

## Biketour 7 lakes, small circuit and myrtles forest

*From Bariloche to San Martin de los Andes with guide, lodging, support and more...*



### Get ready to cycle the most famous route of Argentina

A cycling adventure of five days and four nights. Departure from Bariloche. Bike and boat tour to the myrtles forest, lodging, meals and support. The tour ends in San Martin de los Andes.

The average distance we will pedal each day is 43km

This proposal is developed for amateur cyclists who wish to experience an organized group bike trip, without the inconvenience of camping and cooking.

The tour 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 no extra weight during your pedaling. On this journey we visit 3 National Parks and pedal a total of 175 km – 108.7 miles

These are the National Parks we will visit:

[Nahuel Huapi National Park](#)

[Lanin National Park](#)

[Los Arrayanes National Park](#)

### Contact

Consult departure dates by whatsapp to the contact telephone numbers

Fernanda Velasquez: +54 9 2944 673270

3 tours per month, from October to April



TIP: Click the [links](#) to see additional and complementary information

Click here to see route



## What does this trip include?

We organize and coordinate the bike tour of the 7 lakes plus Circuito Chico and Myrtles forest

The tour involves a five day bicycle trip with lodgings and assistance. We start in San Carlos de Bariloche and pedal the "circuito chico". We then navigate the Nahuel Huapi lake and ride across the Myrtles forest. We pass through Villa la Angostura, pedal the entire route of the 7 lakes and end up in the city of San Martín de los Andes.

### 7 lakes by Myrtles forest biketour\*



5 days



4 nights



Guide



Lodging 4 nights | Night 1 hotel | Night 2 glamping | Night 3 cabin | Night 4 hostel



Catamarán boat tour | Sailing from puerto Pañuelo to Myrtles forest



Acces to National Park Los Arrayanes, Nahuel Huapi and Lanín



Bicycle 29er. Gt Avalanche, Cube Aim or Fuji Nevada (E-bikes available with extra cost)



Personal accident insurance



Transport from San Martín to Bariloche we the tour ends.



Support vehicle – Pick up 4x4 with bike tráiler, spare bike and mechanical assistance



Suport vehicle – Minibus with 15 seats for passenger and luggage transportation



Breakfast included. Water and fruits available in the support vehicle during rides.

Lunch and dinner are paid separately. It is possible to include meals in the package if the characteristics of the tour require it or if the participants request it.

# DAY 1

## From Bariloche downtown to Villa Llao-Llao

**9.30 hs.** Welcome to Patagonia Bike trips. In the center of Bariloche.

Briefing, preparation of equipment and explanation of the route.

**11.00 hs.** We start the ride towards Villa Llao Llao.

We cycle East direction, to Moreno lake. At noon we stop in Colonia Suiza for lunch and a brief rest. Later we ride the beautiful Circuito chico, with outstanding views of the área.

**18.00 hs.** Arrival to Villa Llao Llao. We spend the night at [Gran Hotel Panamericano](#) or [Bungalows Buena Vista](#). (depending on availability)

**21.00 hs.** Dinner.

Total distance by bike: 42 km – 26.1 miles – Paved 78% - Gravel 22%



[View stage 1](#)

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## DAY 2

From Villa Llao Llao to lake Correntoso

8.30 hs. Breakfast

9.30 hs. We head to Puerto Pañuelo

10.00 hs. We embark on the [Turisur catamaran](#) with our bicycles, and enjoy the most famous lake boat tour in Bariloche.

12.00 hs. Arrival to Myrtles Forest – Pedal 11 km along trails and across the Quetrihué peninsula (Los Arrayanes National Park) to Villa la Angostura

