



TRUANTS CYCLE ARGENTINA & URUGUAY

28TH JAN - 4TH FEB 2023

Zoom Information Call

GROUP FLIGHT DETAILS

**28TH
JAN**

OUTBOUND

London Heathrow - Buenos Aires
British Airways BA245
21:30 - #08:25 (arrive 29th)

Check in @ 18:30 Terminal 5

Luggage Allowance:

1 x checked in bag: 23kg (90 x 75 x 43cm)

Hand baggage allowance: 15kg (56 x 45 x 25cm)

**3RD
FEB**

RETURN

Buenos Aires - London Heathrow
British Airways BA244
15:25 - #07:30 (arrive 4th)

**If you have organised your own flights and have not already done so please email your full flight details to
Lucy!**

ARGENTINA & URUGUAY - WHAT TO EXPECT?

We have a fantastic mix of cycling across the 3 days - a real taste of the 2 countries and an insight into their culture. A couple of points to highlight below:

- It will be hot! Possibly a welcome relief from grey and wet January in the UK but we will be cycling in the heat - much like other Truants rides the heat will be part of the challenge. We recommend a cycling hydration pack to make sure you are able to stay on top of your fluid levels.
- Buenos Aires - city cycling. This will be a real tour of the highlights of the city and an insight into the different districts. For safety reasons we will be split into smaller groups for this to make sure we can stay together and with our guide.
- Uruguay - rural cycling. Uruguay has very lush, green countryside for us to explore in stark contrast to the hustle and bustle of Buenos Aires. The terrain is slightly undulating across the 2 days.
- Ferry crossing. On the way to Uruguay the crossing is 3 hours. On our return it is 1 hour 15 mins.
- Immigration. We need to formally cross the border in and out of Uruguay and so there may be delays etc - please be patient!



29TH JANUARY

DAY 1 : LONDON - BA

- Arrive @ 08:25 (Depart 28th Jan)
- Meet with Henk and our group team and then we have an approx. 1 hour transfer to our first hotel
- On arrival we will check in, drop our bags and then head down for our bike fitting - good to get this done so we can sort any issues ahead of the first day of riding tomorrow. Please ensure to bring down any of your own items - pedals etc to this fitting
- Lunch
- Free afternoon to explore - great location! Very easy to walk to various key spots and many bars etc just outside of hotel
- 18:30 ride briefing where we hear from Henk and our ground team about what to expect over the next few days
- Dinner



30TH JANUARY

DAY 2: BUENOS AIRES - TIGRE 51 KM

- Breakfast @ 07:45
- Cycling ready for 08:45 for warm up and morning briefing and reminders!
- Split into our cycle group to head off with our guides. (guides identifiable by coloured t-shirts). We will all be heading to the same sights and experiencing the same riding but for safety reasons small groups work well.
- Morning of exploring and experiencing Buenos Aires in all it's glory. 12km
- Lunch out by the famous BA food trucks
- We then head north out of the city centre and cycle down Avenida Libertador
- 39km to cover in the afternoon
- Arrive at our hotel in Tigre approx 17:30



31ST JANUARY

DAY 3: TIGRE - CONCHILLAS 60 KM

- Early start! Ferry crossing!
- Breakfast @ 05:45
- Cycling ready @ 06:30 - warm up and depart
- 8km ride to the port
- Immigration and check-in - customs
- The boat departs at 08:30 and so we must ensure we stick to our timings
- The crossing is 3 hours and the boat shall be quite an experience - it is fairly small and so our bikes will be going on the roof!
- We plan to arrive into Uruguay at 11:30 - we then have arrival immigration
- 12:30 we should be back on our bikes and begin exploring the countryside
- 19km ride to Zubizarreta Vineyards where we will have lunch and a wine tasting
- 33km in the afternoon to then arrive at Conchillas - basic lodges
- The evening will be a memorable experience with a large fire put, music and BBQ!



