

AIRELIBRE

# LAKE DISTRICT



# PATAGONIA

**DECEMBER 10TH - 17TH, 2024**

AIRELIBRE RUNNING & HIKING EXPERIENCE  
FALL / WINTER 2024

# Lake District, Patagonia

## ABOUT THE EXPERIENCE:

Join us for a unique running adventure in one of South America's most remote destinations. From coastal towns to snow-drizzled volcanoes, Pacific fjords, and lush rainforests, experience the finest of Chilean culture, cuisine, and nature. Explore Chile's Lake District, famed for alpine-inspired towns and stunning landscapes of deep blue lakes and snow-capped volcanoes.



# Lake District, Patagonia

## INDEX:

1. TECHNICAL DETAILS

2. OVERVIEW

3. HIGHLIGHTS

4. WEATHER

5. ITINERARY

6. INCLUDED / NOT INCLUDED

7. SUGGESTED PACKING LIST

8. PRICING

9. ACCOMODATION OPTIONS

10. YOUR HOST

11. BEFORE YOU TRAVEL



# Technical Details

**LOCATION:**

Patagonia, Chile

**DIFFICULTY:**

Nature's Rhythms (Intermediate)

**DAILY DISTANCE:**

Ranging from 4 to 16 km

**TRAVEL TO:**

El Tepual International Airport (IATA: PMC)

**TRAVEL DATES:**

Tuesday, December 10th to Tuesday,

December 17th, 2024



# Overview

An unparalleled journey through Chile's diverse landscapes. From coastal towns, snow-draped volcanoes, Pacific fjords, lush rainforests, and crystalline lakes nestled in the Andes mountains. This retreat promises an immersion into the heart of Chilean culture, cuisine, and nature at its zenith.



# Highlights

Immerse yourself in the vibrant world of Chilean culture, savoring traditional cuisine and embracing the wonders of nature.

Embark on diverse running and trekking adventures, exploring lush forests, waterfalls, beaches, towering volcanoes, and even glaciers, creating an unforgettable journey through Chile's diverse landscapes.

Take part in a hands-on experience with a traditional Chilean Curanto culinary session.

Enjoy an amazing run along the hidden beach of Chiloé National Park, where nature's beauty unfolds in a pristine coastal setting.

Conquer the trails with a run encircling the majestic Osorno Volcano, offering breathtaking views and a memorable challenge.

Set sail across the Chiloé Archipelago to witness the coastal wonders that define this captivating region.

Retreat to an Ecolodge with panoramic views of Lake Cucao, amidst nature's beauty.

[BOOK NOW](#)

# Weather

In December, the Lake District of Patagonia experiences the early days of its summer season, offering a unique and pleasant climate for exploration. Days are characterized by mild to warm temperatures, ranging from around 10°C to 22°C (50°F to 72°F). December generally sees increasing periods of sunshine and longer daylight hours. This time of year showcases the landscapes in full bloom, with vibrant flora and clear skies, providing a picturesque backdrop for outdoor activities and adventures.



# Your adventure itinerary

## DAY 1

ARRIVAL AT PUERTO VARAS – RESTING  
TIME AT CHEPU – WELCOME DINNER CE-  
REMONY.

Upon our arrival in Puerto Varas, we are greeted with a warm welcome. Afterward, we proceed to Chepu for check-in and a well-deserved rest in our cozy cabins, each accommodating 4 to 6 persons.

As the day unfolds, we will gather in the evening for a special welcome dinner ceremony at the charming Chimango CaraCara, setting the stage for the memorable experiences that await us.

**LUNCH & DINNER:** Included

**ACCOMODATION:** Chepu | 4 to 6 person shared cabins



## DAY 2

MORNING MEDITATION SESSION – 11KM  
CHEPU BEACH TRAIL RUN – SUNSET YOGA  
PRACTICE

The day begins with a stimulating meditation session taking place against the backdrop of the river, wetlands, mountains, and the coastal range. Following a delicious homemade breakfast, our journey will take us to the pristine Pacific Ocean beach with an 11km run navigating through dunes, wetlands, encountering the local fauna of cows, horses, and diverse birdlife.

Before our transfer to Chiloé Island, we will indulge in a very enjoyable brunch prepared by our welcoming local hosts. In the evening, we unwind with a relaxing yoga practice on the beautiful wooden deck, providing a spectacular panorama of the lake. This harmonious blend of nature and activities sets the stage for a memorable stay at Palafito Lodge.

