



## Guide to carry out the journey of the [7 Lakes through Myrtles forest](#) autonomously sleeping in lodgings



Tour available from October 1 to April 15

Departure from [Bariloche](#). Boat tour to the Myrtles forest. Overnight in hostels, cabins or domes. End in [San Martin de los Andes](#). **Duration: 4 days and 3 nights.**

Total distance 198 km – Pedaling distance 175 km – Embarked distance 23 km - Average daily pedaling 43 km

The purpose of this guide is that you experience an autonomous cycling trip with accomodation. Follow to the very detail the schedule, and you will be able to pedal along this incredible route, carrying only your clothes and nothing else.

Spend 4 unforgettable days with your group of friends or your partner. This route was designed for people who want to experiment biketouring in a safe, organized and comfortable way.

To be successful it is important that you download the route and follow the instructions to the letter.

**IMPORTANT:** lodgings must be reserved in advance, since you will not take camping items on this trip, and you must have a bed to sleep at the end of each stage. Accommodation reservations are made by the passengers and are not the responsibility of the company.

Click here to [SEE ROUTE, MILEAGE AND ALTIMETRY](#)

## Suggested Schedule

### Day 1

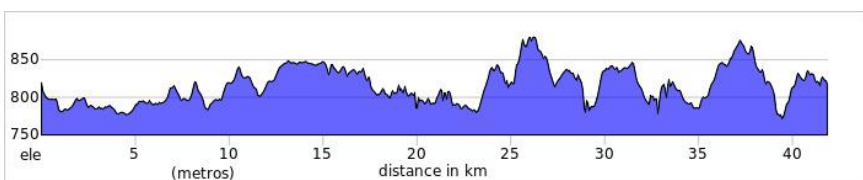
10:00 a.m. Welcome to our shop [Patagonia Bike trips](#) in the center of Bariloche. Briefing, preparation of equipment, explanation of the route.

11:00 a.m. The journey begins. The GPS route will take you west towards [Colonia Suiza](#), a historic town 25 km away from Bariloche. We recommend you have lunch there, there is a varied gastronomic proposal. Then you must go to the small circuit and the famous [punto panorámico](#) of Bariloche. The stage ends in [Villa Llao Llao](#).

6:00 p.m. Arrival to Villa Llao Llao. There are several options to spend the night. You must book lodging no more than 5 kilometers away from Puerto Pañuelo. We recommend [GRAN HOTEL PANAMERICANO](#) 0223 – 491 0989 central reservations, [HOSTERIA KATY](#) +54 9 2944 307991, [HOTEL AMANCAY](#) +54 (0294) 4448344, [DORMIS VILLA TACUL](#) +54 9 2944 158882

9:00 p.m. Dinner. Gran Hotel Panamericano has very good cuisine at a reasonable price. There are also several restaurants around. The dorms of Villa Tacul have a grocery store.

Total pedaling distance: 42 km    Pavement 78%    Gravel 22%



[View stage 1](#)



