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THE ESSENTIAL

# PARAGUAY TRAVEL GUIDE

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# A WORD FROM THE FOUNDERS

SouthAmerica.travel is proud of its energetic Team of travel experts. Our Travel Partners are based in 7 South American countries, have traveled extensively throughout South America and work "at the source", from their operations headquarters in Brazil, Argentina, Chile, Peru, Ecuador Colombia & the Guyanas.

We are passionate about South America Travel, and we're happy to share with you our favorite Buenos Aires restaurants, our insider's tips for Machu Picchu, or our secret colonial gems of Brazil, and anything else you're eager to know.

The idea to create SouthAmerica.travel first came to Co-Founders Juergen Keller and Bradley Nehring while traveling through Brazil's Amazon Rainforest. The two noticed few international travelers, and those they did meet had struggled to arrange the trip by themselves. Expertise in custom travel planning to Brazil was scarce to nonexistent. This inspired the duo to start their own travel business to fill this void and help travelers plan great trips to Brazil, and later all South America.

With local tour operator partners throughout South America, as well as local phone numbers in multiple countries worldwide, the SouthAmerica.travel Partners have helped hundreds of thousands of travelers fulfill their unique dream of discovering the marvelous and diverse continent of South America. Where will your dreams take you? Let's start planning now...



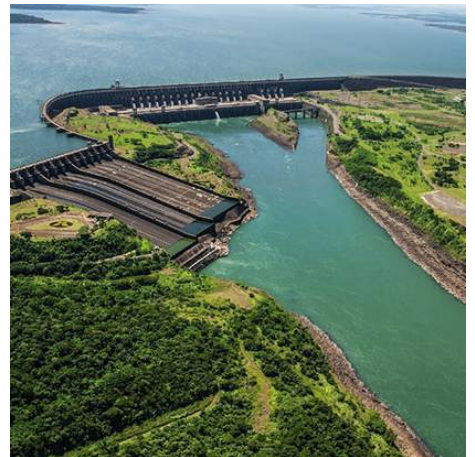
Juergen Keller  
*Co-Founder*



Bradley Nehring  
*Co-Founder*

"Our goal is to create memories that will last our clients a lifetime."

*Juergen Keller*



# PARAGUAY TRAVEL GUIDE

## ESSENTIAL PARAGUAY TRAVEL TIPS

- When to Visit Paraguay
- How to Stay Safe in Paraguay
- Recommended Foods
- Map of Paraguay

## THE HIGHLIGHTS OF PARAGUAY

- Asuncion
- Yaguarón
- Paraguayan Pantanal
- The Jesuit Missions
- Chaco
- Foz do Iguassu
- The Triple Frontier

## ADD ON TO YOUR PARAGUAY TOUR

- Combine Brazil
- Combine Argentina
- Combine Bolivia
- Combine Uruguay

## THE BEST PARAGUAY TRAVEL PACKAGES

- Paraguay & Iguassu Falls Tour
- Asuncion, Chaco & Iguassu Falls Paraguay Tour
- Itaipu Dam & Iguassu Paraguay Tour
- Machu Picchu & Rio de Janeiro Tour
- Jesuit Missions & Iguassu Falls Tour





# ESSENTIAL PARAGUAY TRAVEL TIPS

## Paraguay is one of South America's greatest charms,

Often overlooked by its bigger, flashier neighbors. While many choose to cross Brazil and Argentina off their bucket list, it would be smart to add on Paraguay. This small, often forgotten country has so much more to offer than the quick glance it often receives from guests. From the bustling atmosphere of the city's capital to the exclusive sandy beaches, you are sure to get a taste of everything when visiting this country.

