



VIK RETREATS JOSÉ IGNACIO  
URUGUAY

# WHAT TO DO IN JOSÉ IGNACIO

SUGGESTED ACTIVITIES - SEASON 2022-2023



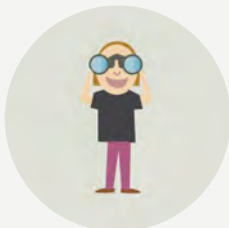
WINES & FOOD



HORSEBACK RIDING  
& POLO



WILD NATURE  
& SPORTS



DAY TOURS



SHACK YOGA  
& WELLNESS CENTER

Prices do not include any applicable taxes. Activities can be cancelled up to 48 hours in advance with no penalty. For any cancellation received within 48 hours prior to the activity or no show, a cancellation fee of 50% shall apply.



## LA SUSANA BEACHCLUB

Sit in the shade of the bamboo pergolas with feet in the sand to enjoy the best local cuisine and great music, with the always privileged view of the sunsets over la Mansa. Open for lunch, cocktails or dinner. This Vik Retreat is a "must see" every time you visit José Ignacio!

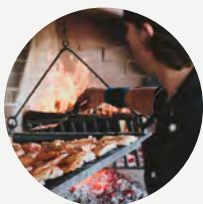
---



## CIELOMAR at Playa Vik José Ignacio.

Indulge your senses at Playa Vik with its delicate 100% gluten free menu and the signature fish BBQ along with a wide selection of Vik wines. The sunset views from CieloMar have been described as one of the best in the planet!

---



## FISH BBQ

Delicious fish and seafood BBQ at Playa Vik to witness some of the best sunsets in the world. Friday night.

---



## ZODIACO at Bahía Vik José Ignacio.

A bistro to enjoy contemporary food, showcasing the freshest ingredients of José Ignacio. A simple, comforting menu, open for lunch & dinner with stunning views of the ocean.



## EL ASADOR

at Estancia Vik José Ignacio.

Experience the most authentic Uruguayan BBQ and delicious local food in the most fantastic setting, where gaucho tradition goes hand in hand with contemporary Uruguayan art.

---

## BBQ



Nothing better than a real Uruguayan asado at Estancia Vik. Sit inside our parrillero with the traditional tin walls and fogón (central open fire) or in the galleries around it. Tuesdays and Saturdays.

---

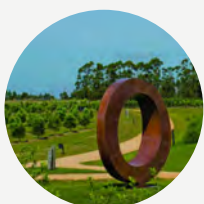
## WINE TASTING AT ESTANCIA VIK



Taste the world-acclaimed Vik wines in the privacy of the barreled brick wine cellar and its stunning table, made of one piece of cinnamon log. Cheese platter included.

---

## OLIVE OIL TASTING AT O33



Visit the olive mill where world acclaimed "O'33" extra virgin oil is produced followed by a walking tour of the "finca". Back in their terrace, taste a complete selection of oils, together with homemade bread and a glass of wine while you enjoy the stunning landscape of the olive trees plantation.



## COOKING CLASS: COOKING WITH FIRE IN THE FOREST



This culinary experience takes place in a secret spot in the middle of the forest or countryside where you will learn first hand how Uruguayans cook their meats and vegetables with fire! Iron pots, parrillas, griddles, coals and wood will be the stars of our evening... Organic vegetables, fresh fish or our traditional beef, you will be able to prepare a main course the Uruguayan way! An unforgettable evening.  
**DURATION | 4hrs.** Transfer not included.

---

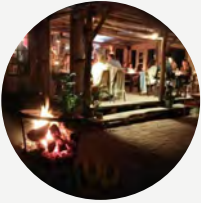
## COOKING CLASS AT THE HOME OF A LOCAL CHEF



For those interested in going beyond mere tasting. This hands-on experience takes place within an informal atmosphere, at the home of a local chef, along with a glass of good wine. You will learn about Uruguayan best products, how to cook them and the local traditions of our country! Participants will be able to prepare the complete menu (pre-selected by our chef taking into consideration guests' food restrictions and personal taste).  
**DURATION | 4hrs.** Transfer not included.



