

Uruguay Is a Haven for Slow Travel — Here’s Why You Should Visit

This less-traveled South American country has small crowds, excellent food and drink, and an inspired art scene.

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South America is known for many attractions: Machu Picchu, the Galápagos Islands, Iguazú Falls, and Patagonia. And then there's [Uruguay](#) — often-looked, tucked between Argentina and Brazil. It may not have ancient ruins, world wonders, or scalable peaks — the type of things that commonly anchor a trip to this part of the world — but the country has plenty to uncover. In fact, the late Anthony Bourdain once described Uruguay as “easily one of the top underappreciated travel destinations on Earth.”

Travelers who journey to Uruguay are paid dividends in small luxurious moments, rich with connection to people and place. Below, find my reasons why Uruguay should be your next destination for a slow travel road trip.



Serene landscape of the Estancia VIK hotel, José Ignacio, Uruguay. PHOTO: COURTESY OF ESTANCIA VIK

The accommodations are inspired.

In some cities, accommodations are just a place to shower and rest your head. In Uruguay, boutique hotels, family-owned *estancias*, and experiential lodges evoke a strong sense of place while imparting cultural connection. Here are my picks:

- Ride across the low grasslands with a gaucho, or South American cowboy guide, at [Estancia Vik](#).



Outdoor pool of the Estancia VIK hotel, José Ignacio, Uruguay. PHOTO: CRISTOBAL PALMA, COURTESY OF ESTANCIA VIK