 days of walking through the elevated and distinct terrain, although many turn this into 5 days by staying a night in Aguas Calientes before the return train journey back.



You will find many inca ruins on the way to enormous citadel, but none as large or as impressive as Machu Picchu itself which is approximately 32 hectares, or more than 35 soccer fields.





The agricultural terraces are an important feature of inca design, using the the sharp slopes of the mountains in the Andes regions and their waterways to create advanced farming and irrigation systems.

Carole Pilling is a Perth based photographer who lives to encapsulate the split second magical moments of life. Her specialities are landscape, travel imagery, sports and wedding photography.  
<http://www.carolepillingphotography.com.au/>  
<https://www.instagram.com/carolepillingphotography/>



“

*Few romances can ever surpass that of the granite citadel on top of the beetling precipices of Machu Picchu, the crown of Inca Land.*

**-Hiram Bingham-**



# CONTEMPLATING COLOMBIA

KAREN ALLEN RETURNS TO FIND A  
THRIVING AND CHANGED COLOMBIA.

Travelling to Colombia feels like merging with an exotic culture. Colombia is like a book filled with open pages of profound history, beautiful fauna and flora, very warm people, fine food and passionate tribes to discover.

It's understandable why some people are scared about travelling there. Most westerners only hear about the country in negative drug cartel new stories or from bingeing 'Narcos.'

The story has positively changed in the last decades of development however, with a stronger Colombia emerging, with opportunities and projects and growth.

Working in the fashion industry, I've had the privilege to experience firsthand cross cultural exchanges between western influencers and their desire for unique tribal designs and sustainable fashion pieces from Colombia.





## MY CARTAGENA EXPERIENCE

Cartagena de Indias is one of the most important cities in the northern Caribbean Coast and is split between the older romantic historic parts of the city and the new modern areas. Celebrities and worldwide jet setters have long made this city a stopover and as Cartagena hosts remarkable events such as Miss Universe Colombia, the Cartagena Film Festival and Cartagena Music Festival there are so many reasons why.

The 'Centro' is the hub and home of the city's nightlife hub of town, especially Calle de las Bovedas. A favourite was **Cuba 1940s** whose ambience with a small pool was delightful where you can dip your feet while listening to the live Cuban band, El Tio y Sus Sobrinos until late.

Restaurant **La Cocina de Dorotea** does a beautiful "Posta Cartagenera," a typical local dish of caramelized beef with coconut rice, fresh salad, guava juice and fish soup.

Other international options such as Peruvian fusion restaurant **TERIYAKI** and the Colombo- Lebanese **Zaitun eatery** with with live band are also worth checking out.

Just outside the old town, the **Getsemani** neighbourhood is one of the coolest parts of the city, with its fantastic street art and cobblestone streets.



TOP: CASTILLO SAN FELIPE IS UNESCO RECOGNISED FORTRESS BUILT BY THE SPANISH IN 1536.  
BOTTOM: HISTORIC FACADES AND STRIKING STREET ART OF GETSEMANI.

Cartagena is perfect for strolling through and taking it all in. Bikes can be hired for a few hours to ride through the city. And if you want to venture further out, you can sail to exotic island nearby like Rosario or Islas Baru for a touch of snorkelling in gorgeous Caribbean waters.



CRISP & CLEAR, THE CARIBBEAN WATERS SURROUNDING CARTAGENA ARE PERFECT FOR DAY TRIPS.





# CAMINO

Camino magazine is your destination for luxury, lifestyle, travel and culture news about South America. Sharing what it is that makes one of a kind experiences so great, eye-catching photography, unearthing stories as well the best art, music and food and travel stories we can find is what makes us tick.

editor in chief

katherine garces

creative director

edyta lowicki

format & design

nicolette batenga

photographer

carole pilling

contributors

jane harris

karen allen

## on the cover

Walking through the Tatio Geyser field at dawn. This is a must see excursion when visiting the Atacama Desert in Chile. Pic thanks to Turismo Chile.



## KAREN ALLEN

Karen Allen is a Colombian born PR professional who lives for fashion and passionately promotes sustainability and cross cultural collaboration through her label, Kiki Loves PR.

<http://kikilovespr.com/>

<https://www.instagram.com/kikilovespr/>

Camino Magazine is produced and created by Experience Based Travel Pty. Ltd. trading as Boutique South America & My Antarctica.

[www.boutiquesouthamerica.com.au](http://www.boutiquesouthamerica.com.au)

[www.myantarctica.com.au](http://www.myantarctica.com.au)