

7 Lakes by Traful guided biketour

with accommodation, MTB guide and more...



Get ready to discover the hidden treasures of Patagonia

Five days and four nights. Departure from Bariloche. The first 2 days of this journey, we will travel through the Patagonian steppe, and we will get to know the most important rivers in the region; the Limay River and the Traful River. On the 3rd day of the trip we will ride the route of the 7 lakes and on the 4th day we finish the journey in the city of San Martin de los Andes. On day five, we return by minibus to Bariloche and end the tour in the most famous city in Patagonia.

The average riding distance is 50 km each day

This proposal is developed for amateur cyclists who want to experience a safe, and organized biketouring trip, with accommodation, support and typical food of the country.

The trip is designed to sleep in lodgings and eat in buffets or restaurants. In addition to the comfort of a bed and good food, you will have the advantage of carrying less weight during pedaling. On this journey we will visit 2 national parksver see more [PN Nahuel Huapi](#)
see more [PN Lanín](#)



Tip: click on the [links](#) to see additional and complementary information

Click [here](#) to explore the route



What does this journey include?

Biketour 7 lakes by Traful

5 days



4 nights



Guide



Accommodation 4 nights | Night 1 cabin | Night 2 cabin | Night 3 hostería | Noche 4 hostel



Access to Nahuel Huapi national park and Lanín national park



Bicycles MTB 29er (Gt Avalanche, Cube Aim or Fuji Nevada for 4 days)



Return to Bariloche once we finish the ride



Support vehicle - pick up with spare bikes and mechanical assistance



Support vehicle - minibus with 15 seats and room for luggage



Accident insurance (does not include bike insurance)



Breakfast included. Water and fruits available during the rides. Lunch and dinner are payed separately.



Day 1

From Bariloche downtown to Villa Llanquín

We start the day at our base, located in the center of Bariloche.

We head east. We slowly leave the city behind, pedaling along bike paths and suburb roads. The vegetation changes, we enter the mountain steppe area.

This area (steppe) is the most extensive and predominant in Patagonia. After traveling 20 kilometers we arrive to Dina Huapi. The Limay River is born here. This river is the largest in the area. A rural road borders the watercourse for 30 kilometers.

The stage ends in Villa Llanquin. A rural town, famous for its fishing and its friendly inhabitants

Total distance: 45 km

Paved 17% Gravel 83%



Limay river



[Details stage 1](#)

Day 2

From Villa Llanquín to Villa Traful

The stage starts in Villa Llanquin. The first 20 kilometers are asphalt with little gradient. We continue riding along the Limay River and arrive to “Confluencia”. There we can appreciate wonderful rock formations, known as “The Enchanted Valley”.

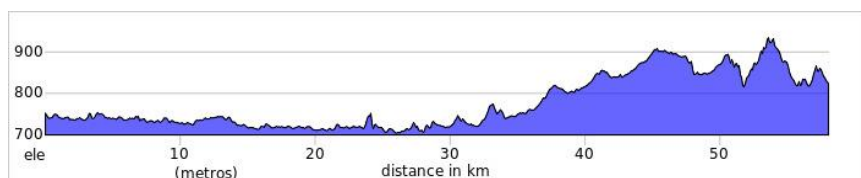
Confluencia is where 2 huge mountain rivers meet. One is the Traful River and the other is the Limay.

There begins a gravel road that extends for 35 kilometers. This road takes us to a Patagonian village, known as Villa Traful.

For many years, this village has remained relatively hidden from the eyes of tourists. Nowadays, it has gained a lot of popularity and it is a famous vacation destination in Patagonia.

Total distance: 58 km

Paved 43% Gravel 57%



[Details stage 2](#)

Day 3

From Villa Traful to Villarino lake

One of the most wonderful and demanding stages of this adventure. We start riding early from our cabin and pedal along Lake Traful for 35 kilometers. This gravel road is gorgeous. Surrounded by native coihue forests, river crossings and streams. We will also see sandy beaches and crystal clear water.

