The Pampas & the Atlantic Coast

**Why Go?**

The seemingly endless fertile grasslands that make up the pampas financed Argentina’s golden years over a century ago, and the area is still the nation’s economic powerhouse, producing most of Argentina’s famous beef.

These humble pampas are often overlooked by travelers, but there are hidden gems here and there. A visit to lovely San Antonio de Areco offers a taste of living gaucho culture, while the picturesque hills around Tandil and Sierra de la Ventana offer plenty of opportunities for outdoor recreation. And the Atlantic coast’s bustling beaches make a great escape from Buenos Aires’ summer heat.

You can also spend a few days in one of the region’s many historic estancias (ranches), where the huge sky and faded elegance of Argentina’s past can all be experienced first-hand.

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**Best Places to Eat**
- Época de Quesos (p130)
- El Viejo Hobbit (p139)
- Los Troncos (p136)
- Taberna Baska (p144)
- Cervecería Modelo (p120)

**Best Places to Stay**
- Villa Nuccia (p144)
- Hotel Água Pampas (p132)
- Paradores Draghi (p123)
- Hotel Sirenuse (p144)
- Estancia Ave María (p127)

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**When to Go**

**Mar del Plata**

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**Jan–Feb** Summer means great weather for the beach resorts, though prices and crowds skyrocket.

**Oct–Nov & Mar–Apr** Spring and fall are fine times to explore Tandil and Sierra de la Ventana.

**Early Nov** The gaucho celebration Día de la Tradición takes place in San Antonio de Areco.
The Pampas & The Atlantic Coast Highlights

1. Soak up the sun and crowds in the Atlantic Coast’s largest city, Mar del Plata (p139)
2. Peek through a natural rock ‘window’ atop the mountain Cerro de la Ventana (p132)
3. Go gaucho in San Antonio de Areco (p122), the Pampas’ prettiest town
4. Sample some country life – and deli meats and cheese – in Tandil (p125)
5. Go windsurfing, kiteboarding or cycling in the beach resort of Pinamar (p135)
6. Explore the lagoon, spot flamingos or just chill out in Mar Chiquita (p138)
7. Join the masses on their holy pilgrimage to Luján (p120)

The rich soil and lush natural grasses of the northern pampas make it Argentina’s best cattle-raising country. The region yields plentiful hides, beef, wool and wheat for global markets, stamping Argentina on the world’s economic map.

From the mid-19th century the province of Buenos Aires was the undisputed political and economic center of the country. When the city of Buenos Aires became Argentina’s capital, the province submitted to national