## Day 2

8.30 hs. Breakfast

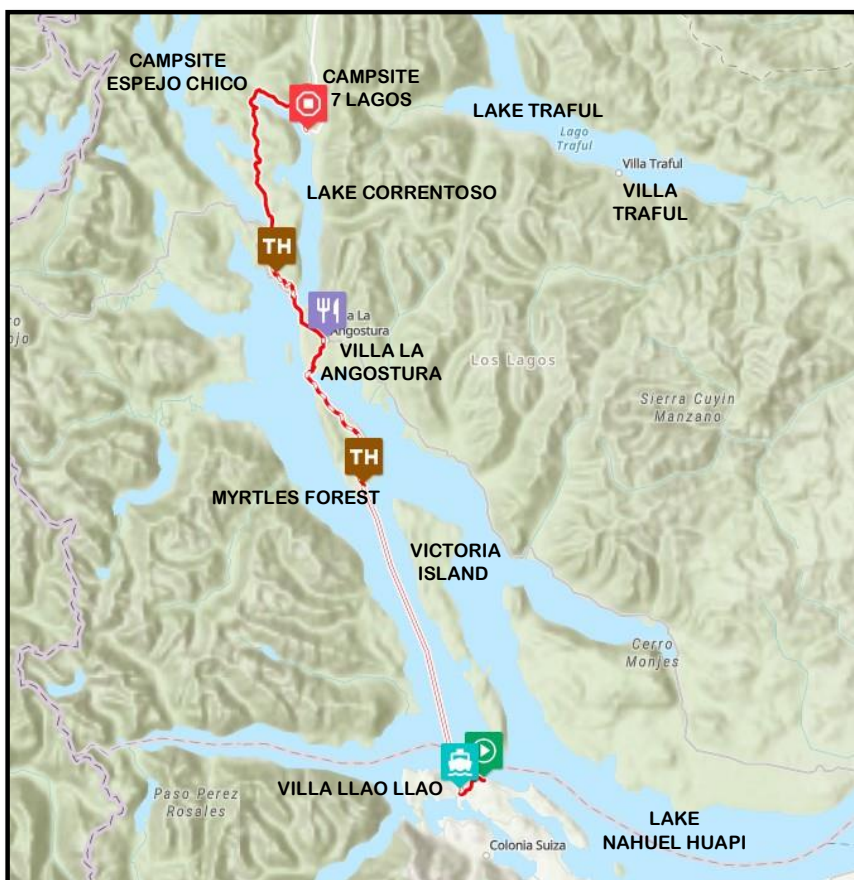
9.30 a.m. Head to [Puerto Pañuelo](#). Board the catamaran towards Bosque de Arrayanes and Isla Victoria. Tickets available at the port or at offices of St. Mitre, Bariloche's main street - Last boat departure is at 1:30 p.m. We recommend buying tickets 5 days in advance during January and February. In low season, 1 or 2 days in advance is usually enough. [TURISUR CATAMARAN](#) – [CAU CAU CATAMARAN](#)

12:00 pm Arrival at the Myrtles Forest – 11 km singletrack ahead.

2:00 p.m. Arrival at VLA. You can have lunch there. Plenty of restaurants in town.

After lunch you must continue pedaling along the route of the 7 lakes to [Lake Espejo Chico](#) or [Lake Correntoso](#), depending on where you decide to spend the night. There are 3 options available. [LAKE ESPEJO DOMES](#) Vicky Matuz +54 9 2944 393146, [DORMI EL VAGÓN](#) Graciela +54 9 2944 414674, [LOS RADALES DOMES](#) +54 9 2944 244663 [HOSTERÍA 7 LAGOS](#) Mariana +54 9 2944 305776

9:00 p.m. Dinner. Remember to request dinner in advance to the person in charge of the establishment where you will spend the night. Total pedaling distance: 43 km Pavement 59% Gravel 41%



Arrayanes singletrack – Quetrihué peninsula



[View stage 2](#)



## Day 3

9.00 hs. Breakfast

10:00 a.m. Continue riding Route 40 to Falkner Lake.

2:00 p.m. We suggest you have lunch and take a break at [Camping Nuevo Falkner](#)

3:00 p.m. Pedal towards Lago Hermoso

6:00 p.m. Arrival at [Lago Hermoso](#). There are several options to spend the night. If you can't find accommodation in Lago Hermoso, you can stay at [Río Hermoso](#) 10 km ahead.

[DORMIS CAMPING LAGO HERMOSO](#) Valeria +54 9 1135693494    [CABAÑAS PUDU PUDU](#) Ricardo +54 9 2615 041557

[CABAÑAS BOSQUE NATIVO](#) +54 9 11 22421457    [POSADA CORDILLERANA RIO HERMOSO](#) Miguel +54 9 2944 234992

9:00 p.m. Dinner. The bar at the Lago Hermoso campsite offers pizza and sandwiches. Some cabins also offer dinner and breakfast service.