At midday we arrive to the road of the 7 lakes. An asphalt road considered the best biketouring circuit in Argentina. This road is visited by thousands of cyclists every year. There are big climbs and fast descents.

We finish the stage in the area of Lake Villarino in an old remodeled inn located beside the lake.

Total distance: 55 km

Paved 57% Gravel 43%



[Details stage 3](#)

Day 4 / 5

Day 4 - From Villarino lake to San Martín de los Andes

Our last day of the journey we continue riding along the route of the 7 lakes. We will enjoy the views of Lake Machonico and the Pil Pil valley. The last 20 kilometers are 100% downhill. This descent goes from 1200 meters to 500 meters above sea level, and ends in the town of San Martin de los Andes.

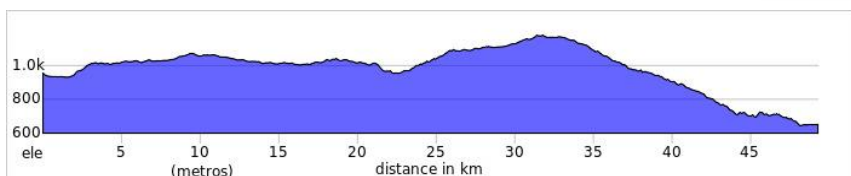
In the afternoon we will have time to tour the city, shop, taste chocolates and craft beer typical of this region.

Total distance: 49 km Paved 100% Gravel 0%

Day 5 – From San Martin de los Andes to Bariloche

We have breakfast at the hotel and setup our bags to take the bus back to Bariloche. We take the bus at 10 in the morning and arrive in Bariloche at approximately 2:00 p.m.

It is possible to stay in San Martín de los Andes after the tour if you wish.



[Details stage 4](#)

John o'Connor 290 – Bariloche – Cel. +54 9 2944 804996 – www.patagoniabiketrips.com – h.riding.bariloche@gmail.com

Lodging *can be replaced by similar accommodation if there is no availability



[La Maroma Lodge](#) – Villa Llanquin

This small boutique hotel complex, located on top of a cliff, is the work of the famous fishing guide Piccino Gemma and his wife, Micaela Luger.

Both knew how to make this “cozy” inn in the heights, with lots of wood, works of art, with stoves and fireplaces. A true panoptic from which you can see the Limay River.



[Cabañas Natur haus](#) – Villa Traful

The complex is located on a beautiful property surrounded by large trees, overlooking Cerro Negro, where guests can enjoy the tranquility and aromas of the Patagonian forest.

The cabins are equipped with kitchen, living room with fireplace, bedrooms, bathroom and terrace or balcony.



[Hostería Villarino](#) – Villarino lake

Villarino inn is located on the majestic «Route of the 7 Lakes». It offers two elegant double rooms and three cabins designed for families and groups, in an exceptional environment next to the Nahuel Huapi National Park. At Villarino, sustainability and conservation are non-negotiable values, integrated into every aspect of a unique experience.



[Hostería Latitud 40](#) – San Martin de los Andes

Latitud Cuarenta is a classic inn with mountain architecture, located in the center of San Martín de los Andes, a short distance from Lake Lacar and the Lanín National Park. It offers comfortable and cozy rooms with private bathroom, TV and wi-fi. Its location will allow us to discover the city's attractions during our stay.