## Best Times to Visit Paraguay

Paraguay can be visited year round. However, many choose to travel during the months of October to March when Paraguay is at its warmest temperatures and receives the most rainfall. That being said, if you don't enjoy humidity, consider visiting from April to September. These months are considered Paraguay's peak season for tourism due to the comfortable weather and festive atmosphere. Celebrate the arrival of summer solstice during the Festival de San Juan in June. Or learn about the region's art, crafts, food and music at the Nanduti Festival in July, an event that's been around since its inception in 1970. Many choose to visit Paraguay during the peak season because of the great weather and festivals, so take note that the best hotels book up fast at this time. **Keep in mind, to visit Paraguay, you must have 6 months validity on your passport to enter the country.**

Read More: [Best Times to Travel to South America](#)

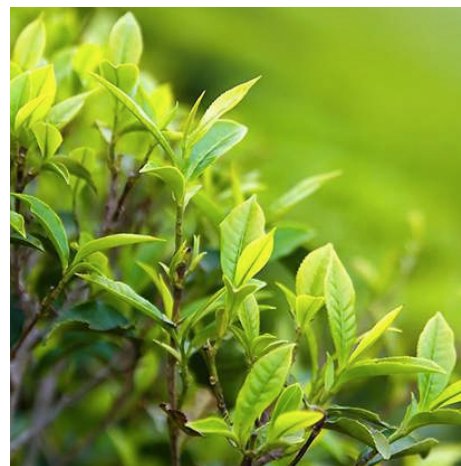
## Add on to Paraguay

Paraguay is a landlocked country making it easy to add another country to your South America vacation. Choose from Brazil to the east, where you can explore the Brazilian side of Iguassu Falls, or venture to Bolivia in the north and marvel at the Uyuni Salt Flats. For red rock valleys and Andean peaks, visit Argentina in the south. And if you have the time to continue even farther, add the beautifully blue coastline of Uruguay to the mix. Combining any of these countries with Paraguay will make your South America tour one that will be remembered for a lifetime.



## Recommended Foods & Drinks

Paraguayans have a taste for typical South American food such as empanadas and milanesa, as well as cuisine with a strong Brazilian influence. A common Paraguayan dish is Paraguayan Soup, which isn't exactly what the name would suggest. Instead, it's a cornbread, flavored with cheese and onion among other tasty ingredients. This dish is a must-have during the afternoon or evening. To wash down the hearty flavors, Paraguayans love drinking tea. Try the ever so famous Yerba Mate, or Paraguayan tea, that Argentines, Uruguayans and southern Brazilians drink. Don't be surprised to see locals walking around town with a thermos of Yerba Mate. Some prefer this tea hot, while others opt for a chilled version to combat the summer heat.





Bolivia

Brazil

The Pantanal

Chaco

Filadelfia

Boquerón

Paraguay

Concepción

San Pedro

Asunción

Yaguarón

Itaipu Dam  
The Triple Frontier  
Ciudad del Este

Foz do Iguassu

Jesuit Missions  
of Trinidad  
Trinidad

-  Waterfalls
-  Ruins
-  Estancias

Argentina





# HIGHLIGHTS OF PARAGUAY

## Asunción

Asunción, the capital of Paraguay, is one of South America's oldest cities. Founded in 1537, there are still colonial gems that have stood the test of time, waiting for you to explore. Brush up on your history at Casa de la Independencia, the house where Paraguay proclaimed their independence. Take a stroll to the Palacio de Gobierno followed by the Panteon Nacional de los Heroes. Don't forget one of the most notable structures, the government palace, a neoclassical building preserved since the 19th century. When you feel yourself getting hungry, refuel at Paraguay's most famous eatery, Lido Bar, for some tasty empanadas and one of their local draft beers.

## Yaguaron

Yaguaron, a city in Paraguay, not far from Asunción, makes for a great day trip. This small town began as a Franciscan reservation for the Guarani Indians. Today, the city is known for being the only Reduction to have its original church still standing, in its original form. Iglesia Yaguaron (Yaguaron Church) is easily noticed with its simple pitched roof, large wooden columns, and bell tower. Make sure to go inside, if you have time, and see the beautifully painted extravaganza of carved wood.







## The Jesuit Missions

The Jesuit Missions of La Santísima Trinidad de Paraná and Jesús de Tavarangue, also known as the ruins of Trinidad to the locals, are the remaining treasures of small colonies that were established by the Jesuits in the 17th century. Exploring this historical site is a terrific way to understand the impact of the early missions in the Jesuit community. As you walk through the ruins, visualize how the Jesuits accomplished building small communities.