**BREAKFAST, LUNCH, & DINNER:** Included

**ACCOMODATION:** Ecolodge - Palafito Cucao Lodge | 4 to 6 person shared cabins

# Your adventure itinerary

## DAY 3

MORNING COLD PLUNGE – COLE COLE  
12 KM BEACH RUN – SUNSET YOGA  
PRACTICE

Our journey this day will start with an energizing cold plunge, setting the tone for the views awaiting us at Cole Cole, the hidden gem of Chiloé National Park. As we embark on our 12 km beach run, we are greeted by the beauty of clear sands and the deep blue sea, embraced by the lush jungle that borders this pristine coastline. Our adventure begins with a scenic crossing of a small lagoon, marking our entry into this coastal paradise.

After immersing ourselves in the wonders of Cole Cole, we return to Chiloé to culminate our experience with a serene sunset yoga session at the Palafito terrace. Here, amidst the soothing sounds of crashing waves, we will relax and reflect on the day's adventures and take on the serenity of the moment.

**BREAKFAST, LUNCH, & DINNER:** Included

**ACCOMODATION:** Ecolodge - Palafito Cucao Lodge | 4 to 6 person shared cabins

## DAY 4

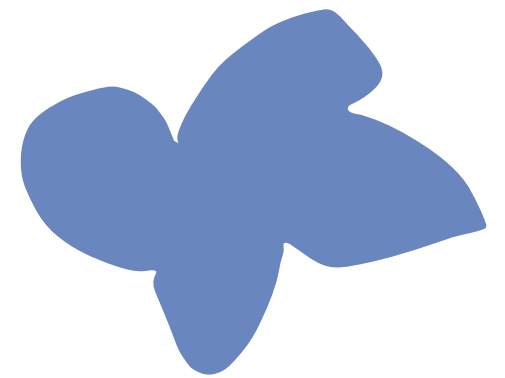
KAYAK RIDE – TRADITIONAL CHILEAN  
CURANTO CULINARY SESSION – SUNSET  
WATCH WALK

Today is dedicated to embracing the authentic rhythms of local life. In the morning, we embark on a tranquil kayak ride across the lake, immersing ourselves in the natural beauty that surrounds us. As the afternoon unfolds, we gather with the locals to partake in the time-honored tradition of preparing curanto, a quintessential Chilote dish cooked over hot stones in an earthy pit.

In the afternoon, we will have the option to go on a chill stroll to a scenic lookout point, offering a perfect vantage for witnessing the mesmerizing sunset. Later, we will unwind and indulge in the ultimate relaxation as we soak in a wood-fired hot tub with a captivating view of the lake.

**BREAKFAST, LUNCH, & DINNER:** Included

**ACCOMODATION:** Ecolodge - Palafito Cucao Lodge | 4 to 6 person shared cabins



# Your adventure itinerary

## DAY 5

### FERRY RIDE TO CHAITÉN VILLAGE – 3.6 KM PUMALÍN PARK TREK

Our day begins with an early rise as we embark on a scenic ferry ride bound for Chaitén village. From there, a picturesque 60-kilometer drive leads us to Caleta Gonzalo, a quaint seaside town nestled in the eastern expanse of Pumalín National Park. Here, amidst lush forests and cascading waterfalls, we will go on a 3.6 km trek, immersing ourselves in the pristine natural beauty that defines this remarkable park. m

**BREAKFAST, LUNCH & DINNER:** Included

**ACCOMODATION:** Cabañas Caleta Gonzalo

4 to 6 person shared cabins



## DAY 6

### OUTDOOR MORNING YOGA – 3.6 KM WATERFALL TREK – FERRY RIDE TO HORNOPIRÉN VILLAGE

Our day will kick off with a refreshing morning of outdoor yoga, setting a relaxed tone for a local 3.6 km trek where we will discover the beauty of a breathtaking waterfall in the heart of Caleta Gonzalo.

Venturing south, an extraordinary ferry ride through the fjords will guide us to the charming town of Hornopirén. Navigating through Hornopirén village, our journey will continue into the enchanting surroundings of the Puelo River, a Chilean watercourse with origins in Argentina, renowned for its picturesque beaches and natural wells.

**BREAKFAST, LUNCH & DINNER:** Included

**ACCOMODATION:** Cabañas Caleta Gonzalo

4 to 6 person shared cabins



# Your adventure itinerary

## DAY 7

### 16 KM OSORNO VOLCANO RUN – AFTERNOON AT PETROHUÉ LODGE

Our journey will take us to Puerto Varas for our final run, a remarkable 16 km route around the iconic Osorno Volcano. From the eastward hill of La Picada, we'll ascend gently through the forested terrain, reaching the edge of the vegetation near the renowned Paso de la Desolación. The majestic presence of the Osorno Volcano accompanies our every step, providing a breathtaking backdrop.

Our evening unfolds in the Petrohué Lodge, characterized by its traditional German architecture and offering views across the lake to the Osorno and Todos los Santos.

This peaceful luxury hotel not only provides a relaxing retreat but also boasts two swimming pools, allowing us to unwind and reflect on the beauty of the Patagonian landscape as our adventure comes to a close.

