

Table Of Content

Geographical location · · · · · · · · · · · · · · · · · · ·	
Neighbouring cities/countries	. 5
Significance	. 6
History	. 7
Cultural identity	. 8
Natural resources	. 9
Key site seeing places (paid and free)	10
- Paid	10
Centro Cultural Villa Victoria Ocampo - Matheu	10
Aquarium	10
Museo Municipal de Arte Juan Carlos Castagnino	10
Aquopolis	11
- Free	12
Torre Tanque	12
Parque Gral San Martin	12
Gruta de Lourdes	12
Iglesia Stella Maris	13
Mar del Plata Cathedral	13
Playa Varese	14
Torreón Del Monje	14
Plaza Colon	14
La Perla	15
Bosque Peralta Ramos	15
Plaza España	15
Fuente de Aguas Danzantes	16
Museo MAR - Avenida Félix U. Camet	16
Casino Central	16
Laguna de los Padres	17
Reserva Faunística De Lobos Marinos	17
Playa Grande Mar Del Plata	18
Playa Escondida	18

taxidio

Güemes Street	18
Alem Street	19
Avenida Juan B. Justo	19
Paseo Diagonal	19
Los Gallegos Shopping - Rivadavia	19
Centro Comercial Puerto	20
Shopping Peatonal - San Martín	20
Adventure sports, Local sports, stadiums	21
Spas and relaxation	22
Key local guides and tours	
Transportation hubs	25
Transportation cost	26
Baggage allowance	27
Must try food and local savouries	28
Restaurant & Nightlife	29
Average meal cost	30
Shopping	31
Tourist benefits	32
Essential local apps	
Driving	34
Travel essentials	
Essential clothes	
Local currency	37
Change vendor's commission, ATM charges	
Staying connected	
Time Zone	
Languages	
Political Scenario	
Economic Scenario	
Religious belief	44
Visa requirements	
Essential vaccination	
Theft and Safety	47

taxidio

Embassy/Consulate	48
Accessibility	49
Emergencies	50
Do's and Don'ts	51
Tipping basics	52
Pet info	53
Conclusion	54
Disclaimer	55





1. Geographical location

The city that is the head of General Pueyrredon district, is located on the coast of Atlantic Ocean in the South-Eastern area of Buenos Aires province. There are no rivers in the head district, however streams and lagoons arise from its topography. To the north of Mar del Plata, the cold currents of Malvinas Isles meet the warm Brazilian currents, affecting the aerologic conditions of the area.



Refer Disclaimer Page 4 of 55



2. Neighbouring cities/countries

The Seventh Biggest City In Argentina, Mar Del Plata Is Neighbors To Miramar At 39Kms, Balcarce At 64Kms, Villa Gesell 95Kms, Pinamar At 116Kms, Quilmes At 370Kms And Buenos Aires At 404Kms. Neighboring Countries To Argentina Are Chile, Bolivia, Uruguay And Paraguay.



Refer Disclaimer Page 5 of 55



3. Significance

Argentina's answer to it's Sun & Sand Paradise is Mar Del Plata. With almost 10 miles of beaches in the city, the city still never ceases to amaze people with its beautiful sunsets and landscapes that look different with each passing day. Mar Del Plata is a summer holidays destination for the country residents, that includes a packaged deal involving exciting beach sports, some fine dine restaurants and vibrant bars. Visit this city for its luxurious casino or its neo-gothic architectural style that speaks for itself in almost the whole infrastructure of the city. Watch the street performers as you pass the many plazas or get deep into the history of its glorified past. 'MarDel' has something to offer for everybody, from adventure parks for children, museums for History Buffs to exotic restaurants for the foodies, the city is buzzing with options and people. Visit the city off summer and you will feel that the place that was once hovering with humans has suddenly transformed into an extinct destination.

Refer Disclaimer Page 6 of 55



4. History

The first European explorer to discover the beaches and cliffs of what one day would be called Mar del Plata was Sir Francis Drake in the year 1577, but the land was properly discovered by the Spanish Governor Don Juan de Garay in the year 1581 who further built its sea lion colonies. The year 1742, during the Jenkin's Ear War, saw 8 survivors of the HMS Wager who were a part of Admiral Anson expedition, captured and decimated by the native Tehuelches community who later handed over these people to the Spaniards, it wasn't until 1746 when the Jesuit Order's mission was established but had to be called off due to attacks of Tehuelches which gave birth to the rivalry between the Tehuelches and the Spaniards. 18th century witnessed European settlers in the city, due to the discovery of a factory for salted meat which only lasted for a few year only to be replaced by agricultural production. The city was founded by Patriço Peralta Ramos who promoted the site as a seaside resort, and was declared official in the year 1907. With the advent of the railway line from Buenos Aires, the Mar Del Plata started attracting tourists from all over the country and since then it is serving as Argentina's foremost ocean-resort areas.

