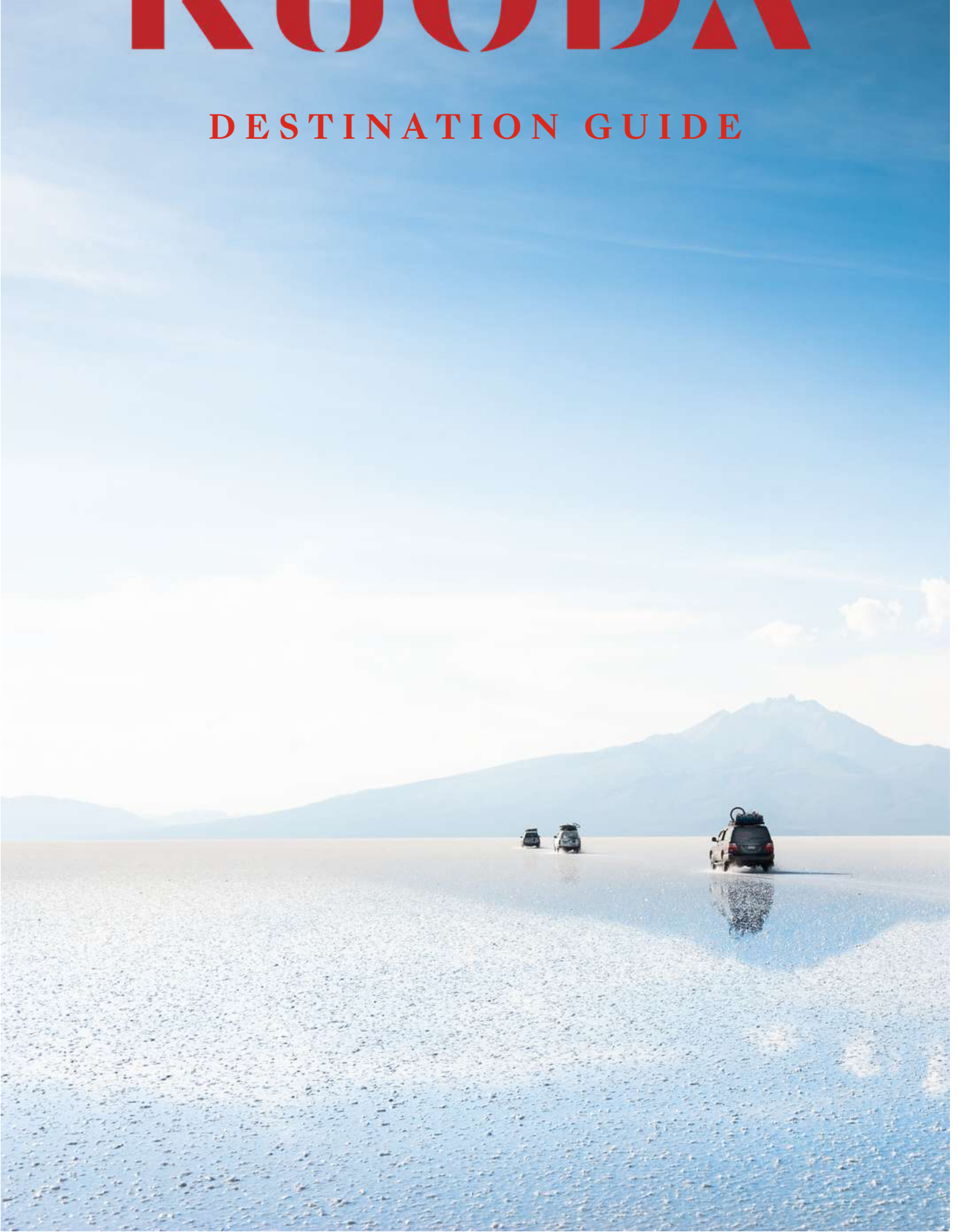


BOLIVIA 2024

KUODA

DESTINATION GUIDE



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Bolivia

The largest landlocked country by area and population in South America, Bolivia boasts some of the continent's most ethereal and dramatic landscapes. Its captivating natural wonders, deep-rooted and rich indigenous heritage, and mouthwatering contemporary and traditional gastronomic experiences should be on every explorer's bucket list.

With 40-70% of the population identifying as descendants of pre-Incan peoples, Bolivia is a place to immerse in the customary clothing, music, food, and language of one of the most indigenous countries in the world. This ancient history is reflected not only in cultural traditions, but also in landscapes that were formed thousands of years ago, such as the Uyuni Salt Flats, the dizzying Andes mountains, and the canyons walked by dinosaurs in Potosi and Sucre.

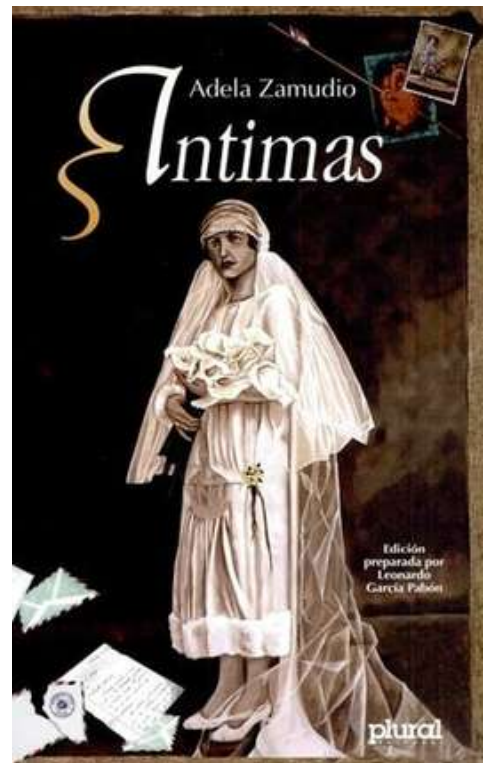
This country is truly one of a kind, with unparalleled cultural highlights, adventure opportunities galore, and cosmopolitan cities rich in diversity.