## JUANA



Small and cozy restaurant located in La Juanita, Bahia Vik's neighborhood. Simple and carefully selected menu, elaborated with local products, fresh herbs and local fish. Nice cocktails bar and craft beers.

Open for dinner | @juanacocinabar

---

## LA OLADA



Another intimate restaurant serving simple comfort food in Bahia Vik's neighborhood. The owner - a fisherman - offers fresh fish from his own daily catch.

Open for dinner | @laoladarestaurant

---

## CRUZ DEL SUR



Cruz del Sur owns a lovely organic farm 5 kilometers from downtown José Ignacio and they use their own products on their farm to table restaurant.

Open for lunch and dinner | @cruzdelsurfarm

---

## LA HUELLA



Parador La Huella, is a breezy seaside grill right on Brava Beach. Casual and simple food in the village of José Ignacio, a few steps away from the lighthouse.

Open for lunch and dinner | @lahuella.parador

---

## SOLERA. VINOS Y TAPAS



One of the largest collections of top Uruguayan and South American wines, only a few steps away from Bahia Vik. The extensive wine list is paired with delicious tapas.

Open for dinner | @soleravinosytapas



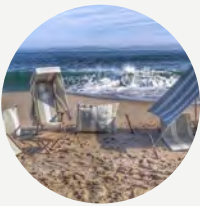
## MOSTRADOR SANTA TERESITA



Vegan and vegetarian friendly spot...perfect for breakfast, lunch and afternoon snacks. A modern version of the classic "rotisseries" in a large and open space with large communal tables. Run by the famous Argentinean Chef Fernando Trocca. Open for lunch | @santa.teresita

---

## CHIRINGUITO MALLMANN



The renowned Chef Francis Mallmann created a beachfront open-flame restaurant with a boho style. Beautiful and laid-back atmosphere where you enjoy your meal toe on sand. Open for lunch | @chiringuitofrancismallmann

---

## RIZOMA



This café is set inside a distinctive rust-hued cube surrounded by towering trees. Is a small, self-contained world, complete with a bookstore and a ceramic gallery. Open for lunch | @rizoma.lajuanita

---

## MARISMO



Located under beachey palm trees in a private whimsical garden lit solely by candles and fire. Everything is cooked on a single wood-fired grill. Be sure to try the lamb! Open for dinner | @restaurantmarismo

---

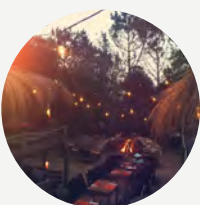
## DESTINO SUSHI



Sushi bar in La Juanita. Open for dinner | @destinosushiwok

---

## NAMM



Located in a dense pine forest on the outskirts of José Ignacio. Huts with thatched roofs, wooden bridges and dim lighting create a unique ambiance for this restaurant. Open for dinner | @namm.joseignacio



What to do in José Ignacio

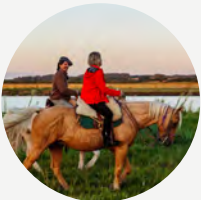
# HORSEBACK RIDING & POLO



## HORSEBACK RIDING

Our gauchos will take you for a 1-hour horseback riding experience at Estancia Vik.

---

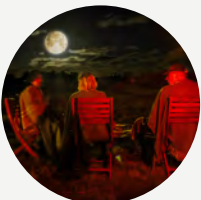


## HORSEBACK RIDING LESSONS

Master your horseback riding skills with one of our gauchos at the outstanding Estancia Vik's arena. Find the perfect connection between rider & horse.