Refer Disclaimer Page 7 of 55



5. Cultural identity

Being the 8th largest country in the world, Argentina boasts of a multi-cultural society that blends almost all the European cultures to form something of its own. Often referred to as the land of Football and Tango, the country is like a smorgasbord of different cultures that defines its identity. The cultures influencing the country include Spanish, British, Italian and French, accompanied by African and their own gaucho culture. The architectural style of the cities is influenced by its colonial history and is well supported by the Italian and French neo-classical architecture. Coming to the traditional cuisines, Argentina is the biggest consumers of red meat and one will also find beef in almost all the dishes. Asado is a popular food, which is essentially barbecue. Although Argentina is home to a variety of folk music and dance forms, Tango is the most popular form of music and dance and is considered to be a musical symbol of the country. The country is also known to have a rich literary history and continues to do so with emerging poets and authors.

Refer Disclaimer Page 8 of 55



6. Natural resources

Argentina was the 3rd country to develop the National Park system with its first national park in the year 1903. The country is home to 33 National parks, which are located in almost all the provinces, however Mar Del Plata in particular is not home to any National Parks. Some of the famous parks include Baritú, Bosques Petrificados de Jaramillo, Iguazú and Los Alerces etc.



Refer Disclaimer Page 9 of 55



7. Key site seeing places (paid and free)

7.1. Paid

7.1.1. Centro Cultural Villa Victoria Ocampo - Matheu

Address: Matheu 1851, B7602GAL Mar del Plata, Buenos Aires, Argentina

Zipcode : 1851

Location: -38.0196739, -57.55272869999999

Contact: +54 223 494-2878

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Entry Fee : General: AR \$30, Students/Retired – AR \$20

Open & Close Timing: Wednesday-Monday 14:00hrs-20:00hrs

Time Required: 2

Expected Wait Time: 10-15minutes

Buy Ticket: No

7.1.2. Aquarium

Address : Av. Martínez de Hoz 5600, 7600 Mar del Plata, Buenos Aires, Argentina

Zipcode: 5600

Location: -38.0111469, -57.5344571

Contact: +54 223 467-0700

Website: http://www.aquarium.com.ar/index.html

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Entry Fee : Adults: AR \$390, Children from 3-10years & Retire – AR \$295, Free

for children under 3years

Open & Close Timing : Daily 10:00hrs-18:00hrs

Time Required: 8

Expected Wait Time : 20-25minutes

Buy Ticket: Yes

7.1.3. Museo Municipal de Arte Juan Carlos Castagnino

Address: Colon 1189, Mar del Plata 7600, Argentina

Refer Disclaimer Page 10 of 55



Zipcode: 1189

Location: -38.0104399, -57.53562929999998

Contact: +54 223 486-1636

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Entry Fee : General: AR \$30, Students: AR \$20, Free for children under 6years

Open & Close Timing: Monday & Wednesday-Friday 14:00hrs-20:00hrs, Saturday-

Sunday 15:00hrs-20:00hrs

Time Required: 2

Expected Wait Time: 15-20minutes

Buy Ticket : Yes

7.1.4. Aquopolis

Address: Av. Jorge Newbery 8000, 7600 Mar del Plata, Buenos Aires, Argentina

Zipcode: 8000

Location: -38.09623389999999, -57.60268089999999

Contact: +54 223 467-2599

Website: http://www.aquopolis.com.ar/

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Entry Fee: Adults: AR \$360, Children from 3-10years: AR \$300

Open & Close Timing: Daily 10:00hrs-19:00hrs

Time Required: 8

Expected Wait Time: 15-20minutes

Buy Ticket: Yes

Refer Disclaimer Page 11 of 55



7.2. Free

7.2.1. Torre Tanque

Address: Falucho 995, Stella Maris, B7600FPS Mar del Plata, Buenos Aires,

Argentina

Zipcode: 7600

Location: -38.013258, -57.53518600000001

Contact: +54 223 451-4681

Nearest Public Transport : Nueva Terminal Ómnibus Mar del Plata (Not

recommended)

Open & Close Timing: Monday-Friday 08:00hrs-16:45hrs, Saturday-Sunday

14:00hrs-17:00hrs

Time Required: 1.5

Expected Wait Time: 10-15 Minutes

Buy Ticket: No

7.2.2. Parque Gral San Martin

Address : Boulevard Maritimo Patricio Peralta Ramos, Playa Grande, 7600 Mar

del Plata, Buenos Aires, Argentina

Zipcode: 7600

Location: -38.0236545, -57.52913030000002

Contact: +54 223 602-9071

Nearest Public Transport : Nueva Terminal Ómnibus Mar del Plata (Not

recommended)

