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THE ESSENTIAL

BOLIVIA 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 and 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



BOLIVIA TRAVEL GUIDE

ESSENTIAL BOLIVIA TRAVEL TIPS

Best Times to Visit Bolivia
Staying Safe in Bolivia
Recommended Foods & Drinks
Map of Bolivia

THE HIGHLIGHTS OF BOLIVIA

Uyuni Salt Flats
Red & Green Lagoons
La Paz
Sucre
Potosi
Lake Titicaca & Isla del Sol
Madidi National Park
Santa Cruz

ADD ON TO YOUR TRIP

San Pedro de Atacama, Chile
Salta, Argentina
Machu Picchu, Peru
Arequipa, Peru

TOP BOLIVIA TRAVEL PACKAGES

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Coast to Coast Tour
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ESSENTIAL BOLIVIA TRAVEL TIPS

Bolivia is one of the only landlocked countries in South America,

and is a bit off the beaten path for many travelers. However, its vibrant landscapes, traditional cultures and friendly people make any trip to Bolivia rewarding. Some of the must-see destinations include the Uyuni Salt Flats, the crystal clear waters of Lake Titicaca, the vibrant city of La Paz and the silver mines of Potosi. Other exciting destinations are the Yungas Valley, Sucre and the Bolivian Amazon Rainforest.

Best Times to Visit Bolivia

There are distinct seasons in Bolivia to help travelers determine the best time to visit. The dry season corresponds with Bolivia's winter months (May - October), and it is generally the best time to visit but warrants the most travelers. The rainy season from November to March is a less common time to travel as the weather can cause problems with the roads and transportation. If you enjoy hiking, trekking or any other outdoor activities, we recommend visiting during the dry season. **Please note before making arrangements to visit Bolivia; you must have 6 months validity on your passport to enter the country.**

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

Staying Safe in Bolivia

Exercise the same caution as you would while traveling in any other foreign country. Consider leaving your valuables at home and use the hotel safe to hold your passport and any other important documents. Always be aware of your surroundings and be alert to petty crimes, but you likely will not find any trouble in Bolivia.

Recommended Foods & Drinks

Bolivian cuisine combines Spanish and Quechua influences and depending on the region the common dishes may vary. The highlands and lowlands of Bolivia utilize their own distinct flavors, with more of a tropical emphasis in the lowlands. Cuisine found in the Andes and Altiplano typically consists of carbohydrates, such as potatoes, rice, quinoa and various types of meat.

In La Paz and other large cities, you can find national and international restaurants. For example, pizzerias are common as well as Chinese restaurants. Although Bolivia is landlocked, be sure to try the fresh trout from Lake Titicaca, a favorite for Bolivian locals.



MAP OF BOLIVIA

Brazil



Peru

● **Madidi National Park** 🚶

Bolivia

● **Lake Titicaca** ⚓

Isla del Sol 🌴

● **La Paz**

● **Santa Cruz**

● **Sucre**

● **Potosí** ⚒️

Uyuni Salt Flats

● **Uyuni**

Laguna Colorada 🌊

● **Tupiza**

Laguna Verde 🌊

Laguna Blanca 🌊

Chile

Paraguay

Argentina

HIGHLIGHTS OF BOLIVIA

Uyuni Salt Flats

Salar de Uyuni is the world's biggest and most impressive Salt Flats covering roughly 10,582 square km. The sheer size of the salt flats and the mirror-like reflective waters make them a destination for photographers and adventurers. Salar de Uyuni sits in the Altiplano of Bolivia; this high plateau has a rare ecosystem complete with pink flamingos, Culpeo Fox, the Bolivian vizcacha, Andean Goose and giant cacti.

The best time to visit is during the dry season from May to October. During this time, visitors enjoy clear skies and warmer weather. However, during the wet season, December to March, there is a thin sheet of water covering the flats which creates a powerful reflection making it nearly impossible to tell where the sky ends and land begins. Travelers from around the world flock to the salt flats to capture the perfect perspective photo.

Uyuni Tours: Go on a 3 to 4 day jeep tour to explore the salt flats, nearby lagoons, and wildlife.

View Tours: [Uyuni Salt Flat Tours](#)





Red & Green Lagoons

No trip to Uyuni would be complete without a visit to the nearby lagoons; Laguna Blanca (White Lagoon), Laguna Verde (Green Lagoon) and Laguna Colorada (Red Lagoon) are the most popular. Laguna Blanca is on the way to the Uyuni Salt Flats, best known for its clean white color reflective color due to the mineral borax.