1ST FEBRUARY

DAY 4: CONCHILLAS - COLONIA 58 KM

- Breakfast @ 07:00
- Ready to ride @ 08:00 to head back out into the countryside
- Longer morning section split up with 2 break stops
- Gather together and enter the town as a group for the last 5km of the day
- On arrival straight to the pool deck for wine and lunch!
- Afternoon to explore the historical sights of Colonia
- Dinner at a restaurant a short walk from the hotel



2ND FEBRUARY

DAY 5: COLONIA - BUENOS AIRES 5 KM

- Breakfast @ 07:00
- Ready to ride @ 08:00 to head down to the Port - 1.8km.
- Check in and immigration for the return.
- 1 hour 15 minute crossing to take us back to Argentina!
- Short 3km cycle off the ferry over to our ride finish at our final hotel.
- Ditch the bikes and a free afternoon to explore a different area of Buenos Aires and do any final shopping
- Evening celebration meal



3RD FEBRUARY

DAY 6: BUENOS AIRES - LONDON HEATHROW

- Group flight airport transfer to depart @ 12:45
- 15:45 flight
- Arrive back to UK 07:30 on 4th Feb.



KEY KIT ITEMS!



HELMET

Make sure you bring your helmet! We advise you bring it in your hand luggage so it definitely gets through to Buenos Aires!



HYDRATION BAG

As we said it will be very hot when we are there - cycling in heat is a real challenge and so you **MUST** stay hydrated, there will be plenty of opportunity to top up water but we suggest you bring a hydration backpack like this - means you can **ALWAYS** access water.



EASY ACCESS KIT

There is a fairly generous hand luggage limit and so it is a good idea to stick a cycle jersey and shorts in your hand luggage so that you are definitely ready to ride in case of any lost luggage or issues!



BAG STORAGE

Whether you are extending your stay in Argentina or not there is an option to leave a bag in Buenos Aires for it to then be brought to the final hotel on the last night, we are in Uruguay for 2 nights and so you may find it easier to just bring a small bag for these days.

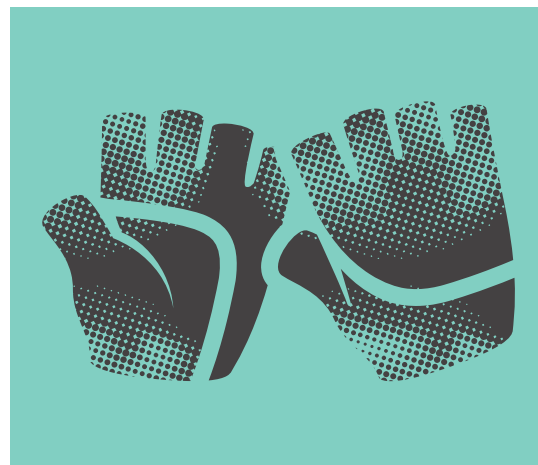
KIT LIST



Cycle jerseys/t-shirts. One per riding day due to the heat. Remember Helen will be handing out the team shirts at the airport!



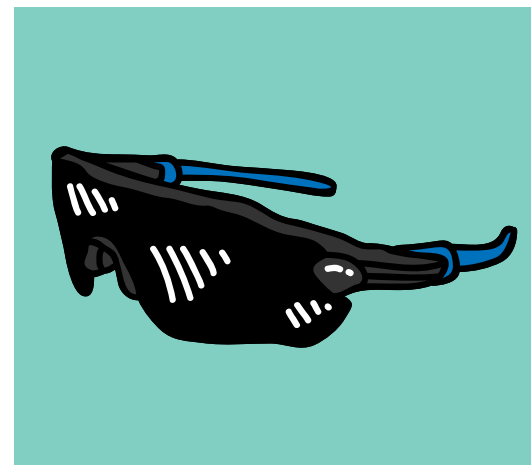
Padded cycle shorts



Padded cycle gloves - fingerless



A buff or bandana to protect the back of your neck from the sun whilst riding



Sunglasses



Helmet!



Casual clothes for exploring and evening meals



Swimwear for pools at the hotels



Trainers for cycling and flip flops for walking around/pool etc



Passport



Travel insurance details



Personal medical kit and any medication you require. Bug Spray!

CURRENCY/CARD/SPENDING

- £1 = 222.33 Arg peso
- The Argentinian economy is going through a very turbulent time and their inflation levels are one of the highest in the world.
- For most of the trip we recommend using credit/debit/cash currency cards as this will give you the best rate. There has been an exchange rate for foreign tourists introduced and Visa and Mastercard have signed up to the terms (AMEX have not).
- If you want cash for smaller items we suggest bringing small denomination US dollars - to wither use or exchange with our ground team.
- In Uruguay we also recommend using cards for purchases but again you can bring small denomination US dollars to use or exchange.
- Also a reminder that on these trips it is usually a good idea to stock up on Duty Free at the airport! We have one night where we are in a very rural area and so stocking up on supplies could be a good idea.