

PAGE
2

PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions
to help you put together your perfect trip

Welcome to Bolivia.....	2
Map.....	4
12 Top Experiences.....	6
Need to Know.....	12
If You Like.....	14
Month by Month.....	16
Itineraries.....	18
Bolivia Outdoors.....	22
Regions at a Glance.....	27



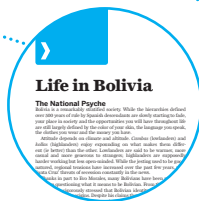
PAGE
305

UNDERSTAND BOLIVIA

GET MORE FROM YOUR TRIP

Learn about the big picture, so you
can make sense of what you see

Bolivia Today.....	306
History.....	308
Life in Bolivia.....	317
Indigenous Culture.....	319
The Natural World.....	323



ISBN 978-1-74179-937-8



5 2 6 9 9





Directory A–Z	328
Transportation	340
Health	348
Language	353
Index	365
Map Legend	375



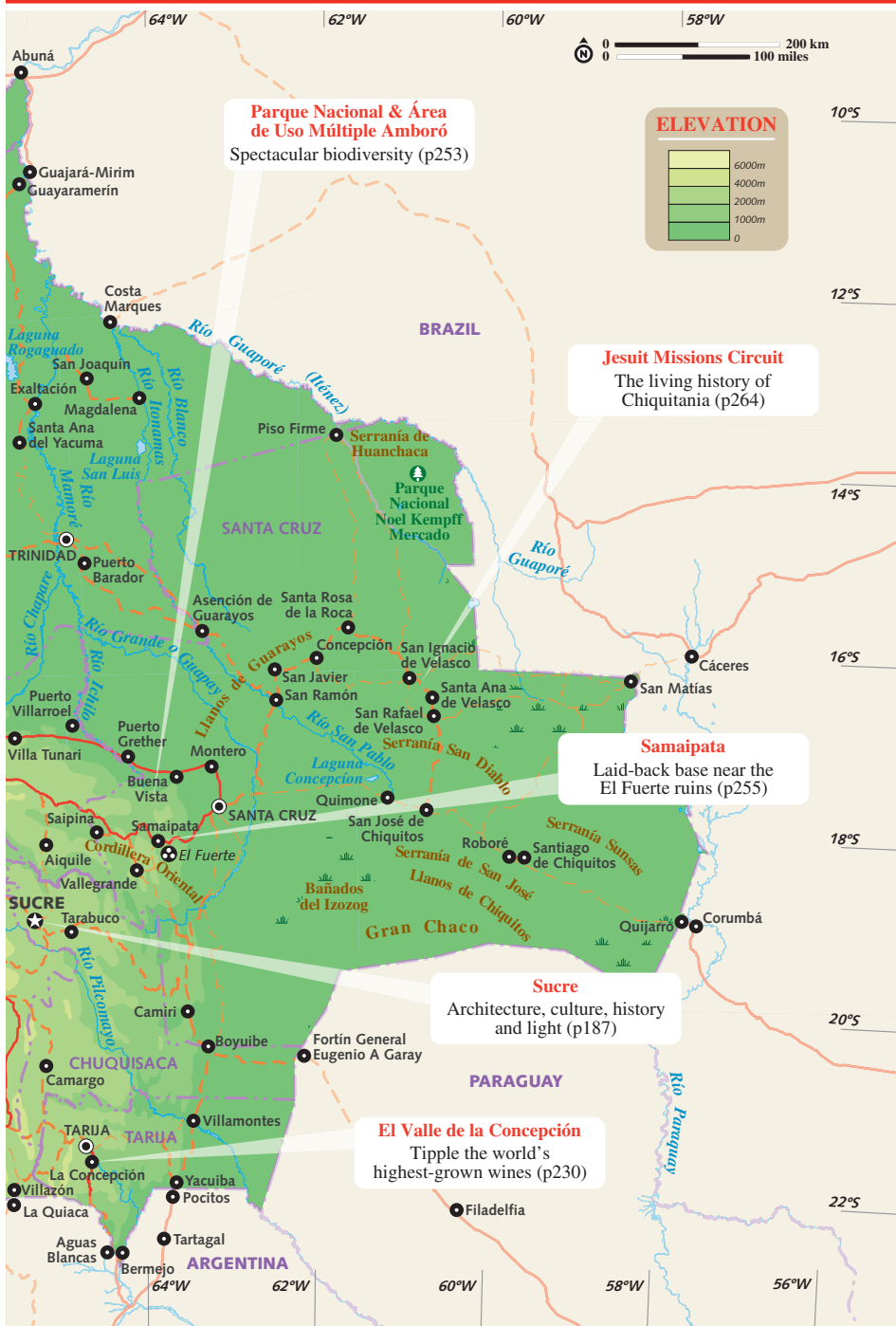
THIS EDITION WRITTEN AND RESEARCHED BY

Greg Benchwick, Paul Smith

› Bolivia



Top Experiences ›



itineraries

Whether you've got six days or 60, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to lonelyplanet.com/thorntree to chat with other travelers.



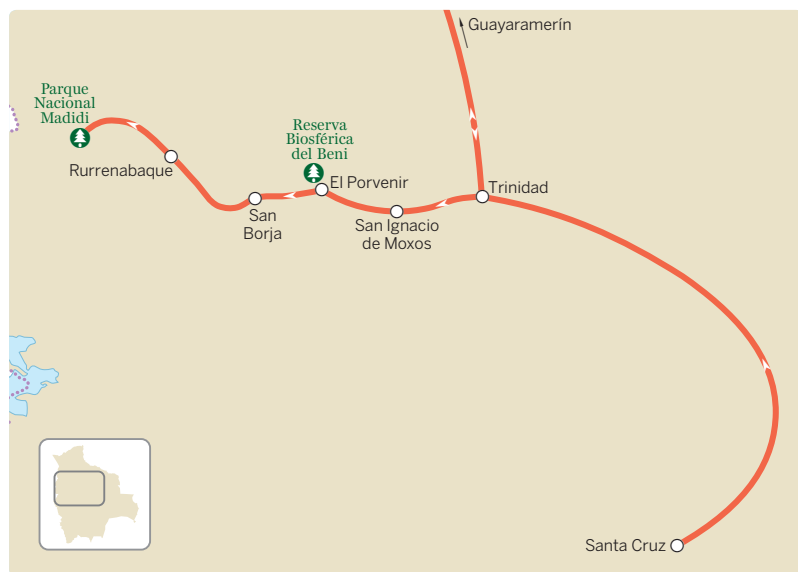
Two Weeks Best of Bolivia

This bare-bones itinerary will take you to the best of Bolivia at a head-rattling pace. Start out with a day of acclimatization in **La Paz** visiting the markets. History buffs can take a side trip to **Tiwanaku**. From La Paz, head to **Lake Titicaca**. Allow up to three days on the lake to take in the sites of Copacabana and Isla del Sol and continue your acclimatization. From there, circle down the Altiplano (via La Paz) to the **Salar de Uyuni** for a bone-chatteringly cold three-day jeep tour. You can extend your trip to take you to the former territory of Butch Cassidy in the pleasant cowboy town of **Tupiza**. Swing up to **Potosí**, a starkly beautiful Unesco World Heritage city, situated at 4070m, where you can visit the mint and mines. After a day or two, head to the white city of **Sucre** to hang out with students in grand plazas. Return to La Paz via **Cochabamba**, taking in the good views along the way. On your last day in La Paz, consider a day of museum-hopping or a mountain-bike ride down the World's Most Dangerous Road to **Coroico**.