Open & Close Timing : Daily 06:00hrs-22:00hrs

Time Required: 2.5

Expected Wait Time : 10-15minutes

Buy Ticket: No

7.2.3. Gruta de Lourdes

Address : Magallanes 4051, Villa Lourdes, B7603GVU Mar del Plata, Buenos Aires,

Refer Disclaimer Page 12 of 55



Argentina

Zipcode: 4051

Location: -38.0385224, -57.55340849999999

Contact: +54 223 480-3072

Nearest Public Transport : Mar del Plata Bus station (Not recommended)

Open & Close Timing: Daily o6:00hrs-19:00hrs

Time Required : 1 Buy Ticket : No

7.2.4. Iglesia Stella Maris

Address : Almirante Brown 1074, Stella Maris, B7600FTH Mar del Plata, Buenos

Aires, Argentina

Zipcode : 1074

Location: -38.0121612, -57.53578970000001

Contact: +54 223 451-0256

Website: http://adoratricesmdp.edu.ar/v2/index.php/iglesia-stella-maris-mar-del-

plata/

Nearest Public Transport : Mar del Plata Bus station (Not recommended)

Open & Close Timing: Summer: Daily 07:30hrs-12:30 & 17:00hrs to 20:00hrs;

Winter: 07:30hrs-12:00hrs & 16:30hrs-18:00hrs

Time Required : 1.5 Buy Ticket : No

7.2.5. Mar del Plata Cathedral

Address : Mitre 1780, Centro, B7600DRN Mar del Plata, Buenos Aires, Argentina

Zipcode: 1780

Location: -37.9989796, -57.54899440000002

Contact: +54 223 495-0395

Website: http://www.catedralmardelplata.org.ar/horarios/

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing : Mass timings - Monday–Friday 08:00hrs, 19:00hrs- & 20:00hrs; Saturday 08:00hrs, 19:00hrs-21:00hrs, Sunday 08:00hrs-12:00hrs &

Refer Disclaimer Page 13 of 55



18:00hrs-21:00hrs Time Required : 1.5 Buy Ticket : No

7.2.6. Playa Varese

A place where the family environment is conjugated with recreational activities, Playa Varese is a pristine shoreline, which is ideal for basking in the sun, sand and sea. Swim along the school of colorful fishes in the calm waters or start up your jetty and rove over the waves, this beach is a frequented spot among the sun seekers and adventure enthusiasts. After soaking up some sun and indulging into various activities, pamper yourself with a spa or pander to your tastebuds with a delicious meal at one of the eateries lined up here.

Address : Falucho 642, B7600FPN Mar del Plata, Buenos Aires, Argentina

Zipcode: 7600

Location: -38.0143188, -57.53027750000001

Contact: +54 223 447-2682

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing: Open 24Hours

Time Required : 2 Buy Ticket : No

7.2.7. Torreón Del Monje

Address: Los Troncos, Mar del Plata, Argentina

Zipcode: 7600

Location: -38.0080009, -57.53334059999997

Contact: +54 223 486-4000

Website: http://torreondelmonje.com.ar/

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing: Monday-Saturday 09:00hrs-21:00hrs

Time Required : 2 Buy Ticket : No

7.2.8. Plaza Colon

Refer Disclaimer Page 14 of 55



Address: Buenos Aires 2100, Centro, B7600EEH Mar del Plata, Buenos Aires,

Argentina

Zipcode: 2100

Location: -38.0056254, -57.54348240000001

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing: Open 24Hours

Time Required : 3 Buy Ticket : No

7.2.9. La Perla

Address : 1736,, Bv. Maritimo Patricio Peralta Ramos 1176, Mar del Plata, Buenos

Aires, Argentina

Zipcode: 1736

Location: -37.9938209, -57.54331730000001

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing: Open 24Hours

Time Required : 3 Buy Ticket : No

7.2.10. Bosque Peralta Ramos

Address: Bosque Peralta Ramos, 7600 Mar del Plata, Buenos Aires, Argentina

Zipcode: 7600

Location: -38.0842137, -57.56743180000001

Contact: +54 22234543913

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing : Daily 11:00hrs-00:00hrs

Time Required : 3 Buy Ticket : No

7.2.11. Plaza España

Refer Disclaimer Page 15 of 55



Address : Av. Patricio Peralta Ramos, La Perla, 7600 Mar del Plata, Buenos Aires,