County road N 65 – Lago traful



Pass El portezuelo



Lake shore Villa traful



Rural road – Villa llanquin



County road N65 – Lago traful



Limay river – Dina huapi



Viewpoint lago Lacar – Ruta de los 7 lagos



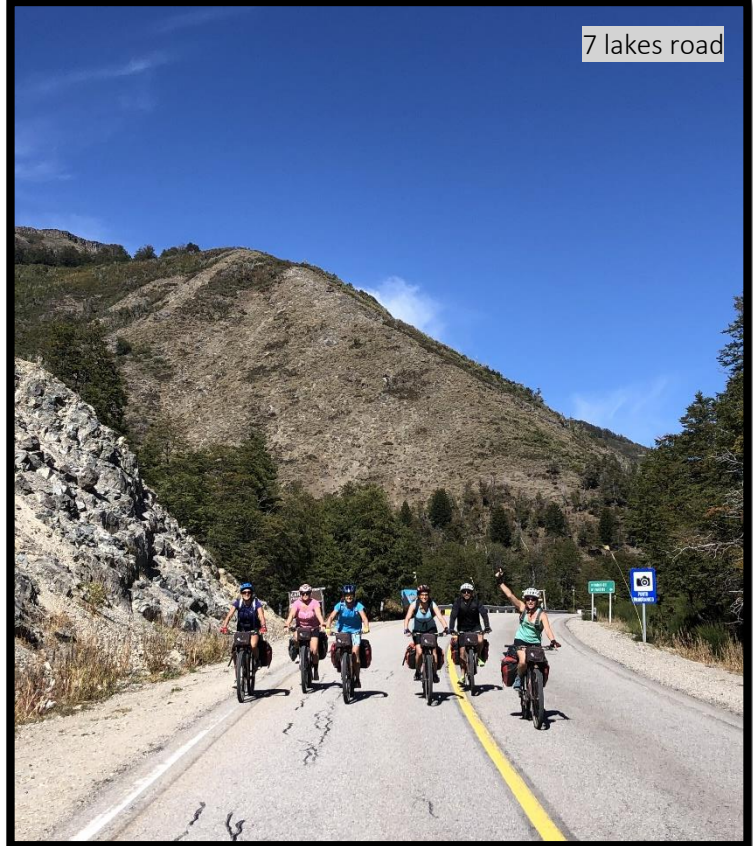
Support vehicles – Villa llanquin



7 lakes road – Chapelco ski resort acces



7 lakes road



San Martin de los Andes





Road map

Start: Bariloche (center)

Finish: San Martín de los Andes (center)

Stops:

Night 1 - Villa Llanquín – La Maroma Inn

Night 2 – Villa Traful – Cabins Natur Haus

Night 3 – Lake Villarino – Villarino Inn

Night 4 – S. M. de los Andes – Latitud 40 Inn

Total distance: 220 km

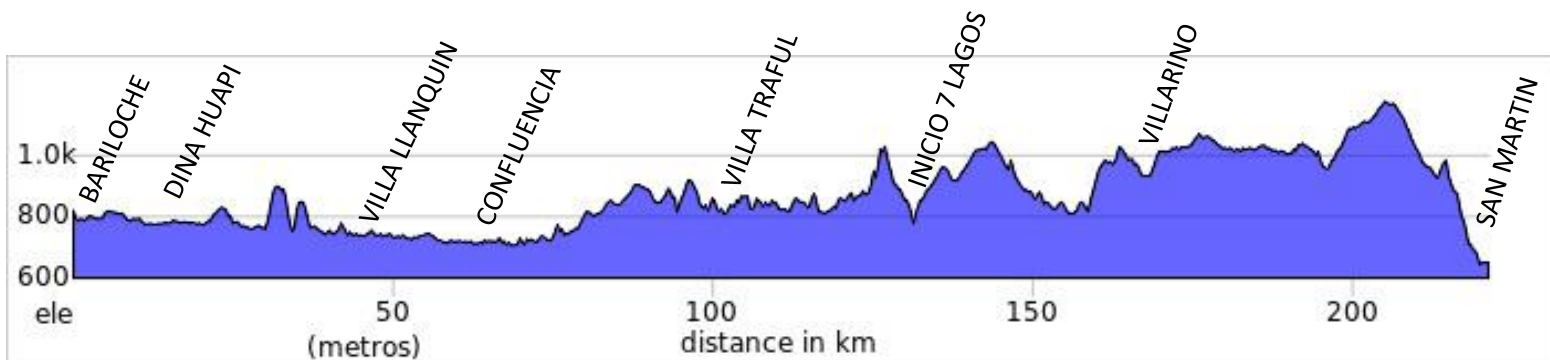
Start altitude: 820 metres above sea level

