



SOFÍA CAVES HIKE

Sofía Caves with Paleolago Viewpoint

<i>Difficulty</i>	Low.
<i>Hiker's level</i>	Low.
<i>Duration</i>	Approximately 2,5 hours, depending on walking speed.
<i>Route</i>	Approximately 5 kilometers with altitudes ranging from 59 to 293 meters.
<i>Season</i>	From November to March.
<i>Price</i>	USD 13 / per person.
<i>Description</i>	This route is ideal for family outings, including children, as it offers an easy-level trek. During the gentle ascent, you can enjoy an impressive view of the ancient lake, Laguna Sofía, and the Prat Mountain Range. Additionally, Cave 4 of Laguna Sofía served as an ancient den for the Patagonian panther during the Pleistocene era, with a depth of 6 meters. In this cave, remains of the ground sloth, saber-toothed tiger, guanacos, and other small species have been found.
<i>Signage</i>	The trail is fully marked with signs and markers to ensure clear and safe navigation. In addition, a GPX file is provided for import into GPS applications, making it easier to track the route and provide an additional reference during the trek. This ensures that hikers can stay on the right path and enjoy the experience without worries about navigation.
<i>What to wear</i>	It is suggested to wear suitable footwear for walking on varied terrains, comfortable and weather-appropriate clothing, sun protection (hat, sunglasses, sunscreen), water, and snacks to stay hydrated and energized during the journey. Additionally, a lightweight backpack and hiking pole can be helpful.
<i>Transfers</i>	Service available upon request, not included in the entrance fee.
<i>Additional Information</i>	Hiking trail is self-guided.