Argentina

Zipcode: 7600

Location: -37.9907198999999, -57.5458360000001

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing: Open 24 Hours

Time Required : 2 Buy Ticket : No

7.2.12. Fuente de Aguas Danzantes

Address : Plaza del Milenio | Boulevard Marítimo, Mar del Plata, Argentina

Zipcode: 7600

Location: -38.004257, -57.54310299999997

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Time Required : 3

Expected Wait Time: 10-15 minutes

Buy Ticket: No

7.2.13. Museo MAR - Avenida Félix U. Camet

Address : y, Av. Félix U. Camet & López de Gomara, Mar del Plata, Buenos Aires,

Argentina

Zipcode: 7600

Location: -37.9732585, -57.54393549999997

Contact: +54 223 471-7695

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing : Monday-Tuesday & Thursday-Friday 10:00hrs-18:00hrs,

Saturday-Sunday 12:00hrs-20:00hrs

Time Required : 2

Expected Wait Time: 10-15 minutes

Buy Ticket: No

7.2.14. Casino Central

Refer Disclaimer Page 16 of 55



Address : Bv. Maritimo Patricio Peralta Ramos 2148, B7600JUV Mar del Plata,

Buenos Aires, Argentina

Zipcode : 2148

Location: -38.0041716, -57.54204149999998

Contact: +54 223 495-7011

Website: http://casinodelacosta.com/casino-central/

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing: Monday-Thursday 11:00hrs-02:30hrs, Friday-Saturday

11:00hrs-03:30hrs, Sunday 11:00hrs-00:00hrs

Time Required: 3

Expected Wait Time: 20-30 minutes

Buy Ticket: No

7.2.15. Laguna de los Padres

Address: Mar del Plata, Argentina

Zipcode: 7600

Location: -37.9368963999999, -57.7374471

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing: Open 24Hours

Time Required : 3 Buy Ticket : No

7.2.16. Reserva Faunística De Lobos Marinos

Address : Escollera Sur s/n, Puerto Mar Del Plata, 7600 Mar del Plata, Buenos

Aires, Argentina Zipcode : 7600

Location: -38.0435453, -57.52718190000001

Contact: +54 223 494-4140

Nearest Public Transport : Mar del Plata Bus station (Not Recommended)

Open & Close Timing: Open 24Hours

Time Required: 2

Refer Disclaimer Page 17 of 55



Buy Ticket: No

7.2.17. Playa Grande Mar Del Plata

Address : Paseo V. Campo, Playa Grande, 7600 Mar de la Plata, Buenos Aires,

Argentina

Zipcode: 7600

Location: -34.5856179, -60.69989050000004

Website : https://www.facebook.com/pages/Mar-Del-Plata-Playa-

Grande/533467170009916

Nearest Public Transport : Nueva Terminal Ómnibus Mar del Plata Bus station

(Not recommended)

Open & Close Timing: Open 24Hours

Time Required : 3 Buy Ticket : No

7.2.18. Playa Escondida

Address: 7600 Buenos Aires Province, Argentina

Zipcode: 7600

Location: -38.22642810000001, -57.72707650000001

Contact: +54 223 527-4777

Website: http://www.playaescondida.com.ar/index.php?pag=laplaya

Nearest Public Transport : Nueva Terminal Ómnibus Mar del Plata Bus station

(Not recommended)

Open & Close Timing: Open 24Hours

Time Required : 3 Buy Ticket : No

7.2.19. Güemes Street

Address : Martín Miguel de Güemes, Mar del Plata, Buenos Aires, Argentina

Zipcode: 7600

Location: -38.0203772, -57.54553190000001

Refer Disclaimer Page 18 of 55



Time Required : o Buy Ticket : No

7.2.20. Alem Street

Address: Leandro N. Alem, Mar del Plata, Buenos Aires, Argentina

Zipcode: 7600

Location: -38.0275114, -57.53580879999998

Time Required : o

Buy Ticket: No

7.2.21. Avenida Juan B. Justo

Address: Av. Juan B. Justo, Mar del Plata, Buenos Aires, Argentina

Zipcode: 7600

Location: -38.0020116, -57.59372039999999

Time Required : o Buy Ticket : No

7.2.22. Paseo Diagonal

Address : Diagonal Pueyrredón 3050, Centro, B7600DJD Mar del Plata, Buenos

Aires, Argentina

Zipcode: B7600DJD

Location: -37.9991847, -57.55233550000003

Time Required : o Buy Ticket : No

7.2.23. Los Gallegos Shopping - Rivadavia

Address : Rivadavia 3050, B7600GNT Mar del Plata, Buenos Aires, Argentina

Zipcode: B7600GNT

Location: -37.998763, -57.55224800000002

Time Required: o

Refer Disclaimer Page 19 of 55



Buy Ticket: No

7.2.24. Centro Comercial Puerto

Address : Bermejo 355, Mar del Plata, Buenos Aires, Argentina

Zipcode: 7600

Location: -38.0426021999999, -57.546085

Time Required : o Buy Ticket : No

7.2.25. Shopping Peatonal - San Martín

Address : San Martín 2250, B7600GQD Mar del Plata, Buenos Aires, Argentina

Zipcode: B7600GQD

Location: -37.99802220000001, -57.54994869999996

Time Required : o Buy Ticket : No

Refer Disclaimer Page 20 of 55



8. Adventure sports, Local sports, stadiums

Football dominates the city hence bumping into the streets with footballers won't come as a surprise to you. Mar Del Plata is home to the three most popular teams like Aldosivi, Kimberley and Alvarado. The city also houses two of the most popular basketball teams - Peñarol and Quilmes de Mar del Plata who are widely recognized.



