

INSIGHT VACATIONS

Contrasts of Brazil & Argentina





KEY

① Central
Hotels + Nights

① Scenic
Hotels + Nights

● Place Visited

○ Optional Place
Visited

||||| Trip Option

🚢 Cruise

🚆 Train

✈️ Join/Leave Options

✈️ Included Flights

🏛️ UNESCO
Heritage Site

Day 1 | Welcome to Buenos Aires

Welcome to the sophisticated capital of Argentina, often affectionately dubbed the “Paris of South America”. On arrival, you’ll be transferred to your hand-picked hotel. Take time to settle in and unwind before joining your Travel Director and fellow travellers for dinner.

Meals: Dinner

Hotel: MGallery Palladio, Buenos Aires

Day 2 | Explore Buenos Aires

After a Relaxed Start, gain a deeper understanding of Argentina’s identity as you explore the capital with your Travel Director. A guided walking tour takes you through key Argentina attractions, to see Plaza de Mayo and Casa Rosada, the presidential palace, before visiting the Metropolitan Cathedral. Then, immerse yourself in Argentina’s grilling culture for lunch at Fogón Asado. This unique dining experience reimagines traditional parrilla cooking, with chefs preparing premium cuts over an open flame, right before your eyes - a contemporary take on one of Argentina’s most beloved culinary traditions. This reimagining of the traditional parrilla invites you to observe the techniques and traditions that shape Argentina’s approach to cooking. In San Telmo, experience an Insightful Encounter at El Viejo Almacén, one of the city’s oldest tango venues, where dancers bring this expressive art form to life.

Meals: Breakfast, Lunch

Hotel: MGallery Palladio, Buenos Aires

Day 3 | Into Argentina’s Pampas



Leave the city behind as you journey into fertile lowlands, the Pampas, for a visit to La Bandada, a traditional estancia nestled among open plains and native woodlands. This family-run ranch offers a warm welcome and a glimpse into gaucho heritage, with a lunch of regional specialities served in a relaxed, rustic setting. Later, personalise your experience with Insight Choice. Discover Argentina’s national sport with an introduction to polo, where you’ll learn about the rules, strategy and enduring popularity of the game (no riding required). Alternatively, step into the kitchen for a hands-on cooking class, where the estancia’s chef shares the secrets behind Argentina’s beloved empanadas.

Meals: Breakfast, Lunch

Hotel: MGallery Palladio, Buenos Aires

Day 4 | Iguazú National Park

Fly north to the province of Misiones, where the subtropical rainforest meets one of South America’s greatest natural wonders. The Iguazú River plunges into a series of nearly 300 individual cascades, creating the awe-inspiring Iguazú Falls – wider than Victoria and taller than Niagara. As you arrive in Puerto Iguazú, glimpse the region’s rich biodiversity and striking red earth. On the way to your hotel, you’ll visit a forest-sheltered local market that supports sustainable producers and celebrates regional traditions. Here, enjoy an Insightful Encounter as you discover the story behind Argentina’s most iconic drink - mate, a herbal infusion made from the native yerba mate plant. Learn why this energising tea is more than a beverage - it’s a daily ritual and a symbol of hospitality across Argentina. This evening, settle into your premium retreat and the only hotel located inside Iguazú National Park.

Meals: Breakfast

Hotel: Gran Meliá, Iguazú National Park

Day 5 | The Argentinian Side

Explore the Argentinian side of Iguazú Falls with your Local Expert, where a network of trails and walkways reveals the raw beauty of this UNESCO-listed site. Feel the spray on your skin as you approach the roaring Devil’s Throat, and witness the power of nature up close from multiple vantage points across the rainforest canopy and riverbanks. In the evening, visit a local finca for a dinner steeped in regional flavour. Set amid native forest, this rural hideaway showcases seasonal produce and time-honoured recipes, offering a relaxed and authentic taste of Misiones province under open skies.

Meals: Breakfast, Dinner

Hotel: Gran Meliá, Iguazú National Park

OPTIONAL EXPERIENCES:

Gran Aventura - Take an optional boat ride to the basin of Iguassu Falls. This experience delivers the essence of the national park as all-terrain vehicles take you through the subtropical forest to the banks of the Iguazu River. From there you will board special high-speed boats that will take you on an unforgettable experience near the thundering cascades.

Adult: 111.00 USD

Day 6 | Off to Rio de Janeiro



Wake inside Iguazú National Park and enjoy breakfast overlooking the rainforest canopy. Cross into Brazil with your Local Expert for a guided visit to the eastern side of the falls. The trail is shorter, but the perspective is broader. Here you can see the entire waterfall system at once, including San Martin Island, from panoramic viewing platforms. Board your flight to Rio de Janeiro, where your hotel sits just moments from Copacabana Beach, one of the most famous attractions in Brazil. This iconic stretch of coastline has shaped the city's image for generations. From the rooftop, watch the sun dip behind the mountains, or head out to explore the rhythm of local life in the surrounding streets.

Meals: Breakfast

Hotel: Hilton Copacabana, Rio de Janeiro

Day 7 | Sightseeing in Rio

Explore Rio de Janeiro with your Local Expert, discovering neighbourhoods and landmarks that reveal the city's history, culture and striking natural setting. From colonial streets to coastal viewpoints, gain insight into the contrasts that shape life in Brazil's most iconic city. Enjoy Fast Pass Access as you ride the cable car to the summit of Sugarloaf Mountain for panoramic views across Guanabara Bay and the surrounding peaks. For a MAKE TRAVEL MATTER® Experience, dine at a non-profit restaurant turning food waste into impact. This evening, perhaps join an Optional Experience blending bold Brazilian flavours and live performance at the atmospheric Aquele Abraço.

Meals: Breakfast, Lunch

Hotel: Hilton Copacabana, Rio de Janeiro

OPTIONAL EXPERIENCES:

Dinner and Show at The Roxy - In one of Rio de Janeiro's most atmospheric venues, savour bold Brazilian cuisine created by Chef Danilo Parah, served within a beautifully restored cinema. As you dine, enjoy a captivating live show by Abel Gomes, the creative force behind Rio 2016's ceremonies, celebrating music, dance and tradition from across the country.
Adult: 180.00 USD

Day 8 | Explore Rio de Janeiro

With your Local Expert, travel to the summit of Corcovado Mountain for a close look at Christ the Redeemer. Unveiled in 1931 after nearly a decade of construction, this monumental statue has become one of the most recognisable landmarks in the world. Learn how its design blends engineering innovation with national identity, and take in views across Rio's natural amphitheatre of sea, mountain and city: a highlight among the many unforgettable things to do in Brazil. Later, sit down to a traditional Brazilian barbecue at Assador Churrascaria. The rodízio dining style, where servers bring grilled meats directly to your table, reflects the country's long-standing love of communal meals. Located beside Guanabara Bay, the restaurant pairs classic dishes with one of Rio's most scenic settings.

Meals: Breakfast, Dinner

Hotel: Hilton Copacabana, Rio de Janeiro

Day 9 | Depart Rio de Janeiro



It's time to say goodbye to your fellow travellers as your trip comes to an end. You can take an organised transfer to Rio de Janeiro's Antônio Carlos Jobim International Airport or continue your exploration of Rio de Janeiro at your leisure.

Meals: Breakfast

This document was last updated 25 September 2026.

While all information is correct at the time of publication, occasionally details or timings may differ.

Please refer to our website or speak to your Travel Director for the latest updates.