**DURATION** | 1 hour lesson.

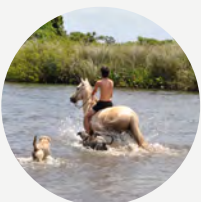
---



## FULL MOON HORSEBACK RIDE

Lucky to be staying with us during a full moon night? Participants will meet at Estancia Vik's stables at 7 pm. Ride starts just before sunset so as to reach an amazing corner of the José Ignacio River and experience the magnificence of the full moon rise. There will be plenty of good wines and traditional Uruguayan food.

---



## HORSEBACK RIDING & SWIMMING WITH HORSES IN THE RIVER

If you are looking for adventure, come and join our team on an unforgettable experience! Ride and swim with the horses at the stream.

Optional: After swimming enjoy a picnic under the shade of the local trees.



## What to do in José Ignacio HORSEBACK RIDING & POLO



### POLO LESSON

Ready to practice one of the most iconic sports in South America? Let us know! Our team will teach you the tips and tricks of our beloved "sport of kings".

**DURATION** | 1 hour lesson.

---



### STICK & BALL

Get on the horse and learn how to hit the ball with the mallet as professional polo players do it!

**DURATION** | 1 hour lesson.

---



### CHUKKER

Do you want to experience being a Polo player? Each polo game is divided in 4 chukkers, 7 minutes long. In these minutes you will get to put your talents to the test!

---

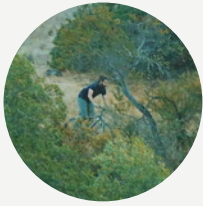


### POLO EXHIBITION

See how professional players have fun at Estancia Vik's polo field in a 30-minute exhibition.

Optional: an authentic Uruguayan open bar with empanadas





## BIKING

Biking right in the heart of the Uruguayan countryside, in the open fields of the Estancia Vik. Complimentary service.

---



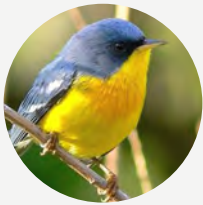
## HIKING TO THE ROCHA LAGOON

The hike starts at the lighthouse of La Paloma and goes along the coast of this semi-freshwater lagoon that constitutes a bird paradise with more than 200 species. The hiking includes lunch at "Cocina de La Barra", a small restaurant managed by the wives of the fishermen, meet a local angler who will take you on a boat trip along the lagoon.

Includes: Transfers, guide, boat trip, and light lunch.

**DURATION | 4-6 hrs.** Transfers included.

---

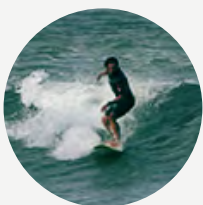


## BIRD WATCHING

Uruguay is a small country with many birds, 480 species recorded. For birders visiting the region for the first time, the list of potential lifers is particularly lengthy. Enjoy a birdwatching tour along the eastern wetlands and coastal lagoons with one of our knowledgeable guides!

**DURATION | 3 hrs.** Transfer included.

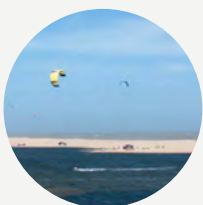
---



## SURF LESSON

Held at La Brava Beach.

---



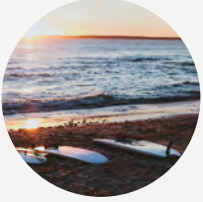
## KITE SURF

1 hour lesson developed in the Garzón Lagoon.

**DURATION | 1h30 lessons.**



## What to do in José Ignacio WILD NATURE & SPORTS



### STAND UP PADDLE

Learn how to practice stand up paddle or get the best out of your experience!

---



### TENNIS

Have fun in our grass tennis courts located at Estancia Vik (complimentary use) or let the experts teach you how to do it.  
**DURATION** | 1 hour lesson.