Refer Disclaimer Page 21 of 55



9. Spas and relaxation

abcde

Hotel Spa Republica Mar Del Plata - Córdoba:

Address : Córdoba 1968, 7600 Mar del Plata, Buenos Aires, Argentina

Location: -38.00159600000001,-57.54854

Contact No: +54 223 492-1142

Website: http://www.hotelsparepublica.com.ar/web/inicio.php

Laura Ariosto Spa Urbano - Falucho:

Address : Falucho 2981, 7600 Mar del Plata, Buenos Aires, Argentina

Location: -38.0030775,-57.55516739999996

Contact No: +54 223 491-2914

La Reina Parador & Spa:

Address : U.T.F. nº 4 A, Playa Grande, 7600 Mar del Plata, Buenos Aires,

Argentina

Location: -38.0286434,-57.53172689999997

Contact No : +54 223 451-7342

Website : http://lareinaparadorspa.com/

• La Perla:

Address : Costanera Peralta Ramos, 7600 Mar del Plata, Argentina

Location: -37.9938209,-57.54331730000001

Refer Disclaimer Page 22 of 55



• Balneario Bahía Varese:

Address : Paseo Jesús de Galindez s/n. Playa Varese, 7600 Mar del Plata,

Buenos Aires, Argentina

Location: -38.013174,-57.5309300000001

Contact No : +54 223 486-4441

Website: http://balneariovarese.com.ar/



Refer Disclaimer Page 23 of 55



10. Key local guides and tours

Local guides to take you through the city are -a. Monica Costa - With an experience of 19 years and fluent in the English and Spanish language, Monica is one of the top recommended guides in the city. Majored in tourism to become a National tour guide, Monica offers tailor made tours for business and leisure travellers. Unfortunately, there are no tours available for Mar del Plata. However,

one can always opt for sightseeing.



Refer Disclaimer Page 24 of 55



11. Transportation hubs

Airport: Astor Piazzolla International Airport – Located 7kms away from the city, Astor Piazzolla International Airport is the airport serving to Mar Del Plata and is operated by Aeropuertos Argentina 2000. Railway Station: Trenes Argentinos Operadora Ferroviaria: The Bus terminus of Mar del Plata extended in the year 2011 with the railway tracks, resulting in regular trains arriving from Buenos Aires and today facilities include 5 railway platforms. It is located around 3Kms from the city center. Bus Station: Mar del Plata Bus station – A Bus terminus that was opened in 2009 has around 42 bus garages, 3 restaurants, 50 shops, and 51 ticket offices. It is located around 3Kms from the city center.





12. Transportation cost

Mar Del Plata is a city which is walkable and will show you some incredible structures and landscapes while you stroll in the city, however the city does have limited public transportation for those who don't want to travel on foot. One can choose from Taxi, Local Buses and Remisse, which is a cab with discount. The fare for the transport services are – Taxi – With a heavy amount of taxis roaming around the city, one can always choose to travel with comfort by not paying a rigorous amount. The minimum fare for the taxi is AR \$55 Bus – There is a large bus network in the city which commutes in all the neighborhood, however one needs to buy a bus card in order to use the buses, which costs around AR \$45 Remisse – This is a special service in town. Remisse is basically a cab but with discounts, one just needs to call the operator. The minimum fare for one ride is around AR \$30

Refer Disclaimer Page 26 of 55



13. Baggage allowance

It is not suggested to carry heavy amount of luggage in the buses or any public transport in and around the city, since it can cause inconvenience to the travelers and people around them. One can travel with a small and light bag while commuting within, although carrying expensive items should be avoided.