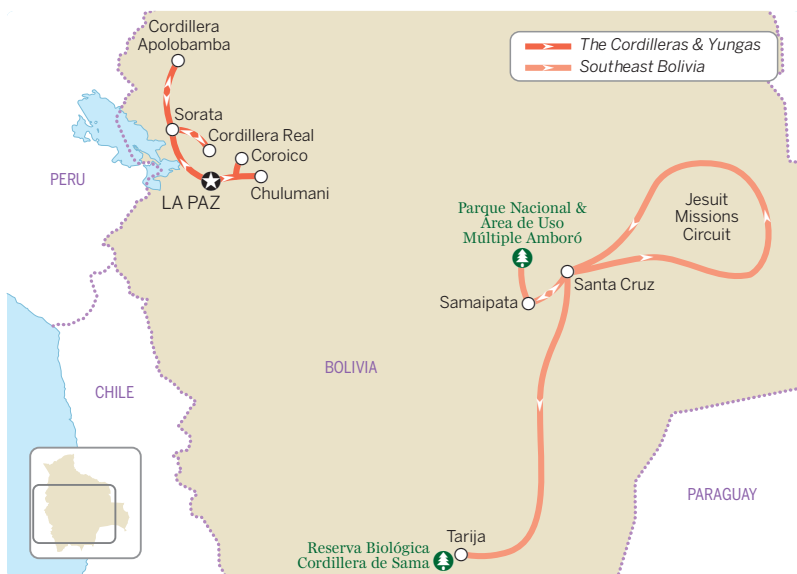
Four to Five Weeks The Whole Country

A month allows more time to acclimatize to the high altitude, take in one of Bolivia's signature treks, climb a peak, do a mountain-bike trip or simply dive into Bolivian culture. From **La Paz** you can choose from a variety of day trips, including a visit to **Tiwanaku** or hiking in nearby **Chacaltaya** or **Valle de la Luna**. The adventurous can take on the Takesi or Choro treks, or ride a bike (or bus) down the World's Most Dangerous Road to **Coroico** in the Yungas. Next, head north to **Rurrenabaque** and the famous **Parque Nacional Madidi** – depending on your time and budget you can get here by land, air or boat. Take the time to explore this wild, little-trodden utopia. From 'Rurre,' you can puddle-jump or take a boat to some of the more remote parks, such as the **Reserva Biosférica del Beni**, or simply head over to **Santa Cruz**. From here you'll kick off a multi-day road trip through the **Jesuit Missions Circuit**, curling back via Santa Cruz to the unique ruins near the cooler-than-thou village of **Samaipata** and the spectacular **Parque Nacional & Área de Uso Múltiple Amboró**. Head back toward **Cochabamba** for good market buys. From there you'll start gaining some altitude as you pass through the culturally charged towns of **Sucre** and **Potosí**. After you've had your fill of these colonial masterpieces, cruise down to wine country near **Tarja** for a few days of warm weather, wine and chilled-to-perfection Zen. You can then loop across to **Tupiza** for a day or two of mountain biking, while you arrange your four-day **Salar de Uyuni** trip, going the back way to avoid the crowds. On the way back toward La Paz, adventurous spirits may wish to stop near **Curahuara de Carangas**, before heading on to the high-plains wonderland of **Parque Nacional Sajama**, where hot springs and wildlife watching await. But you're not done yet: if you still have time, continue through La Paz to **Copacabana** for a day or two of beachfront fun on **Lake Titicaca**. Cruise over on the ferry, stopping at Isla de la Luna for an afternoon on your way to Isla del Sol. It's easy to spend five days here, trekking to lost valleys, ruins and small indigenous villages.