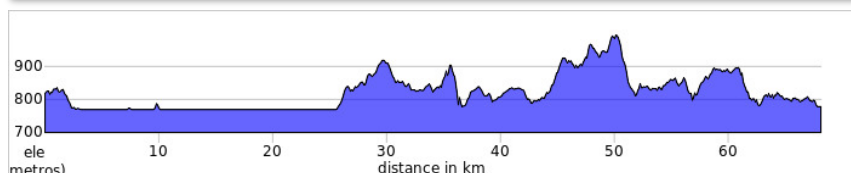
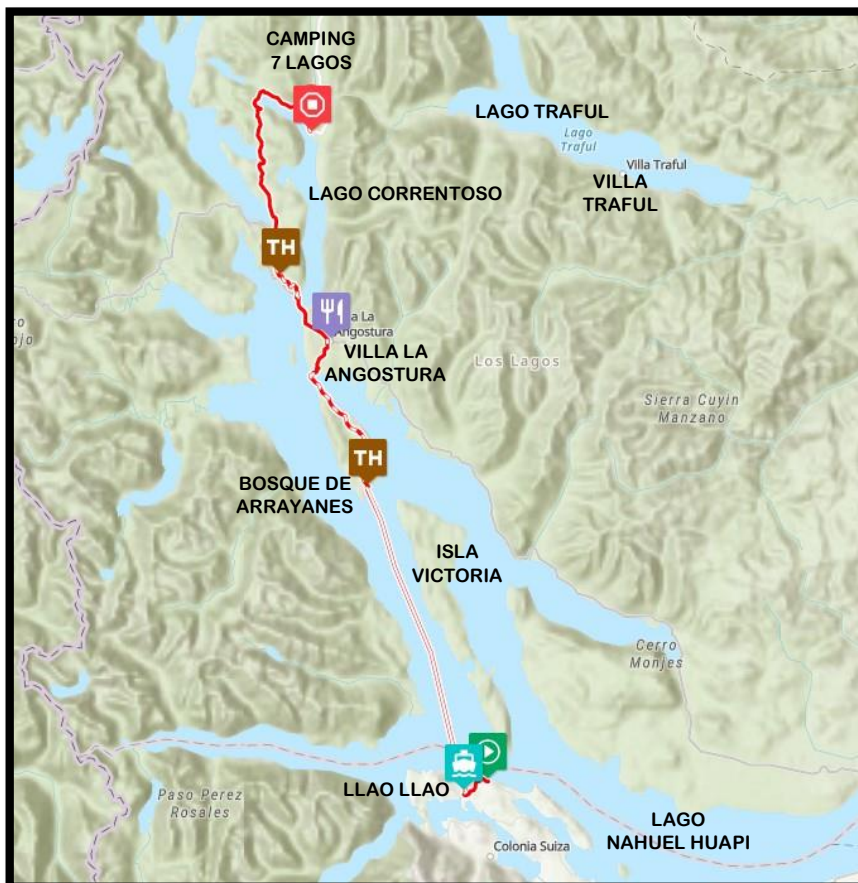
14.00 hs. Arrival to Villa la Angostura. We rest and eat some snacks in town.

15.00 hs. We start cycling towards 7 lagos campsite, located in Correntoso Lake.

18.00 hs. Arrival to [camping 7 Lagos](#)

21.00 hs. Dinner and campfire – We spend the night in dorms “EL vagon” of Lake Correntoso, or in the geodesic domes of Lake Espejo, depending on availability.

Total distance by bike: 43 km – 26.7 miles – Paved 59% - Gravel 41%



[View stage 2](#)

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## DAY 3

### From Lake Correntoso to Lake Hermoso

9.00 hs. Breakfast

10.00hs. We start pedalling towards Lake Falkner.

14.00 hs. Arrival to Lake Falkner. Lunch and brief rest by the lake.

15.00 hs. We start riding the last section towards Lago Hermoso.

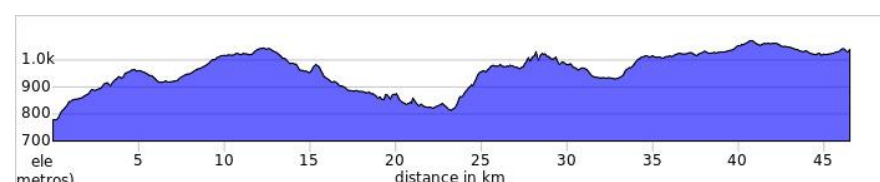
18.00 hs. Arrival to Lago Hermoso. We spend the night at the dorms (small cabins) of [Camping Lago Hermoso](#) or similar cabins nearby (depending availability)

21.00 hs Dinner

Total distance by bike: 46 km – 28.6 miles – Paved 92% - Gravel 8%



Lake Falkner beach



[View stage 3](#)

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## DAY 4/5

### From Lake Hermoso to San Martin de los Andes

9.00 hs. Breakfast

10.00 hs. We start riding the last stage, towards San Martin de los Andes

We will travel along route 40 to San Martin de los Andes. Optional descent through the Arrayan viewpoint, depending on the conditions of the route and general condition of the group.

15.00 hs. Arrival to San Martin de los Andes. Lunch by the lake. End of tour

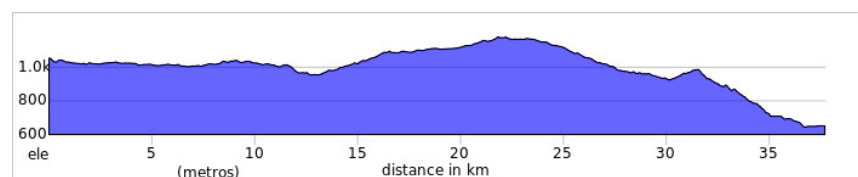
Total distance by bike: 38 km – 23.6 miles – Paved 75% - Gravel 25%

The last night we will stay at [Puma Hostel](#) and we will have free time in the afternoon to get to know San Martín de los Andes and enjoy its attractions and gastronomy.