Refer Disclaimer Page 27 of 55



14. Must try food and local savouries

When in the city, one must try the following: a. Tortitas - Tortitas are small pastries, which are often made at home and are served in breakfast as well as a snack throughout the day. Made from butter, flour, yeast, water and salt, Tortitas are also available at bakeries all over the city. One can have three types of Tortitas - Hoja, Manteca and Pinchada. b. Alfajores - Alfajores are known to give you some sugar rush. Two layers of biscuits filled with dulce de leche, and mostly covered in chocolate is what this dessert is made of. One can get many types of Alfajores in the city especially in the cornered bakery shops c. Tomatican - Tomato is one of the most cherished food the in the country and in the city, so a traditional dish that solely revolves around the vegetable is a must. Tomatican is a tomato soup with added ingredients like eggs, oregano, onions, breadcrumbs, salt and tomatoes. d. Choripan - Simple, yet delicious, a Choripan is a simple Chorizo on bread which is topped ample chimichurri sauce, although there are other options available when it comes to the toppings but ample is recommended. One can find Choripan on the streets as it is more of a snack when bored. e. Dulce de Leche- A delicious cream cake with caramel frosting. f. Milanesa napolitana: A Traditional dish made up of baked beef covered in a tomato sauce and mozzarella cheese. g. Fainá: A Traditional dish of Pizza made with chickpea flour, wheat flour, olive oil and spices served with mozzarella cheese h. Ensaimada: Dessert made out of a fermented and sweetened bread. i. Escalopes: It is a thin floured fillet of chicken or beef served with a sauce of tomato or piccata, a sauce prepared with capers and lemon. j. Medialunas: Medialunas is a crescent shaped croissant that is served with a typical breakfast menu of Argentina k. Mar del Plata's Ice-cream: The Ice-cream of the city is one of the most appreciated and consumed dessert with its creamy texture and unmistakeable flavour.

Refer Disclaimer Page 28 of 55



15. Restaurant & Nightlife

When it comes to food, Mar del Plata offers a variety of dishes mainly based on meat and pastas. The gastronomy of the city is diverse with an undeniable influence of European dishes available for all taste preferences. The traditional dishes are prepared with the freshest products from the nearby farms and sea. The traditional recipes are blended with international menus like Spanish, Italian, Arabian, Mexican and French to delight your palate. The resort town is however known for its seafood. One will bump into various restaurants at the beginning of 12 de Octubre Street, Avenida Alem and the corner of Martínez de Hoz Avenue which are known as the gastronomic centres of the city. The nightlife in the city is complimented by its many beaches that make up for a thrilling night-out, some of the places one must visit are -

Refer Disclaimer Page 29 of 55



16. Average meal cost

Economical Meal: AR \$15– AR \$20 Mid – Segment Restaurant: AR \$25 – AR \$50 Luxury Dining: AR \$50 and Above



Refer Disclaimer Page 30 of 55



17. Shopping

A shopping tour is a must if you are in the city. Sweaters, Garments, Ski Clothes, Canned fish and Alfajores are found in the streets and shopping centres of the city throughout the year. However there are certain places to which one should definitely pay a visit. These are - Güemes Street - Visit this street to not only satisfy your gastronomy but also to satisfy your need for shopping from the high end branded stores offering one of the best clothing collection in the city. Alem Street - The greatest attraction being the bars, clubs and fine dine restaurants, the street is also home to traditional clothing stores that will definitely leave your wallet cringing. Av. Juan B. Justo - The place which is also known as Sweaters Avenue, specializes in Knitted Fabric and houses the best wools and threads in all over the city. One can find many outlets of leather goods, traditional and ski clothing. Shopping Malls - Home to 3 popular shopping malls that features departmental stores, traditional stores, international brands and many restaurants, Mar Del Plata surly won't disappoint you. The three malls of the city being - Paseo Diagonal, Los Gallegos Shopping and Centro Commercial Puerto. Peatonal San Martin – This is the most famous street for shopping in the city, which features seven blocks of restaurants, street vendors, shopping centers, bars, play houses and movie theatres etc.

Refer Disclaimer Page 31 of 55



18. Tourist benefits

The Value added tax charged in the country is comparatively huge, at a 21%. However there are duty free shops around the city and the airport, but they do not allow you to carry large amount of goods, hence one is restricted towards shopping from the duty free shops.



Refer Disclaimer Page 32 of 55



19. Essential local apps

The local applications to assist are - Aquarium Mar del Plata – Since Aquarium is one of the most visited attractions in the city, the personal app for the same gives one detailed information about all the species and activities to do. Warning Transit Mar del Plata – This application is widely used in the city as it keeps on updated about the city traffic or any traffic inconvenience like accidents, state of

impassable streets etc.



Refer Disclaimer Page 33 of 55



20. Driving

One can easily rent a car in Mar Del Plata with proper identification details like Passport, Driver's License and A Credit Card. Just make sure to read the signs and symbols on the roads to find your way out otherwise you are likely to get lost in the tricky roads. One needs a proper US/UK driving license to drive around the city and make sure that you have your passport all the time, since sometimes the cops pull you over to check the required documents.



