

## **Author A.C. Frieden Heads to a Writing Retreat in Cabo Polonio**

**CABO POLONIO, Uruguay (Jan. 5, 2012)** – International thriller author A.C. Frieden went on a writing retreat to Cabo Polonio, a secluded hamlet located in the eastern coast of Uruguay. The village is several miles from the nearest highway and is reachable only by 4x4 vehicles capable of crossing sand dunes. Its geographic isolation, coupled with the lack of electricity, running water and other amenities of contemporary life, has for decades attracted thousands of visitors every year, including many writers, painters, musicians and other artists and tourists who enjoy a bohemian setting. The village's most notable landmark is the lighthouse, which unlike the rest of the village, does have an electrical connection. Many villagers operate generators, which are a necessity for the few small *posadas*, the village clinic and the handful of restaurants, most of which operate primarily in summer.



**Photo above:** Frieden sits by the lighthouse on the rugged South Atlantic coastline of Cabo Polonio, Uruguay.

This was Frieden's second time in the village but his first staying several nights. "The sense of isolation only really sets in when you stay overnight," said Frieden, "and especially when the generator power at the Hostería La Perla—the only hotel there—cuts out after dinner and the rest of town falls into darkness, with only the moonlight and a few campfires offering any signs of life."

In the summer, the village offers a warm, tranquil and serene setting for authors to concentrate on their trade. The village itself has two beaches and another coastal area home to hundreds of sea lions. Stretching both north and south of the village are miles of undeveloped beaches and sand dunes, making the area one of the most picturesque places in Uruguay.



“In addition to a writing retreat,” Frieden stated, “I also used the time to research the village, as it will be featured in one of my upcoming thrillers. I’m not sure quite what the scene will be, but I explored several options as I walked around the village by day and at night.”



**Photo above:** Seen from the top of the Cabo Polonio’s lighthouse is the center the village, the adjacent beach, and the large sand dunes in the distance.



**Photos above:** (left) One of the many large all-terrain vehicles that carry people through the dunes to reach the isolated village of Cabo Polonio, Uruguay; (right) a typical house in the village.

**About the author:** A.C. Frieden is a Swiss-Brazilian-American novelist and lawyer based in Chicago. He is currently working on several political and espionage novels, including a sequel to his latest thriller *Tranquility Denied*, as well as various other fiction and non-fiction literary projects. For more information, visit his website at [www.acfrieden.com](http://www.acfrieden.com) and his literary travel/research blog.

All images copyrighted 2012 by A.C. Frieden. All rights reserved. No photo reproductions permitted without prior written consent.

To contact the author, visit his official website or send correspondence to:

Avendia Publishing  
Attn: Media Relations Dept.  
444 N. Michigan Ave., Suite 1200  
Chicago, IL 60611  
Email: [media@avendiapublishing.com](mailto:media@avendiapublishing.com)