BOOKS

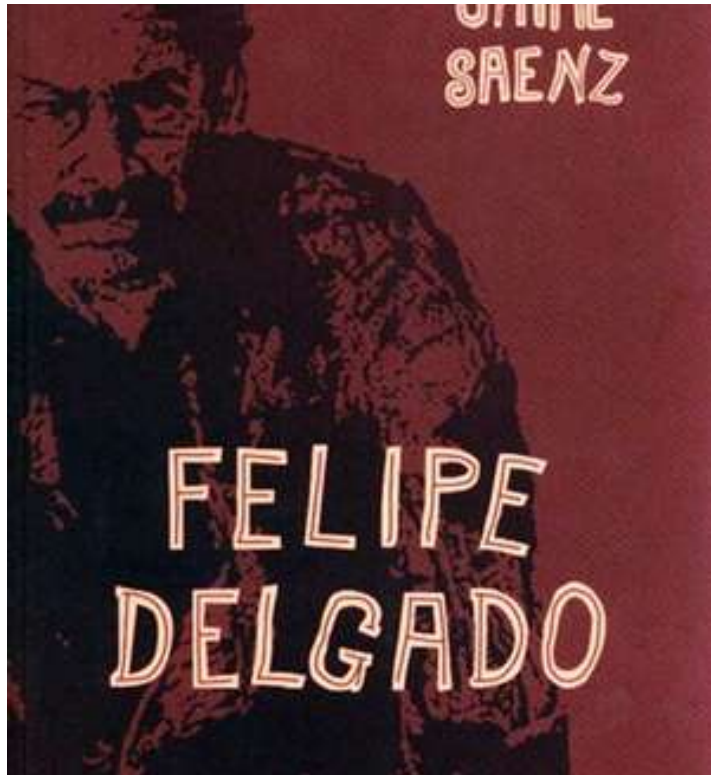
Close Friends by Adela Zamudio

This was the only novel written by Adela Zamudio, an educator, Bolivia's most famous poet, and the founder of the country's feminist movement. Written for and about women, it's divided into two sections: the first section, a set of letters written between Juan and Armando, and, the second section, a set of letters between Antonia and Garcia. The novel was intended as a critique of the hypocrisy of the upper classes of the early 20th century.



Felipe Delgado by Jaime Sáenz

Considered the most important literary work of poet, novelist, journalist, essayist, illustrator, and professor Jaime Sáenz, Felipe Delgado explores the underground streets and culture of the city of La Paz in the 1930s. Though Sáenz often denied that the work was autobiographical, a large part of the theme explores the impact of alcohol in Bolivia, which closely parallels the personal struggles and life of the author.



El Run Run de la Calavera by Ramón Rocha Monroy

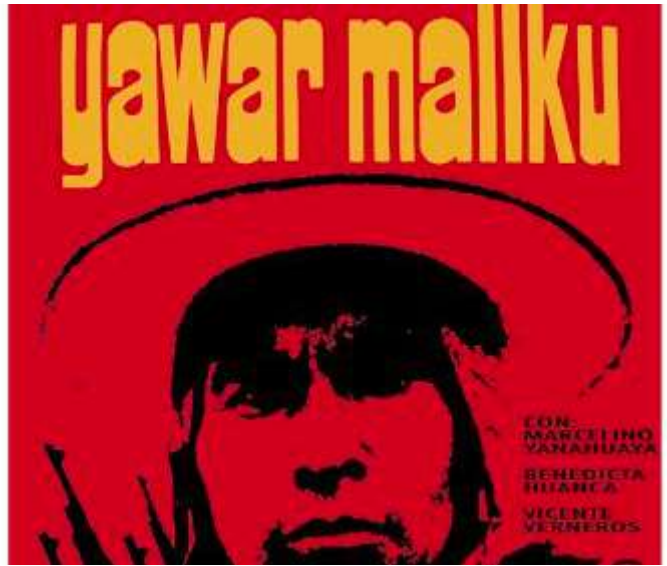
Named one of the fifteen fundamental novels of Bolivian literature by more than 50 critics and researchers of the country, El Run Run de la Calavera explores the relationship between the living and the dead and the fine line that divides reality and fiction.



MOVIES

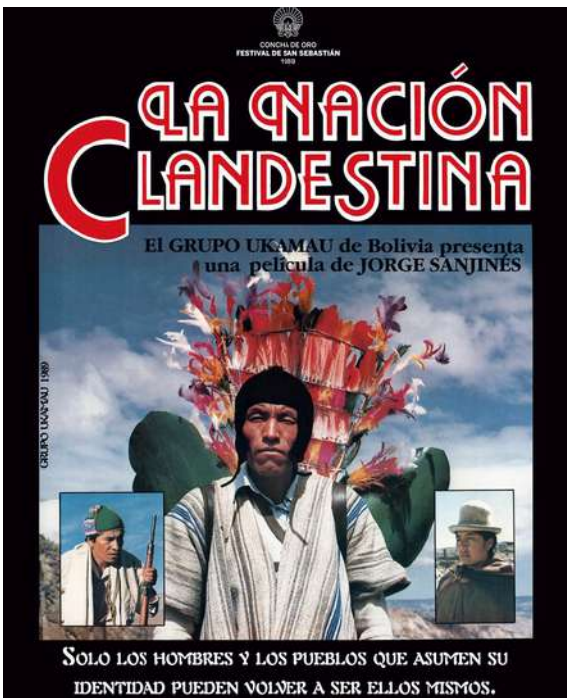
Blood of the Condor (1969)

Based on accounts shared with the filmmaker, this is the story of a US development group that arrived in a remote Andean Bolivian community, purportedly to provide medical care to the people. However, in a covert partnership with the Bolivian government, the group is found to be forcibly sterilizing the women against their will. In response, the chief gathers the men of his tribe to exact revenge.