Refer Disclaimer Page 34 of 55



21. Travel essentials

Argentina being one of the popular destinations in South America has a lot to offer, however one should carry the following things to gear up the trip – a. Electronics - Argentina uses 220-volt outlets, which is very different from the other countries, hence it is recommended that one carries voltage converter. Also, the normal plugs used in the US won't work in Argentina, so one either needs to buy a converter or by a new flat pin charger. b. Money Belt –Avoid getting mugged or robbed and carry a money belt at all time with you to keep large denominations and billable. c. Normal Toiletries, Sun glasses, Sun screen, Mosquito repellents etc are recommended. d. It is advised to carry sufficient amount of medicines as OTC may not be allowed without a proper prescription.

Refer Disclaimer Page 35 of 55



22. Essential clothes

Argentina being one of the popular destinations in South America has a lot to offer, however one should carry the following things to gear up the trip - a. Electronics - Argentina uses 220-volt outlets, which is very different from the other countries, hence it is recommended that one carries voltage converter. Also, the normal plugs used in the US won't work in Argentina, so one either needs to buy a converter or by a new flat pin charger. b. Money Belt -Avoid getting mugged or robbed and carry a money belt at all time with you to keep large denominations and billable. c. Normal Toiletries, Sun glasses, Sun screen, Mosquito repellents etc are recommended. d. It is advised to carry sufficient amount of medicines as OTC may not be allowed without a proper prescription.

Refer Disclaimer Page 36 of 55



23. Local currency

The local currency of Argentina is 'Argentine Peso' 1 USD = 14.70 ARS



Refer Disclaimer Page 37 of 55



24. Change vendor's commission, ATM charges

ATMs can be found all over the place, but one needs to make sure that the ATMs are hassle free. ATMs in Argentina are operated by two monopolistic ATM systems, Link and Banelco. However, one will feel restricted with ATMs in the country as large amounts cannot be withdrawn, so it is recommended to take out the maximum amount in one go. Most banks are likely to charge you with a foreign transaction fee whether in an ATM or in a shop, hence make sure to confirm with your bank about the fee charges prior to your travel. Most of the cards are accepted in the ATMs. A fee around 6% is normally charged per transaction by the bank, but it is still recommended that one confirms the rate from their respective banks. For credit card holders, most of the major shops accept credit cards, however a fee is charged on these transactions, so make sure to contact your bank before committing any transaction in order to avoid paying a lot.

Refer Disclaimer Page 38 of 55



25. Staying connected

Claro, Personal and Movistar are the three dominated networks that work in the city. Since, the market share of all the three networks is almost the same, the plans hardly differ from each other. All the three careers provide sim cards all over the city hence it can be bought from the street shops, vendors, supermarkets etc. The chip or the SIM will cost around \$30-50. The sim cards already come activated, hence one just needs to recharge using vending machines which are located in and every city. WiFi connectivity is very strong in all the cities hence the data plans offer small amounts of data packs.

Refer Disclaimer Page 39 of 55



26. Time Zone

Argentinian time (ART) (UTC -3) is 3 hours behind the Coordinated Universal time.



Refer Disclaimer Page 40 of 55



27. Languages

Spanish is the most spoken language in Argentina. However, it's different from the traditional Spanish and sounds more Italian. Other languages that dominate the country are German, Italian, English and French. Regional communities speak their own language which ranging from, Guarani, Quechua, Mapuche, Toba and Aymara.



Refer Disclaimer Page 41 of 55



28. Political Scenario

Argentina is a democratic republic, wherein the President is both a Head of State and Head of the Government. The structure of Government divides into three branches, namely – Executive, Legislative and Judiciary. Argentina is divided into 23 provinces, of which Mar Del Plata falls under the Buenos Aires Province. Each province has its own laws and justice system, a governor, a supreme court, a congress and a police force. The province is further divided into 18 departments and is administered by a mayor who is re-elected every 4 years. Mar del Plata is the head of the department of General Pueyrredón.

Refer Disclaimer Page 42 of 55



29. Economic Scenario

The city's economy is fairly decent where tourism constitutes the most, followed by the large industry of fish processing. Other sectors contributing to the city's economy include textile, machines, food manufacturing and polymers industry.



Refer Disclaimer Page 43 of 55



30. Religious belief

Argentina is a multi-cultural city and one of a kind in Latin America. Most of the people follow Catholicism, and are Roman Catholics, followed by a fair amount of Protestants. The city is also home to other communities like Muslim, Jewish, Buddhist, Maronite etc who follow their own religion.