### Day 5 – From San Martín de los Andes to Bariloche

We have breakfast at the hostel and set our luggage 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 after the journey if you wish.



[View stage 4](#)

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## Lodgings \*they can be replaced by lodgings of similar category in case of no availability



### [Gran Hotel Panamericano](#) – Villa Liao Liao

Gran Hotel Panamericano is the recommended option for those guests looking for a high level of comfort and gastronomic excellence with the best views of Bariloche.

Located by the Lake Nahuel Huapi, surrounded by forests and mountains, it offers a beautiful panoramic view of our Argentine Patagonia. Its common spaces invite you to enjoy a unique stay in a privileged setting, ideal for disconnecting from everyday life and connecting with nature.



### [Hosteria 7 lagos](#) – Lake Correntoso

Located within the 7 Lagos campsite, in front of Lake Correntoso, it stands out for its warmth and is located a few meters from the beach. It also has a barbecue area and grill, where it is possible to cook outdoors and spend an unforgettable night sharing anecdotes and stories with the group.



### [Villa Pudú Pudú](#) – Lake Hermoso

Authentic country house. Located on the shores of the Pudú Pudú lagoon, a few kilometers from Lake Hermoso. It has free kayaks and a dock with a wonderful view. Ricardo, your host, is a kind and helpful person. He will make sure that our stay in the house is memorable.



### [Puma Hostel](#) – San Martín de los Andes

Our trusted hostel, located in downtown San Martín de los Andes. Super friendly and attentive staff. It has a patio, comfortable rooms with private bathroom and a delicious breakfast included with the stay.

Viewpoint "punto panorámico" - Circuito Chico



Quetrihué peninsula Singletrack



Lake Hermoso dock



Myrtles Port – Quetrihué peninsula





Ruca Malen bridge – 7 lakes road



Gutiérrez stream singletrack - Bariloche



Quetrihué península singletrack



7 lakes road



Moreno lake viewpoint– Road to Colonia Suiza



Lanin National Park acces point



Arrayan viewpoint- San martin de los Andes



Lake Espejo viewpoint





## Tour Map

**Start:** Bariloche (centre)

**Finish:** San Martín de los Andes (centre)

### Stops:

Night 1 - Villa Llao Llao

Night 2 – Correntoso lake

Night 3 – Hermoso lake

Night 4 – San Martín de los Andes

-Total distance by bike: 175 k

-Total distance by boat: 25 k

-Start altitude: 820 mts. above sea level

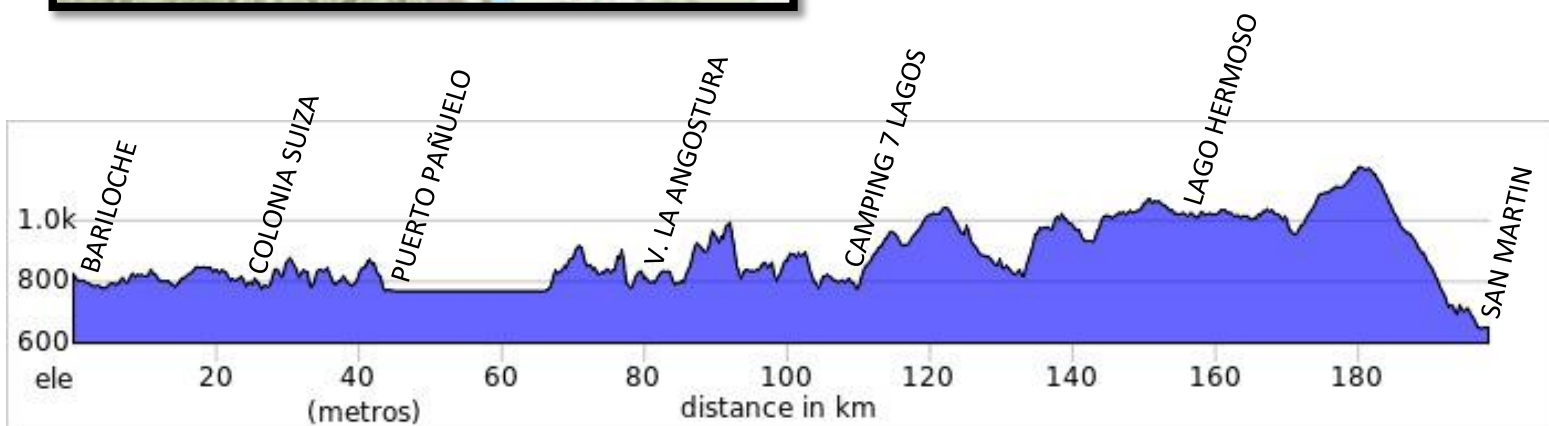
-Finish altitude: 590 mts. above sea level