The Secret Nation (1989)

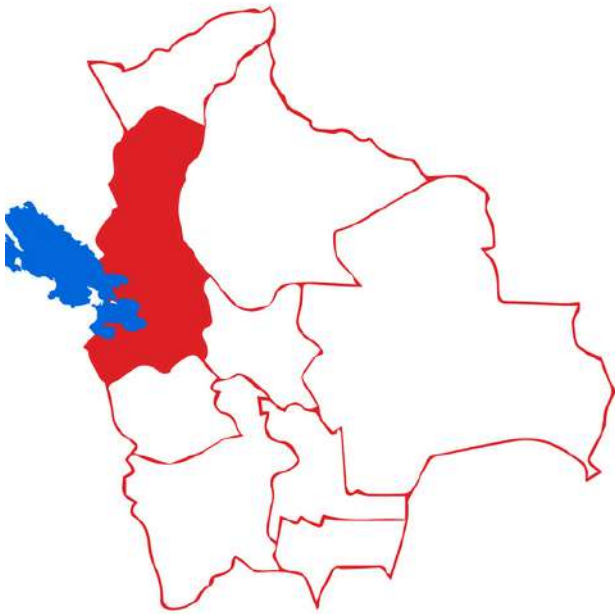
An Aymara man who was exiled from his community and went to live in the city later returns and attempts to atone in an effort to be reborn into his cultural identity. Having won multiple awards in its time, the film is a representation of the history of colonization in Bolivia and tells an all-too-common story of the indigenous people here.



Dark Skull (2016)

Elder is a troubled youth, sent to live with his grandmother in a small town in Bolivia. His troubles follow him, and to the dismay of his godfather Francisco, he often skips work to engage in the illicit activities he's caught up in. But everything changes when he finds out a dark secret about his father's death.





La Paz

Altitude: 3,625 m (11,890 ft)

Perched on the Andes' Altiplano plateau at 3,500 meters above sea level, La Paz is the political and commercial hub of Bolivia. With the towering Mt. Illimani as its backdrop, the bustling city is a place to enjoy some of the finest cuisine in the country, visit fascinating cultural museums, and begin treks into unspoiled mountain wilderness.



RESTAURANTS

Ali Pacha

Ali Pacha translates to 'Plant Universe'. As the name implies, this is a plant-based twist on fine dining. Drawing on international experience and techniques learned abroad, they transform Bolivian vegetables into haute cuisine. This gastronomic concept in the heart of the old city in La Paz is the first of its kind in Bolivia, and even those who don't subscribe to a plant-based diet will love the 11-course tasting menu that Chef Sebastián Quiroga has created.

**Calle Colon 1306 esquina Potosí,
Centro Histórico, La Paz**
alipacha.com

Imilla Alzada

The best slice in Bolivia is at Imilla Alazad. This pizzeria cooks Napolitano-style sourdough pizzas via an authentic wood oven and tops them with Bolivian cheese and flavorsome ingredients in combinations that are unexpected but unforgettable. Enhance this tasty experience with a four-glass flight from their micro-brewery, which has options like passionfruit saison and cider made from apples grown in Cochabamba.

**Calle Alvares Plata, 50, Cota Cota,
La Paz**
instagram.com/imillaalzada

 Vegetarian  Vegan  Gluten Free



Ali Pacha



Imilla Alzada

Ancestral

Premium cuts of meats cooked to perfection over a wood-fired grill take center stage on the menu at Ancestral. Developed around the concept of using this traditional cooking method for nearly all of their signature plates, locally-caught fish such as trout and paiche are made equally as delicious when touched by the flame, as are vegetables like artichokes and potatoes. Sit in the garden for a four-course tasting menu.

**Calle 10 de Achumani, 135,
Zona Sur, La Paz**
facebook.com/AncestralBolivia



Ancestral

Gustu 🥕 🌿 🌾

Born from Claus Meyer’s Melting Pot Foundation and dedicated to making gastronomy a source of pride and sustainable progress in Bolivia, Gustu is as much a movement as it is haute cuisine eatery. Their dishes reevaluate and disseminate the food heritage of this small country, reinventing traditional dishes with ingredients obtained from small producers, productive associations, rural communities, and indigenous peoples through the ancient Andean philosophy of reciprocity and community. For lovers of haute cuisine and the sustainably-minded traveler, Gustu is not to be missed.

Avenida Costanera 10, Zona Sur, La Paz
gustu.bo/en



🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

Popular Cocina Boliviana 🥕 🌿 🌾

Located in a colonial house in the historic center, Popular Cocina Boliviana has become one of the most hyped restaurants in La Paz, and for very good reason. Diego Leonel Rodas Zurita and Juan Pablo Reyes Aguilar bring flavors and elements inherited by their ancestors to contemporary and creative gourmet dishes. Every week they develop a new and exciting menu del día, with two entrées, three mains, and two desserts to choose from.