Total pedaling distance 46 km    Pavement 92%    Gravel 8%



[View stage 3](#)

## Day 4

9.00 hs Breakfast

10:00 a.m. Last stage of the journey. Final ride towards [San Martín de los Andes](#)

Alternative 1: Cycle along route 40 until you reach San Martin. 100% asphalt road.

Alternative 2: Finish the journey through the Arrayán circuit. This circuit is a panoramic gravel road that begins 3 kilometers ahead of the access to Cerro Chapelco. You can see this alternative circuit here – [Ruta 7 lagos por Arrayanes](#).

3:00 p.m. Arrival to San Martin de los Andes – Go to the [Puma Hostel](#) to return the bicycles. Total pedaling distance: 40 km Pavement 75% Gravel 25%

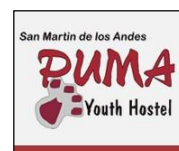
We recommend you spend one last night in San Martin de los Andes to recover and get to know this picturesque mountain city. If you book a night at the [PUMA HOSTEL](#), you get a drop-off discount

[PUMA HOSTEL](#) – Asunción Fosbery 535 – San Martin de los Andes – Phone: 02972 422443

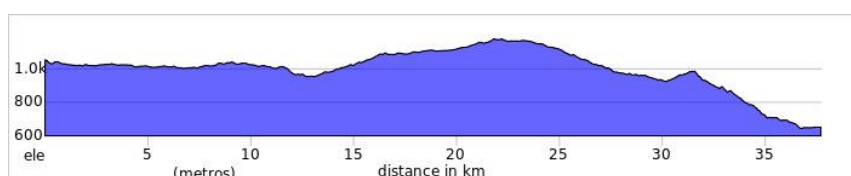
[Google maps – Take me there](#)

Shared and private rooms

[Make a reservation at Puma Hostel](#)



Arrival to San Martin – Route 40

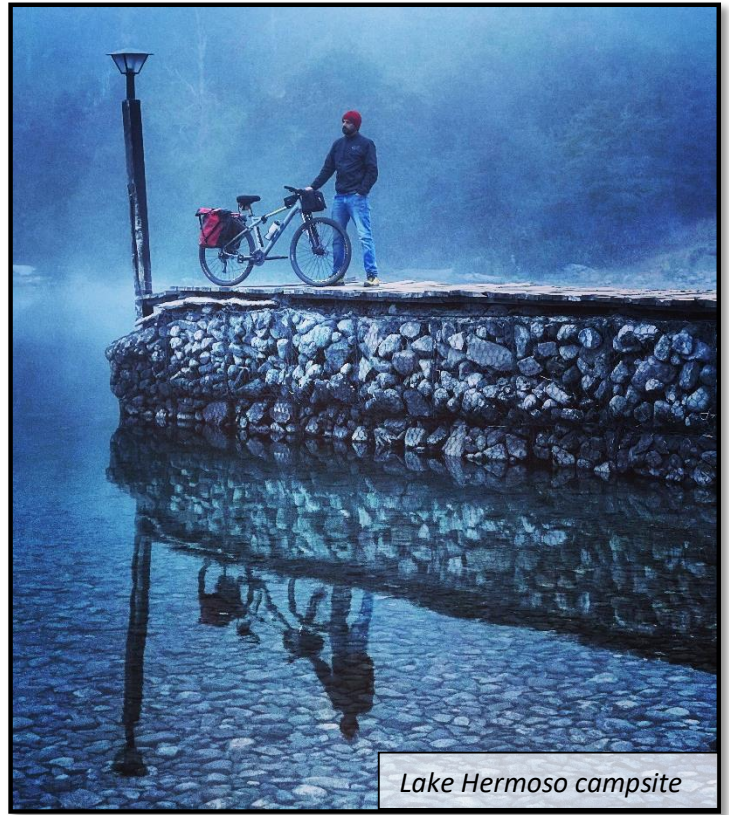


[View stage 4](#)