Min altitude: 590 metres above sea level

Max altitude: 1 190 metres above sea level

Altimetry 7 lagos by Traful


[See route and altimetry
www.ridewithgps.com](http://www.ridewithgps.com)



Recommended clothing and elements

CLOTHING	Hydration bag (camelback)
Sunglasses	Cycling gloves
Padded cycling shorts	Quick dry t-shirt
Long-sleeved or thermal shirt	Waterproof windbreaker
Lightweight and compactable down jacket	Swimwear
Micro fleece jacket	Outdoor Shorts
Sports or outdoor pants	Cycling socks
Synthetic underwear	Light trekking shoes
"Crocs" or sandals	Small backpack (max 20 lts)

HYGIENE AND PERSONAL ITEMS	First aid kit - Painkillers
Power bank (charged 100%)	Microfiber towel
Plastic / nylon bags	Soap and shampoo
Toothbrush and toothpaste	Cash, iD, Passport, medical insurance
Sunscreen, lip protector	Toilet paper, wet wipes



IMPORTANT: Avoid heavy and bulky clothing.

Avoid 100% cotton garments, since if they get wet, they take a long time to dry.

Take only the essentials, calculating the number of days you will be pedaling.

The less luggage you bring, the lighter you will travel, and the more you will enjoy!

Remember that campsites and supply shops do not accept cards. Take cash always.

TRAVEL INSURANCE: participants must present up-to-date medical insurance or travel insurance

If you have any hobbies, feel free to bring it with you and share it with the group

EXAMPLE: card deck, small musical instrument, compact board game, fishing rod, professional camera, favorite book, etc.

Equipment

Mountain bikes

GT Avalanche 2.0

Cube Attention SL

Fuji Nevada 1.5

E-bikes available with additional cost

*All bicycles include IXS Kronnos helmet, lock, hand pump, allen multitool, chain tool, tire repair kit, bottle 750 cm³, bottle cage, tool bag, slime seal inside tube, phone holder, spare tube, extra comfortable seats with memory foam technology.

Mountain Bike PRO

Bicycle - Fuji Nevada 1.5



18 speed (2x9)

Shimano Alivio

Fork 100 mm Suntour coil

Hidraulic brakes

Wheel size 29





Bicycle - GT Avalanche Comp



27 speed (3x9)

Shimano Alivio

Fork 100mm RST coil

Hidraulic brakes

Wheel size 29



Bicycle CUBE Aim SL



27 speed (3x9)

Shimano Deore

Fork 100mm Suntour coil

Hidraulic brakes

Wheel size 29





Hybrid bicycle – Vairo ebike *with additional cost



- 10 speed 1x10
- Shimano Alivio
- Suntour coil 100mm fork
- Central engine 250 watts 80NM torq
- Hydraulic brakes
- Wheel size 29
- Charger

VAIRO
BIKES

Tandem bicycle R.29



- 18 speed 2x9
- Shimano Alivio
- Size front M-L rear S-M
- Shimano hydraulic brakes
- Wheel size 29



nitsche
fabricación de bicicletas





IMPORTANT: The helmet is included with the bike, however we recommend that you bring your own, as it is a very personal item.



Accesorios included with the bike



IXS Kronnos Helmet



Multivalve hand pump



Bottle cage



Tool Bag



Chain tool



Allem multi-tool



Lock



Bottle 750 cm3



Phone holder

Accesories included with the bike



Extra tube + Halawa TAMAL



Slime puncture seal inside tube



Super comfortable seats
With Memory Foam technology
Comes with PRO and Premium bicycles



Tube repair kit – Spare Links

Support vehicle and luggage transfer

Our tours include a pick-up type vehicle, and a minibus that will provide us safety and support throughout the trip. Its functions are very important for cyclists to have a positive and safe experience. We describe them below

- 1- Transport of luggage
- 2- The vehicle always goes behind the pack, closing the tour so as not to leave anyone behind
- 3- If somebody feels bad or is too exhausted, he can jump on the van to finish the stage
- 4- In the event of a fall, the vehicle can transport injured cyclists or damaged bicycles to an assistance point.
- 5- If a stage is cancelled, support vehicles can transport bikes, cyclists and luggage to the next stage.