Calle Murillo 826, La Paz
facebook.com/popularlapazbolivia



BARS & NIGHTLIFE



+591 Bar

+591 Bar

Inspired by Bolivian flavor, culture, places, and stories, +591 Bar's signature cocktails showcase the elite of Bolivian mixology. Located on the rooftop of the Atix Hotel, it's an extension of the hotel's intimate and classy decor, where the service is knowledgeable, friendly, and expeditious and the views of the city below are unsurpassed.

Calle 16 N° 8052, Between Julio Patiño and Sánchez Bustamante Calacoto, La Paz

atixhotel.com/dining-entertainment/

Euro Lounge

Hotel Europa's penthouse bar features classic leather and wood décor, a number of screens to watch the day's sports (including NFL), and occasional live shows. The cocktail list is ever-expanding, but their pisco sours are top-notch.

Penthouse - Hotel Europa, La Paz

[instagram.com/euro_lounge](https://www.instagram.com/euro_lounge)



Euro Lounge

Diesel Nacional

A large part of this local haunt is built within an old airplane fuselage, and that steampunk style permeates every inch of this truly unique bar, including the loud and befitting music. Definitely worth checking out, they serve local craft beers, classic cocktails, and snacks late into the night.

Avenida 20 de Octubre #2271 Entre Calles F. Guachalla y R. Gutierrez, La Paz

[instagram.com/dieselnacional](https://www.instagram.com/dieselnacional)



Diesel Nacional

COFFEE SHOPS

Magick

Founded by a husband and wife duo that wanted to create a space for the artistic crowd of Sopocachito to express themselves, Magick hosts all kinds of live entertainment, from concerts and film screenings to salsa classes and yoga. Come and enjoy the vibrant culture of La Paz's bohemian district and a meal from their seasonal, experimental, and (mostly) vegetarian menu.

Pasaje Medinacelli, No. 721, Sopocachi La Paz
facebook.com/MagickCafe

Typica

In their trendy and snug cafés, Typica serves up specialty coffee profiles that they've carefully selected, roasted, and tasted themselves. The professionally-trained baristas prepare americanos, cappuccinos, lattes, macchiatos, cortados, and even pressed coffee, all on the highest quality coffee machines and serving them alongside a scrumptious selection of dishes. If you're craving comfort food, try the American breakfast, which includes their own homemade wheat bread and a freshly squeezed orange juice.

Avenida 6 de Agosto 2584, La Paz
typicabolivia.com

The Writers Coffee 🥕

We're not sure what we love most about this outstanding coffee shop, the ambiance created by floor-to-ceiling books or the high-quality, specialty coffee. Its quaint and elegant décor invites you to pull out a book or a journal and stay for a while, but the Bolivian coffee prepared in every way you can think of keeps you longer than you may have planned. Don't let the outside fool you! Step inside and you'll be charmed.

Calle comercio 1270 Interior Libreria Gisbert, La Paz
thewriterscoffee.com



🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

ART GALLERIES & MUSEUMS

National Museum of Ethnography and Folklore (MUSEF)

With more than 30,000 pieces, the permanent collection of MUSEF includes cultural assets from the pre-Colombian, colonial, and contemporary periods. Among them are masks, ceramics, fabrics, feather art, and numismatics that display the past and present heritage of Bolivia. Also found within the walls of this National Monument is one of the largest documentary collections and funds in the country, with over 170,000 audiovisual materials.

Ingavi 916, La Paz
musef.org.bo



National Museum of Ethnography and Folklore (MUSEF)

National Museum of Art

The impeccably restored colonial building that houses the National Museum of Art is located on the central plaza and is worth a visit on its own. The huge courtyard is surrounded by pillared corridors standing three stories high, each level dedicated to an era of Bolivian art. After paying a small admission fee, take a free guided tour through the permanent collection, which includes 16th-century paintings from Melchor Pérez de Holguín and 17th-century paintings from Gregorio Gamarra.

Socabaya, La Paz
facebook.com/museonacionaldeartebolivia



National Museum of Art

Coca Museum

Coca is an ancient and sacred plant used throughout the Andean region, but it's also the main ingredient in Coca-Cola, some pharmaceuticals, and, of course, cocaine. Learn about the history of the plant, its agriculture, and its malicious contemporary uses in this provocative and educational museum.

Linares 906, La Paz
cocamuseum.com



Coca Museum

SOUVENIR SHOPS

Ayni Bolivia

Named for a Quechua word meaning “today for you, tomorrow for me”, Ayni Bolivia is a fair trade business certified by the WFTO and a member of the Ethical Fashion Forum. Their inventory consists of handmade clothing and crafts from Bolivian producers, including naturally dyed textiles, ceramics, and crafts. For an authentic and beautiful souvenir, look through their large selection of alpaca blankets, scarves, sweaters, and ponchos.

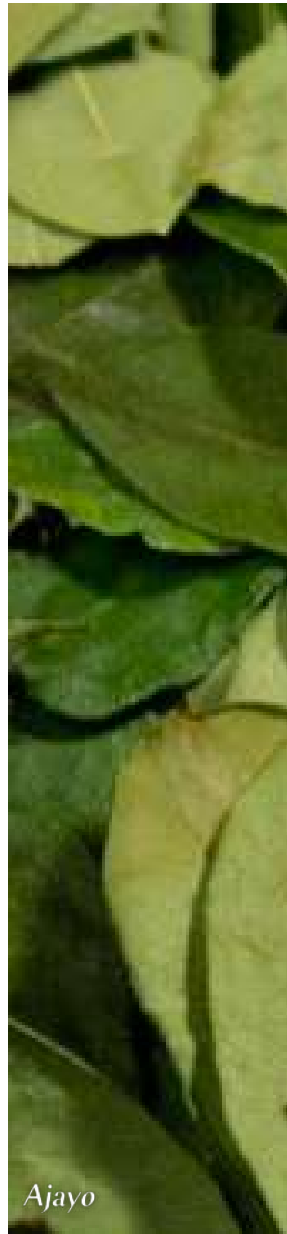


Ayni Bolivia

Calle Linares o de las brujas, casi esquina Sagarnaga, La Paz
aynibolivia.com/shop

