

Itinerary

March 25 - April 1, 2023

DAY 1 March 25

Arrive in Valparaiso, you'll fly into SCL in Santiago and be picked up for the 90 minute ride to Valparaiso.

INCLUDED: Airport pickup, yoga, welcome drink/reception, and dinner, free walking tour but you may tip the guide

Arrive in Valparaiso and check-in to the [Fauna Hotel](#), transport from the airport will be provided. Depending on your time of arrival, you will check-in and might have some free time before we meet for a guided afternoon city walk at 3 pm with Tours for Tips to get the lay of the land and stretch the legs. Some suggestions for your free time: get unpacked, take a short stroll of the area surrounding the hotel, grab a bite or coffee, anything to fight the jet lag and adjust to the time difference. We will have welcome drinks, snacks, and gifts at 6pm on the Fauna rooftop, followed by dinner and a briefing on the week and its activities. Get an early night before tomorrow's morning yoga session or take an after-dinner stroll if you'd like to see a bit of the city at night.

DAY 2 March 26

ACCOMMODATION: Fauna Hotel

ACTIVITIES INCLUDED: breakfast, group yoga, La Sebastiana tour (Pablo Neruda home) tour, lunch, dinner

Morning yoga and breakfast. The mornings can be cool in Valparaiso so bring layers! We will walk as a group to La Sebastiana, one of the homes of Chile's most famous export, the poet Pablo Neruda. The walk is a little less than 2 km from our hotel but uphill so we'll take some of the city's public transport elevators as part of our walk to La Sebastiana. After a morning exploring the home, we'll have a group lunch at a charming restaurant nearby. On the walk back to Fauna Hotel, we'll also explore some of the street art and walk through the El Museo a Cielo Abierto or "the open air museum" for more of Chile's famous street art. After our walk back to the hotel, you'll have a free afternoon to yourself until a group dinner at a local restaurant called Café Vinilo.

DAY 3 March 27

ACCOMMODATION: Fauna Hotel

ACTIVITIES INCLUDED: breakfast, Casablanca Valley wine tour (lunch included), afternoon yoga

This morning we'll start with breakfast on the hotel rooftop beginning at 8 but be prepared to leave the hotel for our Casablanca Valley wine tour at 9:30. We'll visit a few wineries to learn about the wine of this region and wine-making process and lunch will be included. We'll arrive back at the Fauna Hotel for a late afternoon yoga session at the beach or an outdoor setting, weather permitting, and a free night for dinner.

DAY 4 March 28

ACCOMMODATION: Fauna Hotel

ACTIVITIES INCLUDED: Guided hike La Campana National Park, breakfast, boxed lunch and snacks at park.

Today we will wake up early to leave for La Campana National Park (time is subject to move forward or backward by half an hour). A driver/guide will pick us up and we'll have a guided tour for a moderate hike within La Campana National Park to see palm trees, wildlife, a waterfall, and stunning views of the Andes and ocean. Boxed lunch is included. We'll return late afternoon and have some free time, then an easy yoga session at 5:30 to stretch it all back out before you have a free evening to go to dinner wherever you'd like! Recommendations available.

DAY 5 March 29

ACCOMMODATION: Fauna Hotel

ACTIVITIES INCLUDED: Morning yoga, breakfast, cooking class for lunch, dinner

This morning we'll have a short yoga session of about 30 minutes of yoga at 8:00, followed by breakfast starting around 9:00 and then we'll head to our cooking class for an 11 am start where we'll make the lunch and then eat! The cooking class will not be just our group because I thought it would be more fun that way. Free afternoon after that to do whatever you want, wander, nap, get a coffee, explore something you wanted to go back to, and then group dinner at a nearby restaurant.

DAY 6 March 30

ACCOMMODATION: Fauna Hotel

ACTIVITIES INCLUDED: morning yoga, breakfast, lunch, dinner, tram tickets, museum tickets

This morning we'll do yoga (time tbd), breakfast, and then a 2-hour graffiti tour at 10:30 am (free but you can tip the guide). We'll head back toward the hotel after the tour to decide on a place as a group for lunch. In the afternoon we'll head to nearby Viña del Mar, a resort city that is a 15 min ride away from Valpo on public trams with ocean views. We'll visit the Museo de Arqueología e Historia Francisco Fonck (there are statues from Easter Island there!), tool around Viña, and decide if we want group dinner there or back in Valpo.

DAY 7 March 31

ACCOMMODATION: Fauna Hotel

ACTIVITIES INCLUDED: morning yoga, breakfast, dinner, fine arts museum admission

OPTIONAL ACTIVITIES: Horseback riding, paragliding, or a Mapuche cooking class

For your last full day, we'll start with a morning yoga session (time tbd), followed by breakfast and then you'll be on your way to your predetermined optional activity for the morning or a free afternoon to explore something that has caught your eye! In the afternoon we'll head to the Palacio Barburizza (the fine arts museum). We'll have our final group dinner tonight!

Day 8 April 1

ACCOMMODATION: Depart Fauna Hotel

ACTIVITIES INCLUDED: Breakfast, yoga, transport to airport, Parque Tricao admission
Leave Valparaiso

Wake up for your last gentle rooftop yoga session and a late breakfast in Valparaiso. Everyone's flight is in the evening, but we have an airport transfer back to SCL is provided at noon with a stop along the way at an ecological reserve in the Valparaiso region called Parque Tricao. It has walking hiking paths, an aviary, a botanical garden, a garden inspired by Giverny (made famous by Monet). We'll spend some time there before heading to the airport in Santiago

Departure

Thanks for coming and I hope that you return home refreshed and with happy memories of Chile!