Three to Four Weeks Amazon

More than half of Bolivia's territory lies in the Amazon, and yet this is one of the least visited parts of the country. Sounds amazing! Waterway adventures here are good (and wet) in the rainy season, but if you plan on any type of road travel you should stick with the dry months. Start in **Santa Cruz**, a sophisticated and cosmopolitan city with a dreamy (sometimes steamy) climate and tropical atmosphere. From here fly or catch the overnight bus to **Trinidad**, a sleepy town with a pretty plaza. With enough time, the trip down the Río Mamoré from Trinidad to **Guayaramerín** is highly recommended. If you don't have the time, stay in town for a bit, whirling around on a motorcycle for a local fish meal, a visit to a museum or two and a much-needed siesta or three – it gets hot. A three-hour bus ride will take you to the Jesuit mission village of **San Ignacio de Moxos** – plan your trip around the town's colorful, not-to-be-missed festival in July. From here, wildlife watchers should make a detour from **El Porvenir** into **Reserva Biosférica del Beni**, where the trained eye can spot up to 500 species of birds. There are around 100 different mammals in the reserve, also home to Chimane people. It's a long slog from here via **San Borja** to **Rurrenabaque**, hammock country, from where you can set out for a couple of days on a jungle or pampas tour. One option is to get your jungle fill at the San Miguel del Bala eco-resort, just upriver from Rurrenabaque. Whatever you do, don't miss a trip to **Parque Nacional Madidi**. Bolivia's best-known national park offers a week's or a lifetime's worth of adventures in more than 1.8 million hectares. The park's remarkable biodiversity is best enjoyed at a slow pace, and you should leave enough time to stay at the highly regarded, community-run Chalalán Ecolodge. An option into the Amazon region from La Paz is via a hiking, boating and biking route from the Yungas town of Sorata or on a rough ride through the remote Cordillera Apolobamba.



Two Weeks The Cordilleras & Yungas

Trapped between the heights of the Andes and the Amazon, this fascinating area is a wonderland for trekkers, climbers, hikers and bikers. Getting here is half the fun. Trekkers can start from outside **La Paz**, traveling by foot via the Takesi or Choro treks into the heart of the Yungas. You can also get into the southern Yungas on a butt-busting daylong mountain-bike ride down the World's Most Dangerous Road. Be sure to spend a few days at the end of your descent in the pleasant Yungas villages of **Coroico** or **Chulumani**, which offer plenty of day hikes, swimming and a chilled-out traveler vibe. From there, it's back to the capital (or via a tough circuitous jungle route) for climbing and trekking in the **Cordillera Real**, stopping in the cool-air, soft-spirited Andean town of **Sorata**. Adventurers could take on any number of treks from Sorata, good mountain-bike adventures or head up to the glaciated peaks of the Cordillera. Then, if you have the time, you could extend this trip to the seldom-explored **Cordillera Apolobamba** for visits to lost tribes or wildcat miners and loads of deep wilderness trekking. Otherwise, think about linking from Sorata by land or boat north into the Amazon Basin.

Three Weeks Southeast Bolivia

This trip will get you away from the main tourist track and into Bolivia's warm southern comforts. Along the way, there are a few trekking options, interesting cultural centers and energetic cityscapes. Start with a few days of partying in **Santa Cruz**, Bolivia's second-largest city. It's great fun just wandering around the streets as you dive into *camba* (lowlands) culture. Then make your way out of the city for a weeklong dusty adventure through the **Jesuit Missions Circuit**, a series of beautiful mission villages where baroque music and faith meld with the chilled-out culture of the Guaraní, which is punctuated by contented smiles, simple connection with the land and unique cultural experiences. Cruise back through Santa Cruz on your way to the pre-Inca ruins at **Samaipata** and tip-top wildlife watching at the **Parque Nacional & Área de Uso Múltiple Amboró**. From the park (backtracking via Samaipata and Santa Cruz) make your way down to the relaxed wine-country town of **Tarija**. After a few days in town, you can customize the tail end of your adventure with hikes along the Inca Trail in the **Reserva Biológica Cordillera de Sama** or in any of the numerous national parks and reserves of the Chaco region.

➤ Every listing is recommended by our authors, and their favourite places are listed first

➤ Look out for these icons:



Our author's top recommendation



A green or sustainable option



No payment required

LA PAZ & AROUND...32

LA PAZ	35
AROUND LA PAZ	64
Valle de la Luna	64
Mallasa	64
Valencia & Mecapaca	65
Muela del Diablo	65
Valle de las Ánimas	65
Cañón de Palca	66
Chacaltaya	67
Tiwanaku	67

LAKE TITICACA.....71

Copacabana	73
Copacabana to Yampupata	82
Isla del Sol	83
Isla de la Luna (Koati)	89
Huatajata	89
Islas de Wiñaymarka	89
Around Lake Titicaca	90