Next is the Green Lagoon, just 30-minutes from the White Lagoon, considered even more beautiful for its intense green color from mineral sediments. Behind the lagoon is volcano Licancabur, standing 5,868 meters high. This snow-capped volcano sits on the border between Bolivia and Chile.

The Red Lagoon is also worth a visit because of its other-worldly red coloring. The algae in the lake causes the vibrant color and is also a primary food source for many bird species, including the pink flamingos. Many people consider the Green and Red Lagoons to be some of the most beautiful in the world because of their vivid and bold colors; they are truly a spectacular sight that you won't want to miss on a trip to Uyuni.

Read More: [Tour Bolivia's Salt Flats in Style](#)



La Paz

La Paz is the highest administrative capital in the world, sitting at an elevation of 3,640 meters. The city itself is a beautiful mix of cosmopolitan buildings, old churches and ramshackle homes that pour into the hillside. Ride the cable car, *Mi Teleferico*, from the urban city up the mountainside for a spectacular aerial view. Or spend your day wandering around the lively streets of La Paz; the downtown region is filled with vendors and markets on nearly every corner. Visit the Witches Market, *Mercado de Hechiceria* or *Mercado de las Brujas* to find some unique souvenirs of a mystical persuasion.



La Paz is an excellent starting point for excursions to Uyuni and/or Lake Titicaca. Allow yourself extra time to adjust to the higher altitude. Stay hydrated and try to avoid alcohol while acclimatizing; some hotels provide oxygen for guests that need it.

Day Trips: Calling all thrill seekers! Bike down Death Road (Yungas Road), one of the most dangerous roads in the world on a 64 km journey following winding down the mountainside with steep cliffs along the edge.

Read More: [Top 5 Things To Do in La Paz](#)



Sucre

Sucre, nicknamed the “white city,” is considered the heart of Bolivia and is amongst one of the most beautiful cities in the country. Deemed a UNESCO World Heritage site in 1991, Sucre is a must-see for travelers seeking a relaxing excursion to a historical city with indigenous cultures. The whitewashed buildings and picturesque patios highlight the colonial wealth of Sucre. Travelers enjoy the mild and comfortable temperatures paired with excellent accommodations, colonial churches and interesting museums.



There is plenty to do and see in Sucre and a city tour is a perfect way to see the highlights. Visit the Metropolitan Cathedral, in the Main Plaza, construction started in 1552 and finished in 1712; see if you can spot the different architectural styles. Visit the Santa Clara Convent, a colonial gem of the city which houses a variety of religious art and beautiful gardens. Sucre has set strict controls on development around the city, which ensures the city remains a true masterpiece of Bolivia.

Read More: [Sucre Bolivia Tours](#)





Potosi

Potosi was founded after the discovery of rich silver mines in the Cerro Rico mountain. Soon after, it became one of the wealthiest and largest cities in South America producing over 60,000 tons of silver. The wealth from the mining industry is reflected in the beautiful baroque churches, monasteries and colonial mansions scattered throughout the city. The history and beauty of Potosi make it a UNESCO World Heritage Site.

No trip to Potosi would be complete without an excursion to the mines. Plan ahead to book an English guided tour. About 10,000 people continue to work in the mines and interestingly enough their mining methods have not changed much from colonial times.

Rio Tupiza Valley

Tupiza is located just outside of Potosi, in the Rio Tupiza Valley (as pictured above). Tupiza makes for a great day excursion if time permits. Admire the unique wilderness and other-worldly eroded rocks. Relax and admire the beauty of our planet.

Read More: [Potosi Tours](#)

Insiders Tip

While the city of Potosi might not be as wealthy as it once was, the city is rich in culture. Go on a guided tour of the silver mines, or the city's vibrant festivals such as the Festival of Ch'utillos.



Lake Titicaca & Isla del Sol

Lake Titicaca straddles the border of Peru and Bolivia, making it one of the largest lakes in South America and the highest navigable lake in the world. This magical lake attracts tourists year-round for its sparkling blue waters and cultural islands. From the Aymara villages to the peaks of the Cordillera Real, Lake Titicaca will impress any traveler.

Getting there: From La Paz, transfer to Copacabana, a small city sitting on the shores of the lake. Board a catamaran to cruise around the lake and venture to the nearby islands.