Lake Espejo viewpoint – 7 lakes road



Lake Hermoso campsite



Dublin Brewery – San Martín de los Andes

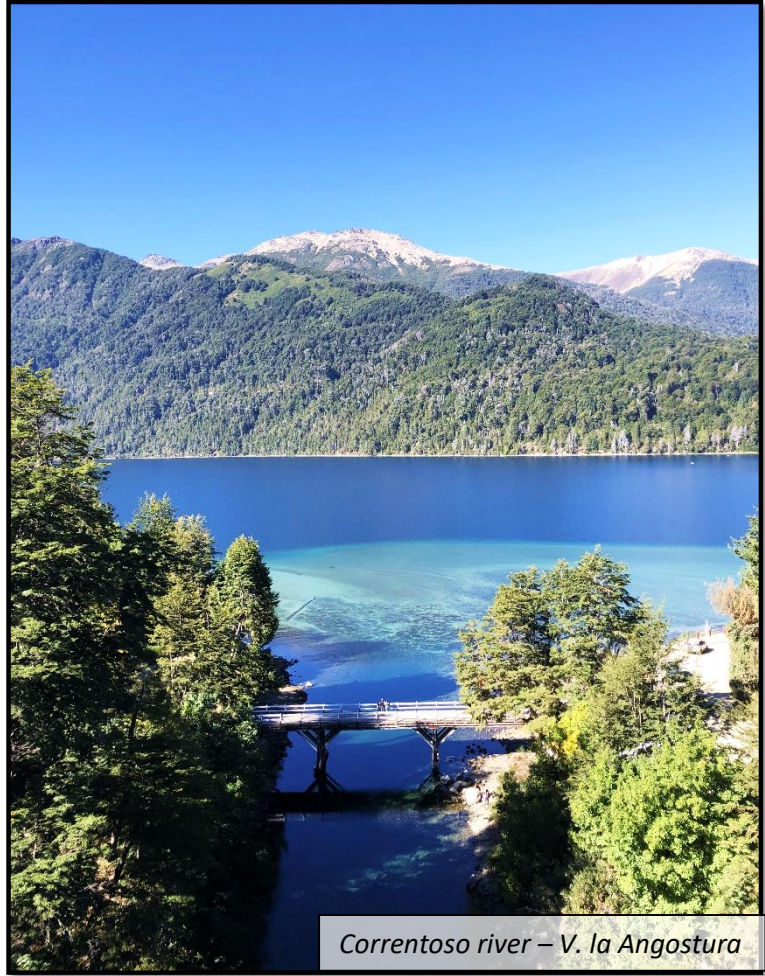


Pichi Trafal campsite





Ruca Malen river



Correntoso river – V. la Angostura



Flourished Lupinos – 7 lakes road



Lake Correntoso



## Route map

**Start:** Bariloche ([Patagonia Bike Trips](#))

**Finish:** [San Martin de los Andes](#) ([Puma Hostel](#))

**Stops:**

Day 1 – [Villa Llao Llao](#)

Day 2 – [Lake Correntoso](#) or [Lake Espejo](#)

Day 3 – [Lake Hermoso](#) or [River Hermoso](#)

Day 4 – [Puma Hostel](#) -[San Martin de los Andes](#)

**Total distance by bike:** 175 km

**Total distance by boat:** 25 km

**Start altitude:** 820 meters above sea level

**Finish altitude:** 590 meters above sea level

**Max altitude:** 1190 meters above sea level

The route must be done in a south-north direction, that is, from Bariloche to San Martín de los Andes

- 1- There are more meters of descent than ascent
- 2- The last 20 kilometers are 100% descent
- 3- It is easier to cross the myrtles forest in this sense.