**BREAKFAST, LUNCH & DINNER:** Included

**ACCOMODATION:** Petrohué Lodge | Double shared rooms

## DAY 8

### FREE TIME AT PUERTO VARAS – FAREWELL AND SHUTTLE TO PUERTO MONTT AIRPORT

As we wake on our last day, the morning will grant us free time to wander and discover the captivating town of Puerto Varas. A chance to savor the local atmosphere and bid our own farewells to this enchanting place.

At noon, we will embark on a direct shuttle from Puerto Varas to the Puerto Montt airport, where we anticipate arriving by 14:00 hrs.

**BREAKFAST:** Included



# Included

- Transportation throughout the whole experience.
- Specially designed trails along the magical landscapes of the Lake District.
- Carefully curated culinary experiences.

*\*We can accommodate all dietary preferences.*

- Exclusively designed yoga and meditation sessions.
- All meals and accommodations for the duration of the experience.
- Entrance tickets to all national parks and attractions included in the experience.
- Knowledgeable and professional local guides.
- Aire Libre & partner brands merchandise.
- Complimentary La Familia Global Community Membership (\$ 25 USD value)

# Not Included

- Airfare for your inbound and outbound flights to Chile.
- Travel Insurance. We highly recommend securing personal travel insurance for your peace of mind.
- Alcoholic beverages and any additional meals beyond the provided ones.



# Suggested Packing List

- Running bottoms (shorts / tights).
- Long and short sleeve tops.
- Warm down jacket or polar fleece.
- Cool weather casual and sports clothing.
- Waterproof windbreaker jacket (compact).
- Sandals, bathing suit and quick-drying towel.
- Beanie and running gloves.
- 2 pairs of trail running shoes.
- Running socks.
- Multipurpose buff / bandana.
- Night Lamp or headlamp.
- Biodegradable sunblock, hat and sunglasses.
- Biodegradable insect repellent.
- Personal medical kit (recommendation with basic medicines for any ailment).
- Hydration vest or refillable bottles (2.5 L)
- Thermos for coffee or tea.
- Energy personal snacks (bars, fruits, nuts)
- Electrolytes
- Small water bag (cameras, phones, etc)\*
- Hiking poles\*.

\*Optional



# Pricing

**INDIVIDUAL BOOKING:** \$2,949 USD

**BOOKING IN PAIRS:** \$5,698 USD (Save \$200 USD)

Secure your spot with a 10% deposit

Payment installments available at Checkout

# Accommodation options

Throughout nights 1 to 6, indulge in the warmth of our comfortable cabins and ecolodges, each accommodating 4 to 6 people, ensuring a cozy and local atmosphere. Unwind in these thoughtfully designed spaces, each equipped with a private bathroom for your convenience. For our final night, we retreat to Petrohué Lodge, where cozy shared rooms accommodate 2 people.

Nestled between the snowcapped Osorno Volcano and the shores of Todos los Santos lake, this secluded gem offers panoramic views of the Patagonian landscape, complemented by the Lodge's two swimming pools.

Please refer to the itinerary for detailed information about the capacity available for accommodations on each night of the trip.



# Your Host

POLO PAVEZ



He can usually be found chasing sunsets in the Andes Mountains or biking in Santiago, Chile. He uses running as a tool to create space for mental health. He plans adventures and personal projects that focus on self-discovery, connectivity, education and caring for the environment. Polo loves connecting with people around the world and sharing experiences that create strong bonds and community. His love for nature has led him to raise awareness on the exploitation of ecosystems that affect access to clean water and support campaigns for animal advocacy.

To connect with Polo, you can find him on Instagram as [@polopavez](https://www.instagram.com/polopavez)

CLAUDIO ENRIQUE



The world of running, along with its rich culture, became the bridge connecting his soul's human experiences with the profound sense of service he aspired to fulfill. Initially, running served as a remedy for mental well-being, but it quickly transformed into a source of spiritual fulfillment. He envisions running not just as a personal pursuit but as a transformative experience that allows individuals to rediscover themselves. His vision transcends pretensions, measures, and stereotypes, fostering a sense of oneness within a diverse community moving in different directions and dimensions, ultimately forming a harmonious community.

To connect with Claudio, you can find him on Instagram as [@bendecidotodoeldia](https://www.instagram.com/bendecidotodoeldia)

# Before you travel

- Currently, Chile's international borders remain open.
- A valid passport is required for entry.
- Foreigners might be required to present a return ticket.
- A [temporary travel permit might be required](#) depending on your nationality

BOOK NOW



DO YOU NEED ANY ADDITIONAL INFORMATION?  
SCHEDULE A CALL WITH OUR TEAM!

CLICK HERE