-Max altitude: 1190 mts. above sea level

-Stages are represented in different colours

## Altimetry 7 lakes tour

[View route and altimetry](#)



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## 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 (useful in case of rain)	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 cm<sup>3</sup>, 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



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## 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



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Hybrid bicycle – Go lite ebike \*with aditional cost



- 9 speed 1x9
- Shimano Alivio
- Suntour coil 100mm fork
- Central engine 250 watts 80NM torq
- Hydraulic brakes
- Wheel size 29
- Charger



Tandem bicycle R.29



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



**nitzsche**  
fabricación de biciletas

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



## Accesories 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

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## 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 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 prepare a 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.



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## Services provided by third parties – Scope and responsibility



Catamarans are large and reliable vessels. They can sail in strong winds and rarely call off a trip



The Arrayanes forest trail is 11 kilometers long and runs through the Quetrihué peninsula. The circulation within the trail is supervised by National Park rangers

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 also sail on a tourist catamaran belonging to the [TURISUR](#) company or the [CAU CAU](#) company, depending on availability, departure dates and time of year.

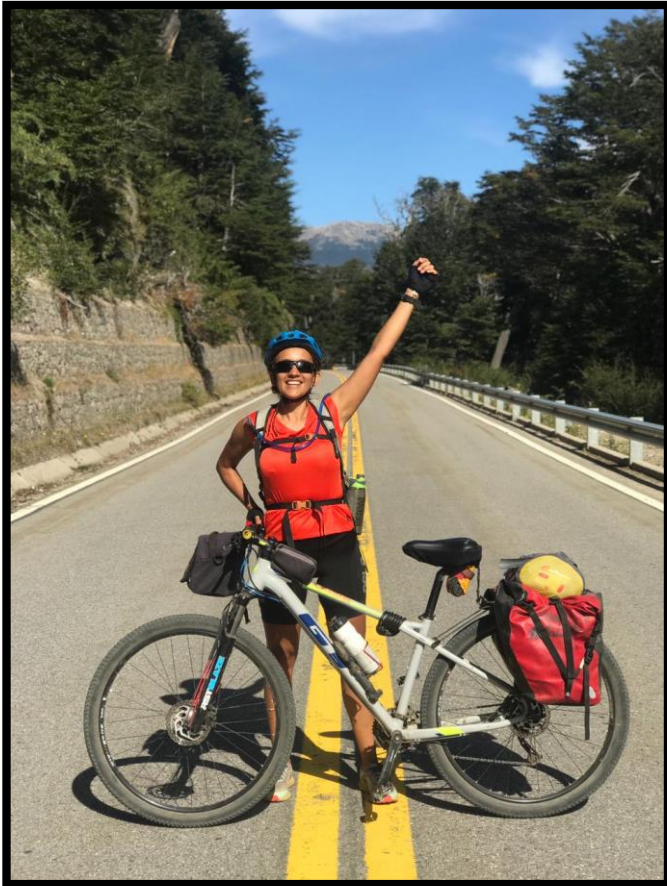
We will ride through 3 parks managed by the [National Administration of National Parks](#).

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 security 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.

## Comments and reviews



 **Betty Carballo**  
Local Guide · 36 opiniones · 1 foto  
★★★★★ hace 5 meses

If I could rate more than 5 stars I would do it. From the bikes to the logistics and the guide everything was exceptional. Thank you Lucas for giving 100% in everything you do. It was a wonderful experience, highly recommended.

 **Paola Ciacci**  
9 opiniones · 4 fotos  
★★★★★ hace 5 meses

An unforgettable trip, to enjoy with all the senses. 4 days of journey, unique landscapes, direct contact with nature, total unplugging from daily routine and the pleasure of doing it by your own means, exceeding your limits. Excellent guide and bikes. I would return without a doubt.



 **Sil Fuente**  
1 opinión · 3 fotos  
★★★★★ Hace 6 meses

Excellent journey through 7 lakes. Outstanding organization and guidance from Fernanda!

With her warmth, knowledge and skill she managed to achieve our goal. Thank you.

[Click here to see more google reviews](#)



# Contacto



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**7 LAGOS**  
POR ARRAYANES

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Instagram: [@cyclingpatagonia](https://www.instagram.com/cyclingpatagonia)

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





## 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](http://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](http://Lavidadeviaje.com)



[Nacionsalvaje.com](http://Nacionsalvaje.com)



[Bikepacking.com](http://Bikepacking.com)



[Bicycletouringpro.com](http://Bicycletouringpro.com)

## Social media & networks

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



[patagoniabiketrips.com](http://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](#)



[Nitzsche – Cycletouring bicycles](#)

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