Isla del Sol is a beautiful island on Lake Titicaca that has preserved its traditional cultural practices for centuries. Enjoy a delicious lunch, learn some of the old customs and hike around the island.

Visit the Peruvian side of Lake Titicaca. To see the floating Uros Islands spend a night in Puno, Peru and add on a tour to see the floating reed islands.

Read More: [Lake Titicaca Tours](#)





LOWLANDS OF BOLIVIA

Madidi National Park

Established in 1995, Madidi National Park is part of one of the largest protected areas in the world. As one of the most biologically diverse regions on the planet, it attracts many flora and fauna enthusiasts. Madidi National Park is most commonly known for its tropical lowland basins in the Amazon. For the adventure seeker, venture to the heart of the jungle to look for jaguars, macaws, spectacled bears, monkeys, vicunas and birds.

Getting there: Fly from La Paz or Santa Cruz to Rurrenabaque. From Rurrenabaque take a boat up the Beni and Tuichi river.

Santa Cruz

Santa Cruz sits at an altitude of 416 meters; its tropical climate and rapid city growth make Santa Cruz a unique destination. From Santa Cruz, there are plenty of outdoor activities; trek in the Amboro National Park, home to over 912 bird species, visit Espejilos Waterfalls or look for jaguars inside Kaa-Iya National Park. The options are endless.



ADD ON TO YOUR TRIP

San Pedro de Atacama, Chile

One way to reach San Pedro de Atacama is to cross the border by land from Bolivia into Chile. Descend from Uyuni to the open views of the Atacama desert.

Tourists from around the world flock to San Pedro de Atacama to admire this other-worldly desert. The most popular activity is a late night stargazing tour. Besides stargazing there are a variety of other excursions in the Atacama desert. The Moon Valley, Death Valley and Tatio Geysers are amongst the most common tours. Another favorite is the Cejar Lagoon with its beautiful turquoise waters, lush vegetation and exotic fauna including flamingos, ducks and the Andean coots.

Seamlessly combine the Uyuni Salt Flats, the Atacama Desert and Salta on our Magic Triangle of the Andes tour through beautiful cities and diverse landscapes of Bolivia, Chile and Argentina.

Read More: [Magic Triangle of the Andes Tour](#)



Insiders Tip

One of the most popular activities in San Pedro de Atacama is stargazing. Its remote location makes it the perfect spot to see shooting stars, constellations, and other celestial objects lighting up the sky.



Salta, Argentina

Salta, in northwest Argentina, is known for its fabulous Andean mountain peaks, red-rock valleys, and vineyards. Founded in 1582, this once old city, is emerging as a beaming cityscape. Salta is the ideal getaway for those seeking a cultural experience and wine excursion.

Visit some of the quaint colonial churches and buildings, including the Plaza 9 de Julio with its Cathedral, Cabildo, Museo Historico del Norte, and San Francisco Church. The Museo Arqueologico de Alta Montaña has an interesting exhibit on the Incas in northern Argentina. Take the cable car up San Bernardo Hill for a panoramic view of the city.

Maximize the value of your trip to Salta by including a nearby wine tour of Cafayate, a visit to the Salinas Grandes, or an overnight stay in Purmamarca, home to the Hills of Seven Colors.

Getting There: Combine Bolivia and Argentina into one trip of a lifetime. End the Bolivia portion in La Quiaca, a city sitting on the boarder, take a bus to Salta or even stop in the northern cities of Argentina like Purmamarca or Humahuaca.

View More: [Salta, Argentina Tours](#)





Machu Picchu, Peru

Peru is a magical destination in and of itself and makes for a fabulous add-on to any Bolivia Tour. There is a myriad of activities to do in Machu Picchu, Ollantaytambo and the Sacred Valley. Visit the iconic ruins, wander around the cobblestone streets of Cuzco, or hike through the Andes Mountains.

Arequipa & the Colca Canyon, Peru

Many travelers overlook Arequipa because of its powerhouse neighbor, Machu Picchu, but there are plenty of reasons to add Arequipa to your travel plans. Arequipa is surrounded by three dramatic volcanoes and just miles from the Colca Canyon. Andean condors soar thermals above the canyon and visitors can oftentimes watch the condors in flight.

Arequipa plays a significant role in Peru's gastronomic renaissance, with classic spicy dishes such as rocoto relleno (stuffed spicy red peppers), chupe de camarones (prawn chowder) and ocopa (boiled potato in a creamy spicy sauce). These dishes alone are a reason to visit.