Ajayo

Well over one decade ago, the founders of the International Coca Research Institute, who are also the founders of the Coca Museum, developed a proprietary process to naturally extract the nutritional and medicinal benefits of the coca leaf. From there, they made an elixir and oil that boosts energetic vitality, among other things. After perfecting this product, they began to use the same extraction process for other plants, such as maca and chia. Today, they sell elixirs, tablets, and cosmetics derived from some of the world’s more powerful medicinal plants, and Ajayo Extractos is the only place to find them.



Ajayo

Linares Street (Calle de las Brujas) No. 906 Coca Museum, La Paz
andescocha.com/english



Lam Bolivia

Lam Bolivia

Since 1990, L.A.M. has been ethically sourcing the purest alpaca wool in the Bolivian highlands and working closely with master artisans to create a contemporary line that is very much their own. The sweaters, cardigans, ponchos, jackets, and vests are handmade and tailored for timeless style.

Calle Sagarnaga 295, La Paz
lambolivia.com

HIDDEN GEMS

Urban Rush Bolivia

Take a leap from the 17th floor of the Presidente Hotel with Urban Rush Bolivia. This adventure excursion is an adrenaline-pumping, 50-meter descent from the top floor of the hotel to the street below. Kept 100% safe with certified, high-quality equipment and professional instructors, you can choose to repel or jump after practicing for as long as you need on their mini wall.

Calle Potosi #920 (Hotel Presidente, 17th floor, La Paz

urbanrushbolivia.com



Urban Rush Bolivia



Huayna Potosí

Huayna Potosí

Known as the world's easiest summit over 6000 meters, Huayan Potosí is Bolivia's most-climbed mountain. Just 25 kilometers north of the city in the Cordillera Real, the peak can easily be completed by beginners over the course of 3 days and without any technical training. April through November is the suggested time of year for this excursion. It should be noted that those who have no mountaineering experience should not attempt this without a guide.

Near El Alto, about 25 km north of La Paz in the Cordillera Real



Valle de la Luna

Valle de la Luna

Just 10 kilometers from the city, a mountain that was eroded by wind and weather left behind a bizarre landscape that's now called Valle de la Luna, or Valley of the Moon. Jagged peaks, odd rock formations, and canyons are scattered across the site, and visitors can escape the hustle and bustle of the city with a morning or afternoon hike through all of it.

10 km. from downtown La Paz, in the Pedro Domingo Murillo Province





Copacabana & Lake Titicaca

Altitude: 3,812 m (12,510 ft)

The world's highest navigable body of water, the Incas believed that Lake Titicaca was the birthplace of humanity. This land is still held as sacred to the many indigenous communities that call the shores and the islands home, and their villages as well as the many archeological sites, are an immersive way to learn more about that history and tradition.



RESTAURANTS

La Cúpula Restaurant 🥕 🌿 🍷

One of the most refined restaurants in Copacabana, La Cupula has an urbane feeling without any pretension. Not trendy, not haute, just the classics – but done very, very well. Their menu is packed with national ingredients and international dishes, including things like alpaca, trout, chicken and meat fondue, and crepes for dessert.

Michel Pérez 1-3, Copacabana

hotelcupula.com

Restaurant Inti Raymi

This little gem cooks up lake trout in at least ten different styles, all of which are served in huge portions accompanied by papas fritas (fries), rice, and soup and salad. Warm service, a comfortable environment, and, of course, a wonderful view of the lake from the Bolivian side.

Municipio de Huatajata, carretera a Copacabana, a una hora de la ciudad de El Alto

facebook.com/people/Restaurant



La Cúpula Restaurant



Restaurant Inti Raymi

🥕 Vegetarian 🌿 Vegan 🍷 Gluten Free

BARS & COFFEE SHOPS

Pan America 🥕 🌿 🌾

Artisan baked goods, pizzas, sandwiches, and coffee prepared how you like it – all handmade by the woman who runs this small bakery. Check the small chalkboard outside the shop to see what’s being made that day, and don’t miss the tiramisu if it’s available.

Near corner of Avenida 6 de Agosto & Calle Avaroa, Copacabana

facebook.com/PanAmericaCopacabana

Pit Stop 🥕 🌿

Owned and operated by two Argentinians, it’s no surprise that the empanadas at Pit Stop are the talk of the town. Chef Luciano makes these baked and stuffed pastries by hand every morning, and among the most popular flavors is the vegetarian, stuffed with cheese, basil, and tomato. Empanadas for lunch or coffee and pastries for breakfast, everything in this friendly place is done with the Italian flare for gourmet that we’ve come to expect from Argentinians.

Avenida 16 de Julio, Copacabana

Café Bar de la Casa del Corregidor 🥕 🌿 🌾

In a residence that dates back to the 17th century, Casa del Corregidor is a center for food and culture in Puno. Their simple and economic menu highlights the best of Peruvian cuisine, with plenty of classic cocktails, beer, wine, and even gourmet Tunki coffee supplied by their small café-bar. Come for a filling meal on their lovely terrace and stay to explore their exhibitions and community handicraft shop, filled with local treasures.