**Stages are represented in different colors**

[Download route in .KML or .GPX from Mega](#)

[Download route in .GPX from RidewithGPS](#)





## Recommended clothing and elements

### CLOTHING

Sunglasses

Padded cycling shorts

Long-sleeved or thermal synthetic shirt

Lightweight and compactable down jacket

Micro fleece jacket

Sports or outdoor pants

Synthetic underwear

“Crocs” or sandals

Hydration bag (camelback)

Cycling gloves

Quick dry t-shirt

Waterproof windbreaker

Swimwear

Outdoor Shorts

Cycling socks

Light trekking shoes

Small backpack (max 20 lts)

### COOKING ITEMS (in case you plan to camp)

Metallic mug

Metallic or plastic plate

Lighter

Small rag or napkin

Plastic cup

Butane gas stove (**available for rent**)

Knife, fork, spoon

Aluminum pan

Swiss army knife

### HYGIENE AND PERSONAL ITEMS

Power bank (charged 100%)

Plastic / nylon bags (useful in case of rain)

Toothbrush and toothpaste

Sunscreen, lip protector

First aid kit - Painkillers

Microfiber towel

Soap and shampoo

Cash, iD, Passport, medical insurance

Toilet paper, wet wipes

### CAMPING ITEMS (in case you plan to camp)

Waterproof igloo tent (**available for rent**)

Sleeping bag (**available for rent**)

Camping mat (**available for rent**)

Flashlight (charged 100%)

### MAP AND NAVIGATION APPS:



[CLICK HERE TO SEE ALL OUR ROUTES](#)

GPS navigation in real time without connection – Maps, routes, trails, campsites and points of interest





## Download these 2 applications and plan your trip

Both apps work without internet connection (offline)

**Maps.me** works without an internet connection and has a very complete database of trails, tracks and roads. It also shows your position in real time wherever you are. It can read files in .KML format. It is user friendly, efficient and 100% free. Download our routes in .KML format from this link. [DOWNLOAD ROUTES IN .KML FORMAT](#)

**Ride with GPS** For advanced navigation we recommend this application. Offline navigation by image and voice, with altimetry, info on campsites, lodgings and services. In addition, all our [routes](#) are preloaded there. Supports .GPX files. It has a free subscription option for 30 days. Very simple interface to use. It works without internet connection. [CLICK HERE TO SEE OUR ROUTES](#)

Download both apps from these links: [RidewithGPS.com](#) y [Maps.me](#) available for Android - iPhone.



[Download app Iphone](#)

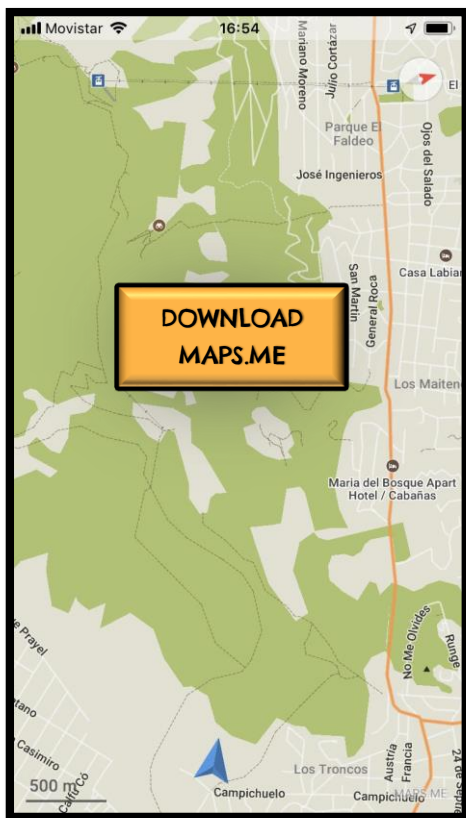
[Download app Android](#)



[Download app for Iphone or Android](#)



