

Mendoza Travel Experiences Guide 2025/2026

Designed to inspire you to discover the best of the province.

Stories Told Through Flavor: Winery Experiences

Visiting wineries in Mendoza is about much more than tasting wine—it's about connecting with the soul of this land. From the historic wineries of Maipú to the modern architectural gems of Uco Valley, each visit reveals breathtaking landscapes, aromas, and traditions. Classic tours include visits to three wineries within the same region, guided tastings, and a multi-course gourmet lunch paired with house labels.

Luján de Cuyo, known as the "cradle of Malbec," is home to some of the region's most iconic wineries, while the southern part of Uco Valley (Tunuyán and San Carlos) features cutting-edge architecture and world-renowned high-end wines. In Maipú, wine tourism intertwines with local history, olive groves, and traditional cuisine. Special experiences include blending games, vineyard picnics, cooking classes, and evening visits with dinner.



Best for:

Wine lovers and gourmet travelers.



Best time to visit:

Year-round (with stunning winter landscapes).



What to bring:

Sunglasses, layered clothing, closed shoes, camera.



Olive Aromas: Olive Oil Experiences

Just minutes from Mendoza city, Maipú offers another local treasure: olive oil. Visiting local olive oil producers gives you insight into the entire process, from grove to bottle, and includes tastings of varietal oils known for their intensity and aroma.

Some tours combine the olive experience with a nearby winery and wine-paired lunch, creating a full culinary journey.



Best for:

Culinary explorers, lovers of local products.



Best time to visit:

Spring and summer.



What to bring:

Hat, comfortable clothes, reusable water bottle.

Vineyards on Wheels: Winery Biking Tours

Biking through Mendoza's wine country is a fun and active way to explore its flavors. In towns like Chacras de Coria and Vistalba, south of the city, bike paths connect various wineries. The route includes tastings and a wine-paired lunch at one of the stops.

These experiences combine gentle exercise with rural landscapes, colonial architecture, and gourmet proposals. Bikes are adapted to each traveler's profile, and the tours are guided by local experts.



Best for:

active travelers,
couples, small groups.



Best time to visit:

spring and fall.



What to bring:

closed shoes,
sunglasses, sunscreen.

Thermal Waters in the Andes: Cacheuta Hot Springs

Just 40 minutes from Mendoza city, the Cacheuta hot springs complex is an ideal setting for relaxation. Nestled between the Mendoza River and the foothills, the natural stone pools and thermal baths at varying temperatures, along with a full spa circuit, offer the perfect escape.

The facility offers lunch options, panoramic views, and serene rest areas—great for a half-day nature and wellness break.

**Best for:**

couples, wellness
travelers, older adults.

**Best time to visit:**

fall, winter, and spring.

**What to bring:**

swimsuit, towel, flip-flops, sunscreen.

Cooking in the Vines: Culinary Classes

Several wineries in Mendoza open their kitchens to visitors for a hands-on culinary adventure. In regions like Maipú, Luján de Cuyo, or Uco Valley, you can cook alongside local chefs and discover regional flavors—Mendoza-style empanadas, grilled meats, sourdough breads, and more.

Experiences typically begin with a vineyard tour and ingredient harvesting from the garden, followed by the cooking session and a paired lunch.

**Best for:**

foodies, amateur cooks,
couples.

**Best time to visit:**

all year.

**What to bring:**

comfortable clothes,
curiosity, and appetite.



Urban Postcards: City Tours & Cultural Life

Mendoza city is a modern oasis in the desert. Its plazas, canals, markets, and architecture are best explored on foot, by bike, or with a private guide. Tours blend history, gastronomy, street art, and wine—and can even include lunch at a nearby winery.

Highlights include General San Martín Park, Sarmiento pedestrian street, the historic downtown, local museums, and Chacras de Coria. A perfect way to start your journey and get a feel for the region.



Best for:

first-time visitors,
culture lovers.



Best time to visit:

year-round.



What to bring:

comfortable shoes,
water bottle, hat.



Ancestral Encounter: Huarpe Community

In the arid north of Mendoza, in Lavalle, lives the Huarpe indigenous community. Visiting Altos Limpios offers the chance to learn their customs, walk among dunes, share a traditional meal, and hear stories that keep their culture alive.

Tours include gentle hikes, ceramic or medicinal herb workshops, and meaningful cultural exchange moments.

**Best for:**

conscious travelers,
families, students.

**Best time to visit:**

fall, winter, spring.

**What to bring:**

comfortable clothes,
sun protection,
respectful attitude.

Mountain Ranches: Nature, Tradition & Fresh Air

At the foot of the Andes, between Tupungato and Potrerillos, you can enjoy a country day on traditional mountain ranches. With creole-style lunches, horseback rides, scenic walks, and pure relaxation, spots like Rancho e' Cuero, San Ignacio, or Vivacs del Plata offer exclusive experiences immersed in nature.

Some stays include overnight accommodations, guided activities, and meals prepared with fresh local products.

**Best for:**

rural tourism lovers,
families, authenticity
seekers.

**Best time to visit:**

spring, summer, and
fall.

**What to bring:**

layers, trekking shoes, a
spirit of disconnection.



A Snowy Day: Winter for the Whole Family

In July and August, Mendoza offers snow play without needing to ski. At family-friendly spots like Vallecitos (Luján de Cuyo) or Penitentes (Las Heras), enjoy sledding, snowshoeing, or just playing in the snow with the Andes as your backdrop.

Packages usually include transportation, assistance, and optional gear rental.



Best for:

families, friends, winter travelers.



Best time to visit:

July and August.



What to bring:

waterproof clothes, gloves, hat, boots.

Adventure in the Andes: High-Energy Experiences

For thrill-seekers, Mendoza offers **rafting** on the Mendoza River (Potrerillos), **trekking** in Aconcagua Park, **horseback riding** in the foothills, **rock climbing**, **stand-up paddleboarding**, and even **sailing**. All activities are guided by certified professionals and suited to different experience levels.

Whether it's a full-day hike or a multi-day expedition, adventure is part of Mendoza's DNA.



Best for:

athletes, nature lovers, explorers.



Best time to visit:

summer, fall, spring.



What to bring:

backpack, hiking shoes, reusable water bottles.

Sustainable Tourism: Caring for What We Love

Every activity in Mendoza depends on its most vital and fragile resource: water. That's why many tourism experiences are now designed with sustainability in mind—from responsible water use at wineries to biodegradable packaging, eco-conscious suppliers, and low-impact travel options.

By choosing mindful tourism, you not only enjoy the experience—you help preserve it. At SAK Wine & Travel, we're committed to creating journeys that care for natural resources and promote responsible travel.



Discover Mendoza

We hope this guide inspires your next adventure in Mendoza. From the rich flavors of its wineries to the serene beauty of the Andes, and the vibrant culture of its cities, Mendoza offers a unique blend of experiences for every traveler.

Plan your trip with SAK Wine & Travel and embark on a journey that combines unforgettable moments with a commitment to preserving the natural beauty and cultural heritage of this incredible region.

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