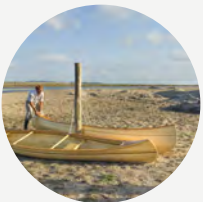
---



### “VIKLEDON”

During summertime, Vikledon takes place at Estancia Vik! Guests are invited to participate on the doubles tennis tournament. After the matches end, a trophy award presentation will take place for some laughs and drinks. Dress code: white. Only peak season.

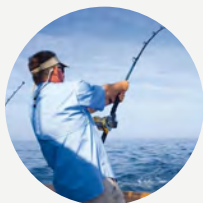
---



### KAYAK

Kayaking at the stream of Estancia Vik. Complimentary service.

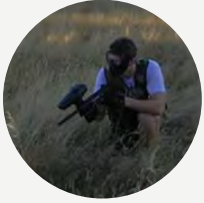
---



### FISHING

Guests will be meeting at 7 AM at José Ignacio fishing port. Once there, the experienced Maestro, will explain local fish and start the open sea adventure. He will teach how to clean the fresh fish and guests will be invited to eat their picks that evening at the hotel.

**DURATION** | 4 hours.

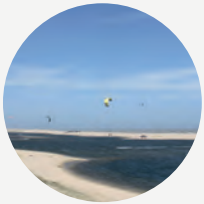


## PAINTBALL

As soon as teams are equipped, each one will be left in different parts of Estancia Vik native forest. First team to paint-kill their opponents wins! Minimum of 6 people over 12 years old.

**DURATION | 1 hour.** Available only to individuals aged 13 years or older.

---

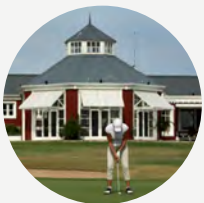


## ATV TOUR TO "EL CARACOL"

The day begins with an ATV ride along Camino de las Portuguesas and down to the coast bordering the lagoon strip of the natural reserve of Laguna Garzón. After crossing the circle bridge, we will arrive to the protected area of "El Caracol" and enter the forest by a trail of "acacias", cactus and local native plants before arriving to the northernmost point of the Lagoon. We will return along the coast to José Ignacio. Starting point: José Ignacio Lighthouse.

**DURATION | 2 hrs.**

---

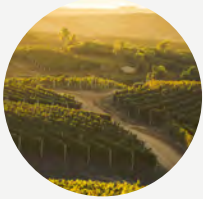


## GOLF

At la Barra Golf Club. Price may change according to the season & specific dates.



## BIKE TOUR GARZÓN



The guide will pick you up at the hotel and take you to the sleepy town of Garzón. You will start biking around the main square, chapel and train station before continuing to Garzón Winery. You will be amazed by the views of the vineyards located within rocky hillsides. Taste their amazing wines and have lunch there (not included) before the transfer take you back to the hotel. Includes: Transfers, Guide, support vehicle, visit with tasting at winery, snacks, water, bikes with helmet and handle bag.

**DURATION | 4-6 hrs.** (The average distance ridden is 12 kms but this may be adapted to clients' skills and interests).

---

## ART TOUR



It is hard to believe that a small country like Uruguay would have so many talented visual artists. The tour includes private visits to artists' studios, local exhibitions and a special visit to the MACA and Atchugarry Foundation. A local art specialist will guide you and introduce you to the art scene in Uruguay! Includes: Museum and atelier entrances, guide and transport from/to the hotel.

**DURATION | 4 hrs.**

---

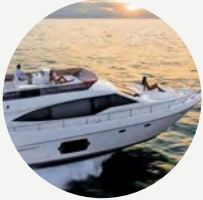
## JOSE IGNACIO ON YOUR OWN THE VIK JEEP ADVENTURE



Discover the magic of José Ignacio, off the beaten path on board of one of the exclusive Vik Jeeps. Please check rental prices with the experience concierge team.



## BOAT TOUR



Step aboard a private yacht and enjoy a great day along the Punta del Este Bay. Visit the rocky cliff of Punta Ballena and enjoy the best view of "Casapueblo". Stop any time to go paddle boarding or simply jump into the green sea for a swim. Includes: yacht, crew, English guide, stand up paddle board, picnic and transfers.