Jirón Deustua N° 576, Puno

cerveceraaltamira.cl



Pan America



Café Bar de la Casa del Corregidor



🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free



ART GALLERIES & MUSEUMS

Pachauta Museum

Explore the natural and human history of Lake Titicaca and the city of Copacabana at the Pacha Uta museum. Located by the tourist information center, each of the five rooms has a story to tell, including one about textile heritage, one about the role of women in the community, and even one about tourism to this sacred lake.

Plaza Sucre, Frente a la, Av. 6 de Agosto, Copacabana



HIDDEN GEMS

Hike to Yampupata

Yampupata is a peninsula that ends with a sleepy village of lakefront adobe houses. While not exactly a destination in and of itself, the hike to get there is quite nice. Approximately 4 to 5 hours long, you'll pass a number of points of interest along the way, including traditional villages, archeological sites, tiny museums, white beaches, and fantastic views of the Isla del Sol and Isla de la Luna, the legendary birthplaces of the Sun and Moon.

Atuncolla District, Puno



Basilica of Our Lady of Copacabana

Visit the Basilica of Our Lady of Copacabana

In the center of Copacabana, this 17th-century Spanish colonial shrine sits at the foot of the hill that was known to the Incas as the Temple of the Sun. That makes this Basilica one of only two remaining sites in the country that is sacred to both Catholics and indigenous people. The shrine housing the image of Our Lady of Copacabana, Bolivia's patron saint, is rather beautiful, and it's one of the most visited pilgrimage sites in the country.

Pomata District, Puno



Yampupata



Tiahuanaco

Altitude: 3.885 m (12,746 ft)

Named a UNESCO World Heritage Site in 2000, Tiahuanaco or Tiwanaku was once the seat of a major pre-Columbian culture. Its megalithic ruins are one of the archeological wonders of South America, with the Akapana pyramid and Kantatallita temple topping the must-see list. You don't have to be a history buff to love every minute of a visit to this incredible place.



RESTAURANTS

La Cabaña del Puma

Eat like a local at La Cabaña del Puma. Sitting almost right beside the ruins, it's unmissable and convenient before or after a visit to the archeological site. They serve huge portions of hearty and unpretentious regional delights, of which we love the super-rich llama steak the most. If you're lucky, they may be hosting a cultural event while you're here.

Avenida Manco Kapac, Tiahuanaco
facebook.com/cabanadelpumatiwanaku/



Tiwanaku TAYPI UTA



Pachamama Restaurante

Pachamama Restaurante

The menu at Pachamama Restaurante is full of typical dishes from the Bolivian Andes, including llama, quinoa soup, trout, and chicken prepared in a number of ways – but the most popular thing to try here are the tragos. These are large, Andean versions of the Argentine empanada, and they make an excellent snack.

***Avenida Manco Capac esquina Wiracocha
 Ofrece Servicio de Alimentación Menú y Buffet,
 Tiahuanaco***

ART GALLERIES & MUSEUMS

Tiwanaku Site Museum

Little is known about the lost civilization that built the Tiwanaku site, but much of what is known can be discovered at the Site Museum. Be sure to hire a guide to take you through the museum if you're not fluent in Spanish. While many of the artifacts on display are captivating in and of themselves, an English-speaking local guide can explain the displays in more detail.

Tiwanaku

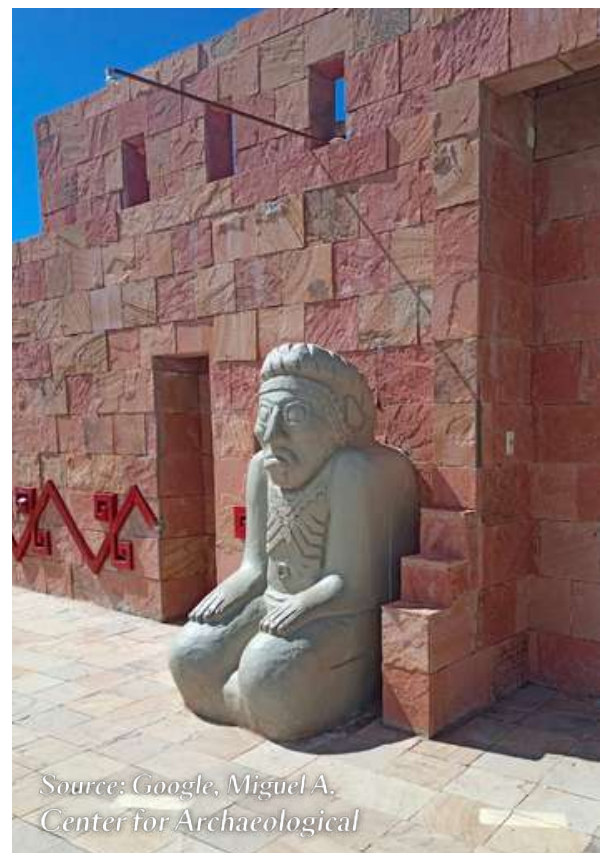


Center for Archaeological

This is where all of the administration around the archeological site takes place. CIAAAT manages, protects, conserves, maintains, renovates, restores, and investigates all things related to Tiwanaku. They're also responsible for the promotion and exhibition of many of the artifacts and scientific findings, working within the framework of international standards declared by UNESCO.

Avenida Manco Kapac, Tiwanaku

tiwanaku.gob.bo



Source: Google, Miguel A. Center for Archaeological

HIDDEN GEMS

Akapana

The Akapana is a 59-foot tall, stepped pyramid on the Tiwanaku site. Due to the looting and quarrying of its stones for colonial churches and other buildings, it resembles more of a hill, so it can be easy to miss. Though its purpose is mostly unknown, and its edifice mostly faded, we do know that this was an important building for the civilization that built it. There is ample evidence to demonstrate that, three centuries into their existence, all their efforts went into building this monumental structure, which would have been the largest structure in the Andes at that time.