THE CORDILLERAS & YUNGAS.....91

THE YUNGAS	93
Coroico	94
El Choro Trek	100
Takesi Trek	102
Yunga Cruz Trek	103
Chulumani	104
Around Chulumani	106
Sorata	108
El Camino del Oro (Gold Digger's Trail)	112
Mapiri Trail	114
Guanay	115

Aucapata & Iskanwaya	115
Caranavi	116
CORDILLERA REAL	116
Huayna Potosí	117
Illimani	118
Condoriri Massif	119
Ancohuma	120
CORDILLERA APOLOBAMBA	120
Charazani	120
Área Natural de Manejo Integrado Nacional Apolobamba	124
Lagunillas to Agua Blanca (Curva to Pelechuco) Trek	124
CORDILLERA QUIMSA CRUZ	126

SOUTHERN ALTIPLANO.....128

ORURO	129
AROUND ORURO	142
PARQUE NACIONAL SAJAMA	142
UYUNI & THE SOUTHWEST CIRCUIT	144
Uyuni	144
Salar de Uyuni	152
Los Lípez	155
Around Salar de Uyuni	156
TUPIZA	158
Around Tupiza	164

CENTRAL HIGHLANDS.....166

COCHABAMBA	168
AROUND COCHABAMBA	179

On the Road

Parque Nacional Tunari . . . 179	Reserva Biológica	WESTERN BOLIVIAN
Cochabamba Area 179	Cordillera de Sama 232	AMAZON 279
Cerro Tunari Area 179	Reserva Nacional de	Rurrenabaque 279
WESTERN COCHABAMBA	Flora y Fauna Tariquía . . . 233	Parque Nacional Madidi . . 285
VALLEY 180	THE CHACO 234	San Borja 287
Quillacollo 180	Yacuiba 234	Reserva Biosférica del
Tiquipaya 180	Villamontes 234	Beni 287
Villa Albina 180	Parque Nacional y	San Ignacio de Moxos . . 290
Inca-Rakay & Sipe Sipe . . 181	Área Natural de Manejo	EASTERN BOLIVIAN
EASTERN COCHABAMBA	Integrado Aguara Güe . . . 236	AMAZON 291
VALLEY 181	Camiri 236	Trinidad 291
La Angostura 181	SANTA CRUZ & GRAN	Santuario Chuchini 296
Tarata & Huayculi 182	CHIQUITANIA 238	Reserva de Vida Silvestre
Incallajta 182	SANTA CRUZ &	Ríos Blanco y Negro . . . 296
Totora 183	AROUND 240	NORTHERN BOLIVIAN
Mizque 183	Santa Cruz 240	AMAZON 297
Parque Nacional	Buena Vista 251	Santa Ana de Yacuma . . . 297
Torotoro 184	Parque Nacional & Área	Barba Azul Reserve 298
SUCRE 187	de Uso Múltiple Amboró . . 253	Los Lagos 298
AROUND SUCRE 199	Santa Cruz to	Guayaramerín 299
Tarabuco 199	Samaipata 255	Riberalta 301
Candelaria 200	Samaipata 255	Riberalta to Cobija 303
Cordillera de los Frailes . . 200	Around Samaipata 260	Cobija 303
POTOSÍ 205	Vallegrande 260	
Around Potosí 219	La Higuera 262	
SOUTH CENTRAL	GRAN CHIQUITANIA 262	
BOLIVIA & THE	Jesuit Missions Circuit . . 264	
CHACO 220	FAR EASTERN BOLIVIA . . 269	
SOUTH CENTRAL	Quijarro 269	
BOLIVIA 221	AMAZON BASIN 271	
Tarija 221	CHAPARE REGION 275	
San Jacinto Reservoir . . . 230	Villa Tunari 275	
El Valle de la	Parque Nacional	
Concepción 230	Carrasco 278	
Padcaya & Chaguaya . . . 232	Puerto Villarroel 278	

how to use this book

These symbols will help you find the listings you want:

- | | | |
|------------|--------------------|-----------------------|
| Sights | Tours | Drinking |
| Beaches | Festivals & Events | Entertainment |
| Activities | Sleeping | Shopping |
| Courses | Eating | Information/Transport |

These symbols give you the vital information for each listing:

- | | | |
|-------------------|-----------------------|--------|
| Telephone Numbers | Wi-Fi Access | Bus |
| Opening Hours | Swimming Pool | Ferry |
| Parking | Vegetarian Selection | Metro |
| Nonsmoking | English-Language Menu | Subway |
| Air-Conditioning | Family-Friendly | Tram |
| Internet Access | Pet-Friendly | Train |

Reviews are organised by author preference.

Look out for these icons:

- Our author's recommendation
- No payment required
- A green or sustainable option

Our authors have nominated these places as demonstrating a strong commitment to sustainability – for example by supporting local communities and producers, operating in an environmentally friendly way, or supporting conservation projects.

Map Legend

Sights

- Beach
- Buddhist
- Castle
- Christian
- Hindu
- Islamic
- Jewish
- Monument
- Museum/Gallery
- Ruin
- Winery/Vineyard
- Zoo
- Other Sight

Activities, Courses & Tours

- Diving/Snorkelling
- Canoeing/Kayaking
- Skiing
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity/Course/Tour

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking

- Drinking
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Transport

- Airport
- Border Crossing
- Bus
- Cable Car/Funicular
- Cycling
- Ferry
- Monorail
- Parking
- Petrol Station
- Taxi
- Train/Railway
- Tram
- Underground Train Station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed Road
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian
- Overpass
- Walking Tour
- Walking Tour Detour
- Path

Geographic

- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Swamp/Mangrove
- Reef
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Glacier

Areas

- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Park/Forest
- Sportsground
- Sight (Building)
- Top Sight (Building)



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London, Oakland and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse.'

OUR WRITERS



Greg Benchwick

Coordinating Author, La Paz, Lake Titicaca, The Cordilleras & Yungas, Southern

Altiplano Greg started his career in journalism as the managing editor of the world-famous *Bolivian Times*, covering everything from the war on drugs to human rights abuses and the state of affairs in Bolivia's numerous bars and *discotecas*. Since then he's written dozens of guidebooks to countries throughout Latin America, interviewed Bolivian *campesinos* and *políticos* for the UN's

International Fund for Agricultural Development, and continued on a path toward happiness and nonstop adventure. On this research trip, Greg traveled with his beautiful wife Alejandra and 18-month-old daughter Violeta, stopping along the way for parades and protests, diaper breaks and family photos. Violeta got passport stamp number six at La Paz airport.



Paul Smith

Central Highlands, South Central Bolivia & the Chaco, Santa Cruz & Gran Chiquitania, Amazon Basin, The Natural World From an early age, and with a vague and

naive ambition to be the next David Attenborough, Paul dreamed of exploring the remotest areas of the globe in search of wildlife. While researching this edition, Paul took 15 flights in six weeks, lost 8kg in 10 days, caught a catfish that

weighed more than he did, and reminded himself of why Bolivia is still one of the best countries on earth for adventurous travelers.

Contributing Author

Herbert S Klein is Gouverneur Morris Professor Emeritus, Columbia University and currently Research Fellow, Hoover Institution, Stanford University. He is the author of *Parties and Political Change in Bolivia, 1880–1952* (1969, 2009), *Revolution and the Rebirth of Inequality* (coauthor, 1981); *Haciendas and Ayllus: Rural Society in the Bolivian Andes* (1993) and *A Concise History of Bolivia* (2nd ed, 2011). He reviewed this book's History chapter.

Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

8th edition – June 2013

ISBN 978 1 74179 937 8

© Lonely Planet 2013 Photographs © as indicated 2013

10 9 8 7 6 5 4 3 2 1

Printed in China

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: lonelyplanet.com/lp.

Bestselling guide to Bolivia – source: Nielsen Bookscan, Australia, UK and USA, December 2011 to November 2012.

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.