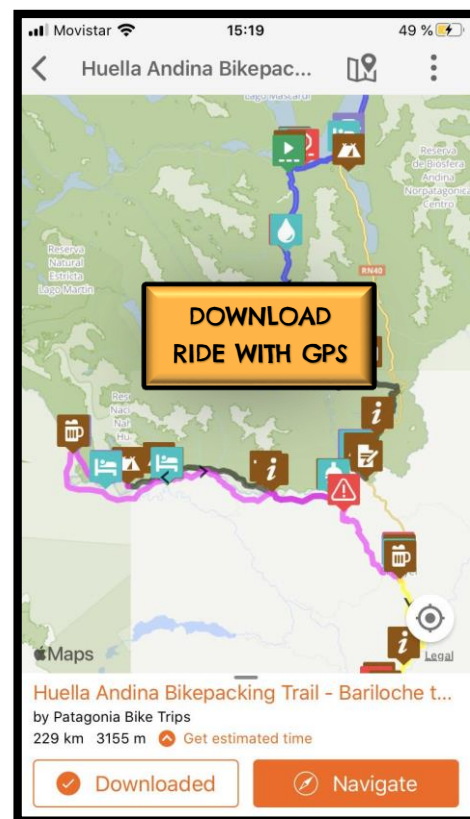
GPS navigation in real time without connection - Maps, routes, trails, bites, campsites and points of interest.



Maps.me | The main paved roads appear in orange. Secondary or gravel roads are shown in white. Trails, and singletracks in dotted black. The blue arrow indicates your position and orientation.

Ride with GPS | Navigate in real time, with altimetry information, suggested stops, campsites, supply shops and much more.

You don't need internet connection. All our routes are preloaded in the app. You can also download the routes and upload them to your Garmin, Polar or Sigma GPS.





## Important

Some dorms do not offer blankets and do not have heating. It is highly recommended to take a light sleeping bag for this tour. If you don't have one, you can rent it from us.

Avoid heavy and bulky clothing.

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

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

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

## Catamaran tickets and bus tickets to return to Bariloche

In high season (JANUARY and FEBRUARY) the catamarans that go to the Arrayanes forest and the buses that travel from San Martin to Bariloche are usually full. Remember to buy your tickets in advance.

## Luggage and cargo

Each cyclist will carry a set of panniers and a front bag on the bicycle to transport their clothing and personal effects. The rear bags have 25 liters each and the front bag has 5 liters. Sleeping bags can be secured on top of the rack. All our bikes travel with panniers. We do not authorize departures without proper cargo equipment. We do not authorize the departure of cyclists with big outdoor backpacks of more than 20 liters on their back for safety reasons.

Participants must carry all their personal items in the panniers, such as clothing, personal hygiene items, documentation and money.

We recommend bringing only what is necessary for the days of the journey. Each bicycle will be checked to ensure that it is carrying a reasonable load. We can send your excess baggage by transport to destination, or you can store it in our shop. We recommend you to see page 10 - [Suggested Items](#)

Rigid suitcases and rigid backpacks cannot be transported on the bicycle.

Sport handbags can be taken inside panniers. In this way, you will have your bag when you finish the journey and have to empty the saddlebags.

It is possible to send excess luggage from Bariloche to San Martin by transport at an additional cost.



## Bikes, accesories and cargo gear

### 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





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

## Bicycle CUBE Aim SL



27 speed (3x9)

Shimano Deore

Fork 100mm Suntour coil

Hidraulic brakes

Wheel size 29



## 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





## 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







## Cargo equipment

### Pannier kit and luggage rack

Halawa waterproof rear panniers . 25 litres each one

Front handlebar bag. 5 litres

Reinforced rear rack



Halawa 

<http://www.halawa.com.ar/>

Halawa is the N°1 Argentine Brand in bicycle bags





## Reviews & opinions



Road n°237 – Confluencia area



**Eimear Mckenna**

11 opiniones

★★★★★ Hace 8 meses

Me and my friend rented the bikes from Patagonia bike for the [Big Circuit](#) and for the [Cerro Tronador](#) routes. They made the bike rental very seamless and we were impressed by the professionalism. Lucas is also such a friendly guy, and he knows it all! Chatting to him about the routes before we left, the campsites, the bikes, put our minds at ease since we now had good knowledge of what to expect. I would definitely recommend renting through Patagonia bikes, it was the highlight of our trip!

