



The Cordilleras & Yungas

Includes ➔

Cordillera Real	95
Huayna Potosí	96
Condoriri Massif	97
Illimani	98
The Yungas	99
Coroico & Yolosa	99
El Choro Trek	108
Takesi Trek	109
Yunga Cruz Trek	112
Chulumani	112
Sorata	117
Mapiri Trail	121
Aucapata & Iskanwaya	123
Cordillera Apolobamba	123

Best Places to Eat

- ➔ Café Illampu (p120)
- ➔ Carla's Garden Pub (p106)

Best Places to Stay

- ➔ Hostal Sol y Luna (p105)
- ➔ Altai Oasis (p120)
- ➔ Huayna Potosí Refugio (p97)

Why Go?

Caught between the Andes and the Amazon, this rugged transition zone has just about everything you could ask for from your Bolivian adventure.

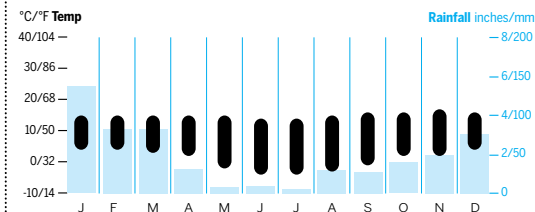
For the vertically inspired, there are glacier-capped 6000m peaks and adrenaline-charged mountain-bike descents. Nature lovers will appreciate the cloud forests and hillside semitropical Yungas towns of Chulumani, Coroico and Sorata, where you can hike to nearby waterfalls, start your river trip into the Amazon, go mountain biking, or simply enjoy the breeze from a mountain hideaway.

Far off the tourist trail, the areas around the Cordilleras Quimsa Cruz and Apolobamba offer large swaths of wilderness, a few lost ruins and great opportunities for adventure.

Everywhere in between there are treks into the past along preserved Inca trails, wildlife watching aplenty, warm weather, cool breezes and a pervading air of hard-won tranquility.

When to Go

Coroico



May–Sep Climbing season means dry weather and good visibility.

May–Oct Trekking season is longer. In shoulder months your feet might get wet.

Jan–May Cheaper hotels, less people and high rivers. Remote travel can be tough.

The Cordilleras & Yungas Highlights

- 1 Travel in the path of the Inca on the inspiring **El Choro Trek** (p107).
- 2 Treat yourself to a few days of warm weather, a hammock and poolside drink in **Coroico** (p100).
- 3 Swing over to **Sorata** (p117) for less-traveled climbing, hiking and biking opportunities.
- 4 Meet delicate wild vicuñas and the renowned Kallawayá healers in the remote **Cordillera Apolobamba** (p123).
- 5 Strap on crampons and swing an ice ax to climb one of the fabulous peaks of the **Cordillera Real** (p95).
- 6 Leave the tourist trail behind for out-of-this-world adventures in the rugged **Cordillera Quimsa Cruz** (p99).
- 7 Explore lost ruins at **Iskanwaya** (p122).
- 8 Settle down for a long journey into the Amazon from the jungle outpost of **Guanay** (p115).
- 9 Marvel at the views and discover far-removed Andean cultures along the **Takesi Trek** (p109).
- 10 Get dusty as you descend nearly 3600m (12,000ft) by mountain bike on the **World's Most Dangerous Road** (p104).