Tiwanaku



Kantatallita

Tiwanaku Archaeological Ruins

The entirety of the archeological ruins at Tiwanaku covers approximately 4 square kilometers and touring the various monoliths, archways, and arcades takes an entire day. The culture and history of the Tiwanaku people is vague and mysterious, mostly remembered through myths that you'll hear all about while touring.

Tiwanaku



Akapana

Kantatallita

Approximately 100 meters away from the Akapana pyramid is the Temple of Kantatallita, meaning the "Light of the dawn" or "Exposed to the dawn." Of course, the entire temple is long gone, with only some stone structures left behind. What attracts visitors to this part of the site is a stone piece adorned with beautiful carvings, in a pattern similar to those you'll see in many Bolivian textiles.

Tiwanaku



Tiwanaku Archaeological Ruins



Uyuni Salt Flats

Altitude: 3,700 m (12,139 ft)

The world's largest salt flat is one of the most visited places in all of Bolivia. One of the most dramatic landscapes you'll ever visit, the dry season creates a vista of large, hexagonal patterns as far as the eye can see, while the wet season turns the flat into a mirror image where one cannot determine horizon from the sky. Surrounded by thermal springs, volcanoes, colorful lagoons, and unique flora and fauna, there's plenty to see and do in Uyuni.



RESTAURANTS

Tika

In the Palacio de Sal, a hotel built entirely from salt, Tika has created a fine dining experience to perfectly complement the building in which it's located. This luxury buffet-style experience is full of elegance in both the cooking and presentation of international and national dishes. Special attention is paid to sourcing zero-kilometer ingredients and having a full cellar of high-altitude, exclusive wines.

A orillas del Salar de Uyuni, Hotel Palacio de Sal Colchani, Uyuni
tika.com.bo

Tunupa Restaurant

Luna Salada is a special place. Decorated with vibrant colors and ancient textiles, what sets it apart is the fact that the hotel is fashioned almost entirely of salt. In their restaurant, Tunupa, breakfast, lunch, and dinner take place in the coziest and warmest of atmospheres. Dishes are developed with a commitment to the Uyuni region, made from many locally sourced ingredients and based on traditional recipes that celebrate authentic Andean flavor.

A 25 km de Uyuni, Uyuni
lunasalahotel.com.

 Vegetarian  Vegan  Gluten Free



Tika

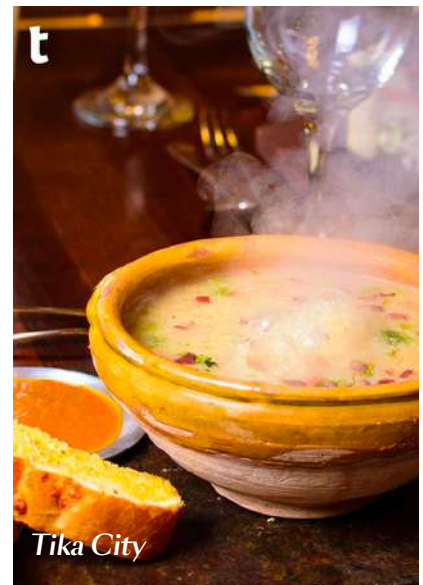


Tunupa Restaurant

Tika City

Arguably one of the top restaurants in all of Bolivia, Tika City is Tika's casual dining proposal in Uyuni. Here, they've cooked up a little thing they call "curious cuisine." That is, typical Bolivian dishes and ancestral flavors innovated and recreated through global techniques. This exquisite gastronomic experiment allows you to explore Bolivia through taste and smell, and it's a real hit in Uyuni, evident in packed tables every night of the week. If you've been itching to try llama, try it here. You can sample some with the Laphin Jerky appetizer, which is sun-dried llama jerky, or attempt the Llama Potojchi as your entrée.

Avenida Potosí 113, Uyuni
h JardinesdeUyuni.com/restaurante



Tika City



Palacio de Sal Cafe-Bar

BARS & NIGHTLIFE

Palacio de Sal Cafe-Bar

Also located in the Palacio de Sal is a high-ceilinged, open concept café-bar. Cozy and inviting, it's a spot for slow travelers, business people, and those needing a moment of relaxation by the fireplace. Be sure to peruse their list of high-altitude, Bolivian wines. Grown at altitudes between 1,500 and 3,000 meters, their aromas, flavors, and colors are intense and varied.

On the shore of Salar de Uyuni, Colchani

palaciodesal.com

The Hot Spot

More than just a name, The Hot Spot is quickly becoming the hot spot in Uyuni. Guests are continuously blown away by the quality of the food and service here, having to remind themselves that they're in a small town in Bolivia and not a Michelin-star restaurant in the heart of New York City. They offer 4, 5, or 7-course tasting menus, mainly consisting of local and seasonal products, and always presented as a work of art.

Calle Colon between Santa cruz y Colombia , Uyuni

facebook.com/TheHotSpotUyuni



The Hot Spot The New Religión



The Hot Spot

COFFEE SHOPS

Llama Cafe

Llama Café is the brainchild of Bismarck, a friendly and passionate owner who lovingly prepares and personally serves his plant-based and conscious food. His goal is to reduce the carbon footprint of tourism in Uyuni, and he's doing that one delectable vegetarian dish at a time. Try the falafel with a freshly squeezed mango juice for a pleasant little departure from traditional Bolivian food. They also stock an assortment of craft beers when you're craving a cold one.