Refer Disclaimer Page 44 of 55



31. Visa requirements

Below is the link to provide the requirements for Visa for each country. https://w ww.internations.org/argentina-expats/guide/moving-to-argentina-15327/visas-and-work-permits-for-argentina-2



Refer Disclaimer Page 45 of 55



32. Essential vaccination

One needs to be free from any disease prior to travelling in the country and during the stay in the country. Hence one should visit their General Doctor for a routine checkup. Also, when travelling to Bolivia, some basic vaccines are suggested – • Hepatitis A • Tetanus • Hepatitis B



Refer Disclaimer Page 46 of 55



33. Theft and Safety

The common kinds of petty crime including bag snatching, pick-pocketing, scams, bag slitting and armed robberies are like a usual thing in Argentina. Most common crimes take place in or around public transport. Hence it is recommended not to carry large amount of cash on the roads, and leave your personal belongings, expensive items in the bag safely. Carry a copy of your passport for identification purposes but do not share it with the strangers. Shady neighborhood after dark should be avoided as a large number of robberies occur

in this area.

Refer Disclaimer Page 47 of 55



34. Embassy/Consulate

Below is the list of embassies and consulates in the country. http://embassy.goabroad.com/embassies-in/argentina



Refer Disclaimer Page 48 of 55



35. Accessibility

Individuals with disability travelling to Argentina may find accommodation and accessibility extremely different from the United States. However in Argentina, a specific law has been authorized by the government for the people with reduced mobility, though these laws are strict and protective many provinces in the country still haven't adopted the laws. There are online services who offer their hand in order to help the needy. Some hotels do have accessibility to wheelchairs and special seats are reserved for the disables in almost all the public transport in the country.

Refer Disclaimer Page 49 of 55



36. Emergencies

Hospitals in case of emergencies include – a.Clinica Privada Pueyrredon S.A. Address: Jujuy 2176, Mar del Plata, Buenos Aires, Argentina Phone: +54 223 499-2400 b.Clínica Mitre Address: Av. Pedro Luro 4636, Don Bosco, B7600GVU Mar del Plata, Buenos Aires, Argentina Phone: +54 223 475-5656 Emergency Numbers – All emergency numbers are reachable through pay phones. Police – 101 Fire – 100 Medical Emergencies – 107 Tourist Police – 0800-999-5000/0800-999-2838

Refer Disclaimer Page 50 of 55



37. Do's and Don'ts

Do's • Avoid talking about politics or religion, they can be very sensitive subjects. • When meeting someone, a nod and handshake show respect and are good for first meeting someone. Don't's • Don't use the "OK" or thumbs-up hand signs, they are considered very offensive in Argentina. • Do not pour wine for others, wine pouring has a complex ritual in Argentina.



Refer Disclaimer Page 51 of 55



38. Tipping basics

It is not mandatory to tip in the country, since it is considered as something extra, but it is up to the giver to show that gratuity towards the services offered, which will differ according to the situations. Tipping at the restaurants is not necessary but desirable. If one is happy with the services, one can tip about 10-15% extra to the staff, while in Spas it is customary to tip 15-20%. Taxis don't expect tips from tourists or locals unless they have offered some extra services. Hotel staff do expect some extra tip for carrying your luggage or helping you with the daily activities, hence it is suggested to tip them.





39.Pet info

If you are travelling to Argentina and willing to take your pet along with you. Following are the things you should tick off from your list -1) Microchip -1t is not mandatory or required, but it is recommended. 2) All pets who are over 3 months of age should be vaccinated 30 days before the departure and a valid certificate is to be presented. 3) A standard health certificate which is to be filled by your trusted Veterinarian stating that the pet is safe to travel to another country. Te certificate should be issues 10 days before the departure. 4) The above referenced forms must be sent to the local government Veterinarian for the approval. The certificate must also be translated to Spanish. 5) A consulate stamp is not at all required anymore.

Refer Disclaimer Page 53 of 55



Conclusion - Why to select this destination

If in Argentina, it is impossible to not hear about Mar Del Plata as the city is supposed to be in your plan when preparing your itinerary. The postcard beaches comes to life in this city, and take you with its clear water and white sand that will force you to step foots on the ground. The open space plazas, the rich historical museums, The exquisite cultural center and the elegant architecture of the churches is what makes this city historically and culturally important among the travelers, keeping beaches off their minds for a while. Mar Del Plata is a city for one to loosen up and relax away from the 9-5 environment, a destination to grab your favorite drink, spend time with the friendly locals and let the wind take you away.

Refer Disclaimer Page 54 of 55



Disclaimer

All rights reserved. This Travel Guide (inclusive of all content – text, graphics, images, illustrations, designs, etc.) is an Intellectual Property of Taxidio Travel India Pvt. Ltd. Copying, republishing, uploading, reproducing, downloading, distributing, posting, transmitting, or duplicating any of the material is prohibited. All the information contained in this Travel Guide is purely a work of research. The information may have undergone changes from the time it has been compiled. Taxidio Travel India Pvt. Ltd. Cannot be held liable for any alteration, inaccuracies or omissions.

Refer Disclaimer Page 55 of 55