IMPORTANT: Support vehicle capacity is **LIMITED**. For this reason we ask the participants to be considered when preparing their suitcase for the tour. You must take a small carry-on type suitcase or a handbag for five days. An overloaded vehicle will have no place to transport people in case of emergencies, or bicycles in case of breakages.

If you have excess luggage, you can send it to San Martin de los Andes (with additional cost) or leave it in our store until the end of the journey.



Services provided by third parties – Scope and responsibility



A bicycle trip involves several services provided by different companies, which must be coordinated for the journey to be smooth and successful.

On this tour we will sleep and eat in different establishments each day. We will ride through 2 parks managed by the [National Administration of National Parks](#).

If for some reason, any of these companies or organizations call off a service, or temporarily don't allow circulation in a sector due to weather or safety reasons, we may be forced to modify the route or schedule without prior notice.



IMPORTANT: The tour guide has the right to modify, alter or suspend one or more stages of the trip, always ensuring the safety and integrity of the group and when a situation of force majeure so requires.

Passenger reviews



Santiago Kelly
Local Guide · 46 opiniones · 43 fotos

★★★★★ Hace 4 meses

There's no question why we all rate it 5 stars. The service, the bikes and the routes deserve that rating. Super recommended. The trip through 7 lakes by bicycle is a unique experience.



Gabriel López
Local Guide · 33 opiniones · 161 fotos

★★★★★ Hace un año

Our group had an absolutely wonderful 4-days tour through the Seven Lakes region under the guidance of Lucas. Bikes were in the greatest shape and support truck was always right there when you need any help. All three places we stayed were great but Eco Lodge on Hermoso Lake was well beyond our most wild expectations - the views, the dinner and the breakfast. Not mentioning the service.



Pablo Vilardo
17 opiniones · 6 fotos

★★★★★ Hace un año

Amazing journey in Argentine Patagonia with a magnificent group of coordinators!! Without a doubt, a perfect challenge for those looking to combine sport, outdoors and adrenaline!

[See more google reviews](#)



Contact



Lucas Laurysens
Coordinator Biketour 7 lakes by Trafal
E-Mail: lucaslaurysens@gmail.com
Whatsap: +54 9 2944 532470

Administration
Whatsap: +54 9 2944 804996
E-mail: h.riding.bariloche@gmail.com
Website: www.patagoniabiketrips.com
Instagram: [@cyclingpatagonia](https://www.instagram.com/cyclingpatagonia)

Clic here to watch [PRESENTATION VIDEO PATAGONIA BIKE TRIPS](#)



Lucas Laurysens – Guide and coordinator 7 lakes by Trafal





Inspiration

Throughout our lives we search for inspiration and ideas from people or organizations that refer to what we want to undertake. This is my little tribute to those people, websites and magazines that inspired me to create patagoniabiketrips.com, and continue to do so to this day.

In these websites you will find quality information to make all your biketouring projects come true



Lavidadeviaje.com



Nacionsalvaje.com



Bikepacking.com



Bicycletouringpro.com

Social media & networks

Explore our social media networks, you will find updated information on routes, excursions and cycling trips.



patagoniabiketrips.com



[Google profile](#)



[@cyclingpatagonia](#)



[FB cyclingpatagonia](#)



[Canal Patagoniabike](#)

Equipment

We offer high quality bikes and gear, so that your travel experience is perfect.



[Halawa panniers](#)



[Accesorios MTI](#)



[CUBE Bikes](#)



[GT Bicycles](#)



[FUJI Bikes](#)



[Nitsche – Cycletouring bicycles](#)