The first thing the missionaries did was develop self-sufficient towns in the areas that were inhabited by the natives. It was in these towns that the missionaries provided knowledge and determined the rules of public order, culture, education and society, which had a great influence on the later development of Paraguay as a whole. These communities began to grow to groups of 2000 or 3000 inhabitants per town, and eventually founded near 30 missions in territories that now spread into Paraguay, Brazil, Argentina and Bolivia.

Some of the constructions have been damaged and rebuilt to portray their original structures. For the best experience, plan to spend a few hours here with an expert local guide.

View more: [Jesuit Missions Tours](#)

### Insider's Tip

*The Jesuit Missions of La Santísima Trinidad de Paraná and Jesús de Tavarangue are only one part of a series of 30 missions in the Río de la Plata basin. Travel to Argentina or Brazil to see the rest of the missions.*





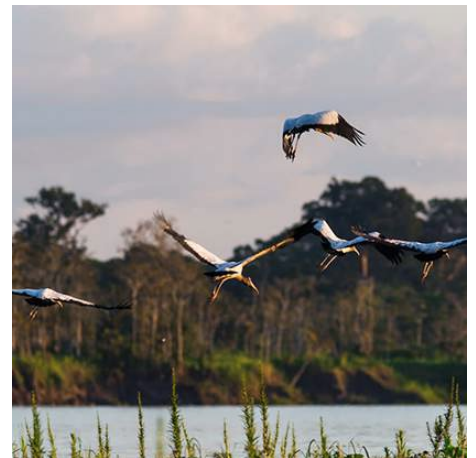


## The Pantanal

The Paraguayan Pantanal is world's away from the Brazilian Pantanal, and that's part of what makes it so special. Its remote location, resting on the northernmost tip of the country where Paraguay, Brazil, and Bolivia meet, attracts tourists that are thirsty for adventure and looking for a unique place to reconnect with nature.

Hike the surrounding trails of the Pantanal, and explore various ecosystems, including diverse flora and fauna. Canoe down the calm Rio Paraguay (Paraguay River), into other major tributaries such as the Taquari River, Miranda River, Negro River and the Cuiabá River. Visit the first research center in the Paraguayan Pantanal, the Three Giants Biological Station. The station attracts local and international researchers and adventurous tourists, who wish to explore the exotic wilderness of the untouched Chaco-Pantanal. All three of the local inhabitants that the station was named after (the Giant Otter, the Giant Anteater and the Giant Armadillo) can be found here.

The Paraguayan Pantanal's exclusivity is a blessing in disguise, as the beauty of the area remains unspoiled. For many travelers, this region becomes the perfect oasis, far far away from home.





## Chaco

Chaco, Paraguay is a semi-arid region, with a small population. Most of the people living in the area are native to the land. Its historical significance, as having the longest territorial war in South America, is recognized by well preserved historical sights including Boquerón, Campo Grande, Via Campo and Nanawa amongst others.

Today, Chaco is a place for travelers to get a taste of the wild. Many visit the nearby ranches, to get to know the locals, and learn about the native lifestyle that has survived over the years.



The vast plain is divided into the flooded palm savannas and the spiny forests of Dry Chaco, which includes the entire western half of Paraguay and stretches into Argentina and Bolivia. It is an animal lovers paradise, with flocks of water birds, horses, pumas and even jaguars. The Chaco occupies a huge portion of Paraguay, yet only a small part of the population lives there. Today, people come to visit the settlements of the Mennonite communities.

**Getting there:** To get to this marshy wonderland, you must take a bus or private transfer from Asunción. The Trans-Chaco Highway runs through this partly tamed area to the border of Bolivia.

### *Insider's Tip*

*The Chaco region is home to an abundance of wildlife and animals. Here, you may spot animals such as jaguars, ocelots, pumas, foxes or an array of small wildcats. Keep your eyes peeled for these creatures roaming the vast plains.*



# ADD ON TO YOUR TRIP

## Brazil

It's hard to say no to visiting Brazil, as it is one of the most visited countries in South America. And luckily for you, Brazil is just a short flight from Paraguay. A close destination to the Paraguay-Brazil border is the Amazon Rainforest. Consider adding it to your itinerary!

Explore the Amazon on a river cruise or stay at one of the exotic lodges nestled in between the towering trees of the jungle. Enjoy a variety of Amazonian excursions, including hikes through the forest, night safaris, fishing and canoeing. Remember always to keep your eyes open for colorful wildlife, flora and fauna. After a day of exploring, spend your night relaxing in the interior of a cozy Amazon lodge and let the sounds of the jungle sing you to sleep.