[See more Google reviews](#)



Paso fronterizo Portezuelo – (O´higgins - Chalten)



**dallas mcleod**

1 opinión

★★★★★ 2 semanas atrás -

I rented a bike from Lucas in Bariloche for the [Carretera Austral](#) journey and dropped it off in El Calafate, which was a one month journey. Lucas provided exceptional service at a great price. He's very friendly and speaks near perfect English, which was very helpful. Totally recommend

(Traducido por Google)

Alquilé una bicicleta de Lucas en Bariloche y la dejé en El Calafate, que fue un viaje de un mes. Lucas brindó un servicio excepcional a un precio excelente. Es muy amable y habla un inglés casi perfecto, lo cual fue muy útil. Recomiendo totalmente 🍷

[See more Google reviews](#)



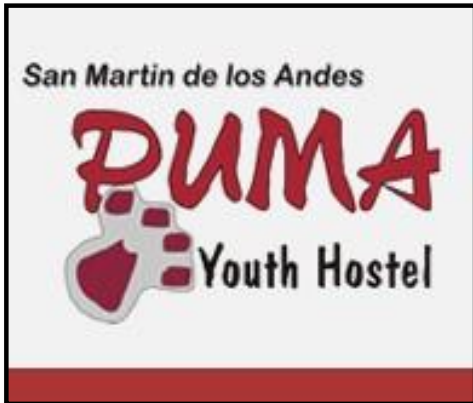


*TIP: If your trip ends in San Martín, book a room at the Puma Hostel, so you will be able to rest as soon as you finish your trip. You also get a discount on the drop-off.*

## Accommodation in San Martín de los Andes

Puma Hostel - <https://pumahostel.com.ar/> - Puma Hostel

Individual and shared rooms with private bathroom



When you arrive in San Martín you must return the bike at PUMA HOSTEL



Puma Hostel

Asunción Fosbery 535

Email: [puma@smandes.com.ar](mailto:puma@smandes.com.ar)

Linea fija (02972) 422443

Make your reservation at Puma Hostel, to get a 50% discount on the dropoff

IMPORTANT: Submit reservation before departure to obtain the discount.



Puma Puma Hostel San Martín de los Andes is located in a very quiet neighborhood a few blocks from downtown and the bus station. Warm atmosphere, full breakfast, wi.fi and parking.



Guillermo Cortez  
hace 1 día en Google

Excelente atención de todo el personal, limpio, ordenado.  
Todas las habitaciones cuentan con baño privado  
Volvería sin dudas

Tipo de viaje Vacaciones · Amigos

Habitaciones 5.0 Servicio 5.0 Ubicación 5.0

*TIP: download the videos to your cell phone. If you need them during the trip and you don't have connection, you can see them anyway.*

## Two things you must learn (before a bike trip)

Find more repair tips for cycling at [Park Tool channel](#)

Video available



### Flat tire

[DOWNLOAD VIDEO](#)

In this youtube tutorial we are going to learn to:

- 1- Remove the tube correctly from the rim.
- 2- Cleaning of puncture and patching the tube
- 3- Wheel assemble
- 4- Place the wheel correctly on the bike.

Video available



### Broken chain

[DOWNLOAD VIDEO](#)

There are 3 techniques to reconnect the chain

1. With a missing link
2. With spare bolt
3. With the same bolt

With the bike repair kit we deliver the CHAIN TOOL.  
We also put some spare chain links inside the tool bag

Chain tool



Tire repair kit



### IMPORTANT

We do not carry out rescues in the event of punctures, broken chains or falls. We carry out the corresponding and very meticulous maintenance of each unit and provide the tools, spare parts and knowledge so that every cyclist can move forward in the event of setbacks.

If a broken bike can't continue, we can send a replacement bike within the next 24 hs.

(NOT AVAILABLE IN CHILE)





## Inspiration

Throughout our lives we search for inspiration and ideas from people or organizations that refer to what we want to undertake. This is a small 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

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](#)



[Nitsche - Cycletouring bicycles](#)

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