Travel Tip: Seamlessly combine Peru & Bolivia through Lake Titicaca.

View Tours: [Peru & Bolivia Tours](#)



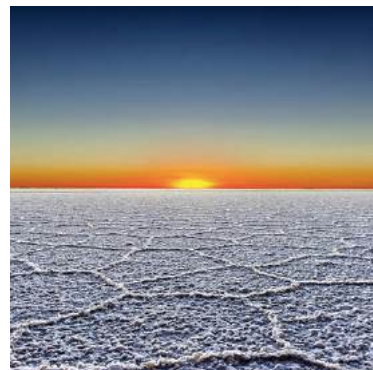
TOP BOLIVIA TRAVEL PACKAGES

Highlights of Bolivia Tour

13 Days - Santa Cruz de la Sierra, Sucre, Uyuni & Potosi

Discover the highlights of Bolivia and venture to Santa Cruz de la Sierra, Sucre, Potosi, Uyuni, Lake Titicaca and La Paz. See colorful landscapes, visit unique markets, explore ancient ruins and meet friendly people - you are sure to fall in love with Bolivia! This tour is perfect for adventure travelers, or for groups who want a good overview of Bolivia's most attractive landscapes.

[VIEW FULL ITINERARY](#)



Classic Bolivia Tour

10 Days - La Paz, Lake Titicaca, Uyuni & Sucre

Start in the bustling city of La Paz. Fly to Sucre, the "white city" sure to entice you with its peaceful architecture and UNESCO status. Take an excursion to the vibrant powerhouse of Santa Cruz, including a visit to pre-Incan El Fuerte. Incredible landscapes in Salar de Uyuni will entice you, keeping you in Bolivia's remote areas until the sun sets. The contrasts on this tour are perfect for Bolivia enthusiasts.

[VIEW FULL ITINERARY](#)



From Machu Picchu to Rio de Janeiro

18 Days - Lima, Machu Picchu, Lake Titicaca, La Paz, Asuncion, Iguazu & Rio

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 the City of Kings, Lima, where you'll learn about the history of the Spanish conquistadors. Continue to the heart of Peru, visiting Cuzco and of course, the UNESCO Heritage site, Machu Picchu. Then travel south, cross over Lake Titicaca into Bolivia, and visit the two largest cities, La Paz and Santa Cruz de la Sierra. Take a flight to Paraguay's capital city, Asunción, and have a Guarani experience. To end this trip, visit two Brazilian highlights: Iguassu Falls and the Cidade Maravilhosa, Rio de Janeiro.

[VIEW FULL ITINERARY](#)



La Paz and Atacama Desert Tour

8 Days - La Paz, Arica & the Atacama Desert

Stark contrasts: From the Bolivian Capital to the wonders of the Atacama Desert! Astounding contrasts as you journey from La Paz to the crystalline Chilean coastal Oasis of Arica, then into the beautifully fascinating Atacama Desert. This is the perfect adventure tour and introduction to South America!

[VIEW FULL ITINERARY](#)



Coast to Coast Tour

37 Days - Peru, Bolivia, Argentina & Uruguay

Explore South America's most highlights on the Pacific coast as well as the Atlantic on this 37-day tour. Start in Peru and visit Lima, the Amazon, Cuzco, and Machu Picchu. Continue to Bolivia to Lake Titicaca, La Paz, and Uyuni. Fly to Puerto Iguazú, Buenos Aires, and Montevideo before finishing Punta del Este on the Atlantic coast. This Coast to Coast Tour shows the best highlights of Peru, Bolivia, Argentina and Uruguay.

[VIEW FULL ITINERARY](#)



Potosi, Uyuni & La Paz Tour

4 Days - Uyuni, Red & Green Lagoons & La Paz

This 4 Day Bolivia adventure tour takes you into the heart of Bolivia, from the mines of Potosi, to the salt flats of Uyuni, and the high altitude capital of La Paz.

[VIEW FULL ITINERARY](#)



The Magic Triangle of the Andes

10 Days - Lake Titicaca, Uyuni Salt Flats, Atacama & Salta

Travel through majestic deserts of South America, past diverse landscapes in Bolivia, Chile and Argentina. Start in Bolivia's largest city, La Paz, and venture to the Uyuni Salt Flats, admire the endless white landscape. Continue to the Atacama desert; most famous for its stargazing, the Moon Valley and tatio geysers. Finish this tour in Salta and take in the beauty and vibrant colors of Jujuy and Quebrada de Humahuaca.

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