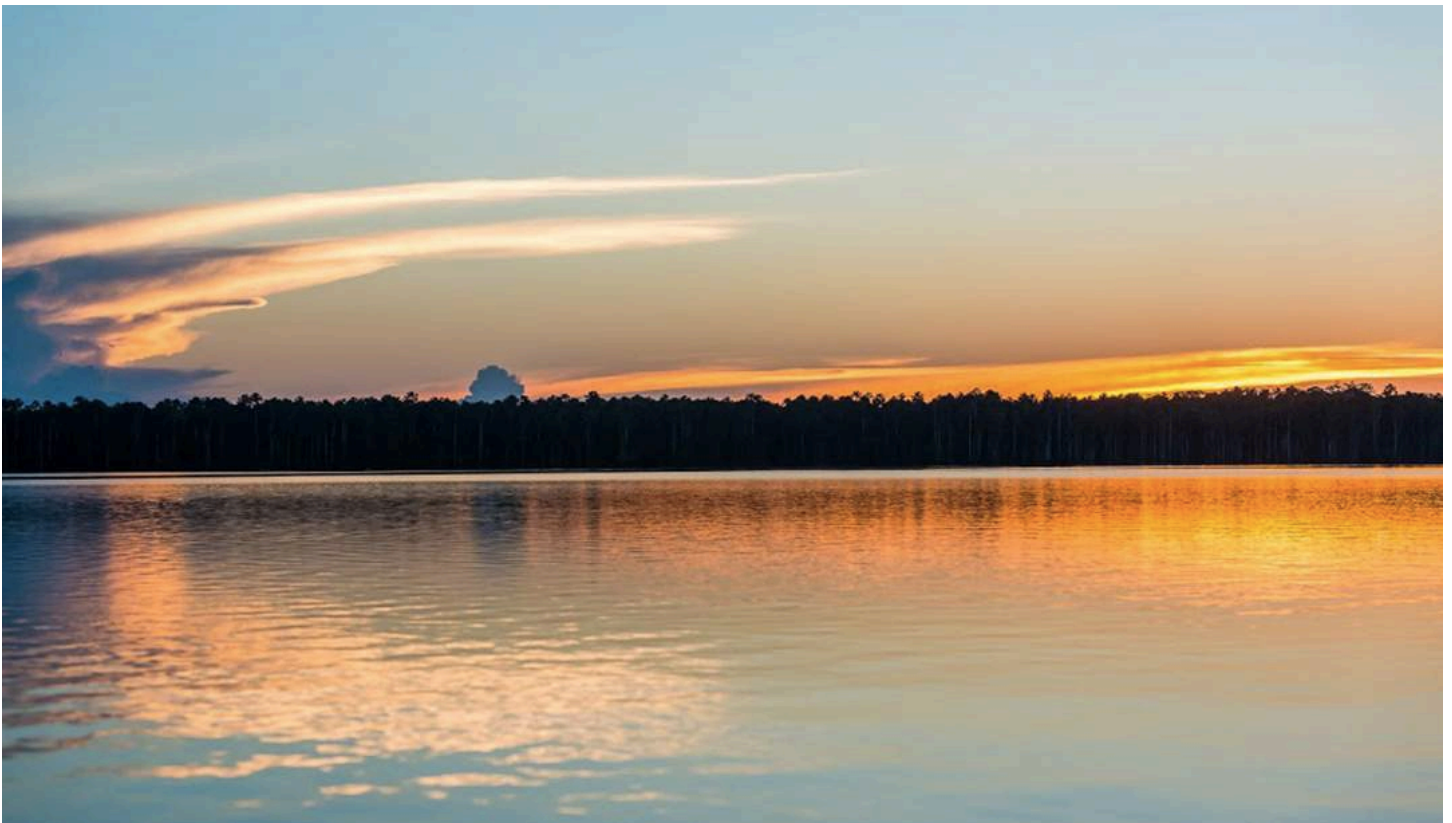
Other highlights in Brazil include the Pantanal Wetlands, Rio de Janeiro, Salvador da Bahia, Paraty and Ouro Preto. With Brazil offering beaches, history, colonial towns and nature, there is something for every kind of traveler in Brazil.

