



Bolivia

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Best Adventures

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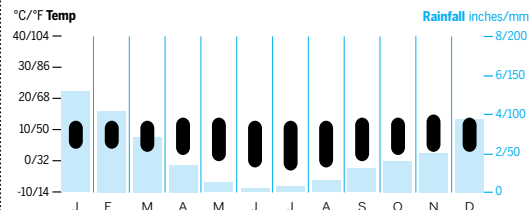
Why Go?

Bolivia is not for the faint of heart: whether your tools are crampons and an ice-axe for scaling 6000m Andean peaks, a helmet and bravado for biking the World's Most Dangerous Road or jumping into the abyss on a glider, or a rod and reel to do battle with 3m fish, Bolivia's rocks, rivers and ravines will challenge – nay, provoke – you into pushing your own personal limits.

On the wild side, you can tiptoe into caves of the tube-lipped nectar bat or tread lightly on the terrain of the poisonous annellated coral snake. Listen for the cackling call-and-response of a dozen different macaw species including the world's rarest, the bluebeard. Multihued, brilliant butterflies and moths flit at your feet in the jungle; lithe alpacas and vicuñas stand out in the stark Altiplano.

When to Go

La Paz



May–Oct Winter is high season; expect sunny days and good hiking, biking and climbing conditions.

Nov–Apr Rainy season makes for tough travel; the lowlands can be miserable, but city life is still fun.

Feb–Apr Festivals across the nation put a smiley face on the rainy season.

Connections

Bolivia's border crossings include Guajará-Mirim and Corumbá (Brazil), La Quiaca and Pocitos (Argentina), Tambo Quemado and Hito Cajón near San Pedro de Atacama (Chile), Yunguyo and Desaguadero (Peru) and Fortín Infante Rivarola (Paraguay). Getting in and out of Bolivia is fairly straightforward, though at some off-the-beaten-track border crossings you may be charged a small fee. Depending on the border crossing, you may also be asked to provide proof of yellow fever vaccination. The border crossing to San Pedro de Atacama is best done with a tour outfit from Uyuni.

ITINERARIES

Two Weeks

Start out with a day of acclimatization in La Paz, visiting the markets. From there, head to Lake Titicaca, then circle down the Altiplano to the Salar de Uyuni for a bone-chatteringly-cold three-day 4WD tour. Swing up to Potosí, a starkly beautiful Unesco World Heritage city, then 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 mountain bike down to Coroico.

One Month

Start from where the two-week itinerary leaves off. From there, the adventurous can take on the Takesi or Choro treks, then puddle-jump their way to Rurrenabaque and Parque Nacional Madidi. City explorers could simply head over to Santa Cruz, where you can kick off a multi-day road trip through the Jesuit Mission Circuit, curling back around to the unique ruins and spectacular Parque Nacional e Área de Uso Múltiple Ambaró near the tranquil village of Samaipata.

Essential Food & Drink

- **Salteñas, tucumanas or empanadas** Pastry shells stuffed with vegetable and meat goodness.
- **Sopa (soup)** Starts every meal. For those with nut allergies, note that *maní* means peanut.
- **Pollo (chicken)** It's either *frito* (fried), *a la broaster* (cooked on a spit), *asado* (barbecued) or *dorado* (broiled).
- **Carne (beef)** Typically *asado* or *parrillada* (grilled).
- **Api** A yummy drink made from a ground purple corn.
- **Mate de coca** An infusion of water and dried coca leaves.
- **Singani** Grape brandy.
- **Sonso** Santa Cruz fried yucca-and-cheese pancake.

AT A GLANCE

- **Currency** Boliviano (B\$)
- **Languages** Spanish, Quechua, Aymará
- **Money** ATMs can be tough to find; US dollars are best to exchange
- **Visas** US travelers have to pay
- **Time** GMT minus four hours

Fast Facts

- **Area** 1,098,580 sq km
- **Population** 11 million
- **Capital** Sucre (constitutional), La Paz (de facto)
- **Emergency** ☎ 119
- **Country code** ☎ 591

Exchange Rates

Australia	A\$1	B\$5
Canada	C\$1	B\$5
Euro zone	€1	B\$7.6
New Zealand	NZ\$1	B\$4.4
UK	£1	B\$10
USA	US\$1	B\$7

Set Your Budget

- **Hostel bed** B\$30–50
- **Dinner** B\$20–35
- **Bus** B\$35
- **Beer** B\$7

Resources

- **Bolivia Express** (www.bolivianexpress.org)
- **Bolivia Online** (www.bolivia-online.net)
- **Bolivia Web** (www.boliviaweb.com)