**DURATION | 4 hrs.**



What to do in José Ignacio

# SHACK YOGA & WELLNESS CENTER

## YOGA CLASSES



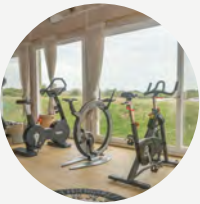
### GROUP CLASSES

Mats and props included. Please check schedule for class times

### PRIVATE CLASSES

---

## TRAINING SESSIONS



### PERSONAL TRAINING SESSION

### GROUP TRAINING SESSIONS

Please check class schedule with our Shack Yoga concierge.



What to do in José Ignacio

# SHACK YOGA & WELLNESS CENTER

MASSAGES AND THERAPEUTIC TREATMENTS



## DEEP TISSUE MASSAGE

Characterized by slower, deeper strokes as well as firm finger pressure, the focus of this session is to release tension and pain from the deepest layers of muscle tissue, tendons and fascia.

---



## SWEDISH MASSAGE

Involves long, kneading strokes combined with rhythmic techniques to energize the body and improve overall circulation and balance.

---



## LYMPHATIC DRAINAGE

This deeply restorative treatment diminishes swelling and stagnation in the body. The light, rhythmic technique works to stimulate the movement of lymph fluid from the cells back into the bloodstream boosting the immune system and detoxifying the whole body. Great after long flights!

---



## THAI MASSAGE

Thai massage differs in many ways from traditional Western massage. Instead of a massage table you lie on a flat cushion on the floor wearing loose-fitting clothing, while the practitioner applies pressure with his/her hands, thumbs, elbows, knees and feet to increase flexibility through passive muscle stretches. Often coined "the lazy person's yoga" you are left feeling very relaxed and stretched out.



## "KOBIDO" OR JAPANESE FACIAL MASSAGE



Kobido in Japanese translates as "the ancient way of beauty." This ancestral massage technique dating back to the 15th century in Japan focuses on a gentle stimulation of the muscles of the face restoring radiance and tonicity. This natural face lift combines lymphatic drainage with deeper targeted strokes to sculpt the face muscles and decongest the skin.

---

## SHAMANIC ENERGY HEALING



Shamanic Healing is a treatment that works with the subtle energy field. It is a process of clearing or releasing the "remembered wounds" that are stored on a subconscious level and can affect our physical and emotional health. The practitioner senses where in the body someone is holding on to pain or resistance and works with gentle, manual techniques to release. Other elements such as plants, smoke, vocalization and breathwork are also used to clear stagnation.

---

## REFLEXOLOGY



This therapeutic foot massage applies pressure to specific areas on the feet. This technique views the foot as a map to the entire body and through specific pressure the different systems and organs of the body are targeted. This 30 or 45 minutes session can be added to a body scrub or massage.





What to do in José Ignacio

# SHACK YOGA & WELLNESS CENTER

## BODY SCRUB



This full-body exfoliation purifies the skin and increases circulation leaving you feeling energized and renewed. The treatment begins with 20 minutes in our infrared sauna followed by the skin scrub and finalizes with a soak in a hot mineral bath. Great to pair with a massage if you're looking for a complete luxury experience!



## REST & RESTORE

Book our private room with infrared sauna, biomat and bathtub.

Estancia Vik José Ignacio  
Camino Eugenio Saiz Martínez km.8  
José Ignacio - Maldonado - Uruguay  
📞 + 598 94 605 212  
info@estanciavik.com

Playa Vik José Ignacio  
Calle Los Cisnes - Playa Mansa  
José Ignacio - Maldonado - Uruguay  
📞 +598 93 704 866  
info@playavik.com

Bahía Vik José Ignacio  
Ruta 10 km. 182,5  
José Ignacio - Maldonado - Uruguay  
📞 +598 95 444 451  
info@bahiavik.com