View More: [Brazil Tours](#)



### Insiders Tip

*Mato Grosso do Sul is known for its natural environment. Tourists from around the world come here to discover the wide variety of flora and fauna, forests, natural sand banks, savannas, open pastures, and more.*





## Foz do Iguassu

Iguassu, Iguazu or Iguacu, no matter what spelling you use, it won't change the fact that these falls are amongst one of the most spectacular natural wonders in South America. No trip to Paraguay would be complete without visiting Iguazu Falls. The falls are divided into two national parks, one in Argentina and the other in Brazil, making them a great way to combine a multi-country tour.

Although Paraguay does not have a view of the falls, Ciudad del Este is a quick trip to Foz do Iguassu on the Brazilian side.



Though many choose to walk along the pathways on the side of Iguazu Falls, you can also opt for a boat ride below the falls, one of the most popular activities! Just make sure to bring waterproof gear, to avoid getting soaked!

**Getting There:** Ciudad del Este, Paraguay, just across the Paraná River from Brazil is the perfect gateway to Iguazu Falls. There are a number of buses that transfer excited travelers from the Ciudad del Este to Iguazu Falls.

**Read more:** [Argentine vs. Brazilian side of the Falls](#)

### *Insiders Tip*

*Host a delicious picnic with family and friends, as guests are able to bring their own food inside the park! This way, your lunch can be full of quality conversation rather than standing in long lines among hungry travelers!*



## The Triple Frontier

The Triple Frontier is a junction between Paraguay, Argentina, and Brazil, where the Iguazú and Paraná rivers converge. You can get to the Triple Frontier from any of the three nearby cities, Ciudad del Este in Paraguay, Puerto Iguazú in Argentina, or Foz do Iguassu in Brazil. This area is a popular gateway to Iguazú Falls or the impressive hydroelectric dam on the Paraná River.

Tourists are intrigued by the Itaipu Dam, as it is the largest operational hydroelectric energy producer in the world. Take a guided tour of this powerful plant before moving onto the majestic falls.



Visitors can see the Tancredo Neves Bridge, which connects Argentina Puerto Iguazú and its Brazilian neighbor, Foz do Iguassu . Each of the three bordering countries have obelisks.

The Triple Frontier is also a fantastic place to take trips to the jungle, even to remote places such as the Rio Javari (the Brazil-Peru border). Many guests choose to stay in the Colombian town of Leticia, as its location, on the eastern bank of the Amazon River, is an ideal spot for a number of Amazonian adventures.

**Read more: [Paraguay - the Hidden Gem of South America](#)**

### *Insider's Tip*

*The Triple Frontier is an excellent spot to watch the sunset. Especially at the Brazilian outlook point, which has recently been renovated, perfect for world travelers.*



## Argentina - Salta

Salta, in northwestern Argentina, is known for its fabulous scenery of Andean peaks, red-rock valleys and vineyards. Founded in 1582, this once old city, is emerging as a beaming cityscape. Spend an afternoon studying the neo-Classical buildings, as well as dressing up for the lively night life. Traverse the unique landscape of Salta, Argentina. Choose the Salta, Cafayate, and Purmamarca Tour where you will winetaste, admire the vibrant colors of Jujuy, and spend the night near the Hill of the Seven Colors. Or venture to Salta by train on the Argentina Salta Train to Tucuman & Buenos Aires Tour. Take the Train to the Clouds and explore Salta from vertiginous heights.



## Argentina - Buenos Aires & Mendoza

Buenos Aires, nicknamed the Paris of the South is a highlight of South America. Seamlessly combine this romantic city with flights from Asuncion or Puerto Iguazu. In Buenos Aires, enjoy a steak meal paired with a glass of Argentina's Malbec wine. When the sun sets, go to a Tango Show and discover the romance of Argentina. For wine enthusiasts, add Mendoza to your travel list. After exploring Paraguay opt for a relaxing excursion to South America's most popular wine region to sip delicious Malbec.



Read more: [Argentina Tours](#)







## Bolivia

Bolivia is a fantastic place to visit due to its exceptional natural beauty. Only a short flight away from Paraguay, you can be walking the vast terrain of the Uyuni Salt Flats, stepping foot into the jungle, or wandering around the streets of La Paz.

The most popular trip from Paraguay to Bolivia is to visit the Uyuni Salt Flats. Uyuni stands in the corner of southwestern Bolivia and lures tourists in from around the world due to its incredibly unique landscape. Combine a visit to Uyuni with trips to Potosí, Sucre or La Paz.



## Uruguay

Uruguay and Paraguay may seem like they are in competition due to their similar size and offerings, but instead of picking one over the other, why not combine the two for an amazing trip? If you have enough time, you can venture to the southern tip of Uruguay and explore the beautiful coastline, the nation's capital Montevideo, the famous artist home Casapueblo in Punta del Este, or relax on the beaches of Cabo Polonio.

Read more: [Best Time to Visit Uruguay](#)





# TOP PARAGUAY TRAVEL PACKAGES

## Paraguay & Iguazu Falls Tour

**11 Days — Asunción, Chaco, Filadelfia, Concepción, Foz do Iguazu**

Untouched nature, rough gauchos, the old and new, historical and modern - this is Paraguay. First visit the capital, Asunción. Then explore the Chaco wetlands and the surrounding Mennonite communities of German immigrants. Then, visit the pleasant city of Concepción, with its nearby rivers and historic buildings. The culminating destination is the Iguazu Falls, on the border with Brazil and Argentina. This is a good tour option for honeymoon couples or groups who want to explore the less-traveled areas of South America.



[VIEW FULL ITINERARY](#)

## Asunción, Chaco & Iguazu Falls Paraguay Tour

**11 Days — Asunción, Chaco, Filadelfia, Bella Vista, Foz do Iguazu**

Southern German dialects in the middle of a tropical rain forest? Paraguay is one of the favored destinations of the German immigrants. On this trip you will visit different places in Paraguay which have an important part in the Paraguayan-German history. For soft adventure seekers, the Chaco region is a great place to get out and explore, while the German colonies of Independencia, Villarica & Bella Vista are pleasant places to visit. Also see the Iguassu Falls, the Itaipu Hydroelectric Dam, and the Jesuit Missions.



[VIEW FULL ITINERARY](#)

## Itaipu Dam & Iguazu Paraguay Tour

**8 Days — Asunción, Chaco, Filadelfia, Bella Vista, Foz do Iguazu**

Guarani means "warrior" in English. Today, we don't know much about these people, but we're fascinated with the history of their culture. Today many of the citizens in Paraguay are very proud of their roots, and they try to preserve their culture. A serious problem is that the living circumstances of the real Indians is still a traditional lifestyle and changes very slowly. On this journey you will learn more about these fascinating people, their history, and their traditional way of life.



[VIEW FULL ITINERARY](#)

## From Machu Picchu to Rio de Janeiro Tour

### 18 Days – The Lost City, Cidade Maravilhosa, Bolivia, & Paraguay

Embark on an 18-day journey through the Land of the Incas, where the remnants of their great civilization continue to capture the imagination. Start in Lima, where you'll learn about the history of the Spanish conquistadors. Continue to Cuzco, and of course, the UNESCO Heritage site, Machu Picchu. Then travel south, cross over Lake Titicaca into Bolivia, visit the two largest cities, and then continue to Paraguay's capital city, Asunción. To end, visit two Brazilian highlights: Iguassu Falls and the Cidade Maravilhosa, Rio de Janeiro.



[VIEW FULL ITINERARY](#)

## Jesuit Missions & Iguassu Falls Tour

### 6 Days – Oberá, UNESCO Jesuit Missions, Iguassu Falls

During the 17th-century, Jesuit missionaries from Spain headed deep into the forests of present-day northeastern Argentina and eastern Paraguay. The indigenous people of the Guarani tribe lived in these forests, and the Jesuits sought to convert them to Christianity. They built ornate baroque missions and community dwellings deep in the jungle, where the missionaries lived side-by-side with the Guarani for a century and a half. Visit the ruins of these beautiful missions, now a UNESCO World Heritage Site, on this 6 day tour.



[VIEW FULL ITINERARY](#)



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