Avenida Potosi 647, Uyuni

facebook.com/llamakafe



 Vegetarian  Vegan  Gluten Free

Railway Café-Bistro

This cute little café offers healthy options for breakfast, such as yogurt with fruits, local eggs and cheese, and freshly squeezed juice. Also open for dinner, their focus is on promoting Bolivian products, but making them into something modern, creative, and nutritious. Oh, and did we mention that their coffee is prepared with a fine Italian coffee machine? It truly makes all the difference.

Colón, Uyuni

facebook.com/railwaycafebistro



ART GALLERIES & MUSEUMS

Salt Flat Museum

The Salt Flat Museum is a military initiative where soldiers guide visitors through the various exhibits. Discover more about how the salt flat was formed as well as the history, industry, nature, and crafts of the region.

Ayacucho &, Av. Ferroviaria, Uyuni
facebook.com/museodelsalar



Salt Flat Museum

Train Museum

Bolivia's railway system was built between 1888 and 1892 and its main function was to transport minerals from remote mines to ports along the Pacific. However, after the Second World War, the mining industry collapsed, and the train graveyard is what remains of it in Uyuni. At this museum, learn more about the interesting history of the locomotives and carriages that were abandoned here, before heading out into the pseudo-apocalyptic site itself.

Salar de Uyuni
museoandino.cl



Train Museum



Train Museum

SOUVENIR SHOPS

Mercado de Artesanías de Colchani

Colchani is a small town near the salt flats, where no more than 20 families process the majority of the salt in Bolivia. The main souvenir purchased here is the local salt, which is better than Himalayan salt and processed using age-old techniques and machinery. You'll also find colorful handicrafts, which aren't too different from what's found in the city but the purchase of which helps to support this small community of local people.

Uyuni Salt Flats



Mercado de Artesanías de Colchani

HIDDEN GEMS

Eduardo Avaroa Andean Fauna National Reserve

This absolutely massive protected area is home to a number of tourist attractions that could keep a visitor busy for days. Within its 714,745 hectares, there the otherworldly pigmented lakes such as Laguna Colorada, the Green Lagoon, and the White Lagoon; the extinct Licancabur volcano and the semi-dormant Uturuncu volcano with active fumaroles; the Dali Desert and its surreal volcanic rocks; and the active Sol de Mañana Geyser. Visitors will also find wildlife such as flamingos, vicuñas, and suris, hot springs, and interpretation centers. Put a few days aside to day trip into the park and see everything it has to offer.

Puripica
sernap.gob.bo

Volcán Tunupa

Fancy the best view of the salt flats and all of its surrounding splendor? Trekkers can attempt to climb the trail to the top of 5,432 meter Volcán Tunupa. Named for the Andean god of thunder and lightning, the trek takes less than a day to finish and has a number of enticing features, including the ancient village at its feet, a cave with several mummies around the halfway mark, diverse flora and fauna, and a view unlike any other at the very top.

Bolivian Andes



Eduardo Avaroa Andean Fauna National Reserve

Polques Hot Springs

Over 4,000 meters above sea level in the heart of Eduardo Avaroa Andean Fauna National Reserve, you can visit some of the most remote, off-the-beaten-path hot springs in the world. Formed from the volcanic activity of the nearby Polques Volcano, the hot springs typically hover at a comfortable 29°C and the waters are full of minerals said to have healing benefits. There's truly no better place to relax and recharge before or after a Salar de Uyuni tour than in these warm thermal waters, surrounded by rugged beauty, lagoons, volcanoes, and flamingoes.



Polques Hot Springs



Volcán Tunupa



Oruro

Altitude: 3,735 m (12,250 ft)

The rich cultural heritage of Oruro is apparent in its regional cuisine, museums, and of course, its yearly carnival. Recognized by UNESCO as a Masterpiece of the Oral and Intangible Heritage of Humanity, it brings thousands of visitors every year. But even when the carnival is not going on, this small city is a great place to learn more about Bolivian heritage and history.



RESTAURANTS

Solarium Restaurant

The architectural façade of Hotel Eden is a testament to the city's heritage, but its restaurant, Solarium, has been completely updated to suit a more contemporary style. The menu, too, has been designed to fit contemporary desires, with a variety of international and national dishes to please any visitor as well as comfort foods like hamburgers and sandwiches.

Calle Bolívar Nro. 777, Esq. Presidente Montes. Plaza Principal, Oruro
hoteledenbolivia.com/gastronomia.html

Restaurant Pagador

An excellent lunch spot for trying regional and national dishes you might not have heard of but will definitely enjoy. The menu del día (menu of the day) involves a starter, soup, entrée, and dessert, and it's served from Monday through Saturday. Entrée options include delectable delights such as brazuelo (oven-roasted lamb shoulder) and mechado (Bolivian-style roast ham).

Pagador 1440 Pagador 1440, Oruro
facebook.com/restaurantpagador



Restaurant Pagador



Solarium Restaurant

 Vegetarian  Vegan  Gluten Free

Moli Fá

MOLi Fá is a fish and seafood restaurant that even serves sushi. Order individual dishes from the a la carte menu or choose a large plate for sharing.

Pagador between Junin & Aacuchi, Oruro
facebook.com/people/MOLi-F



Moli Fá



Moli Fá

Charquekan Orureño "El Puente"

Come and try the most typical dish of Oruro: Charquekan. Made with finely chopped llama or beef (we highly recommend the llama) that's been sun-dried and seasoned with salt, it's served with fresh quesillo (a Bolivian cheese), potatoes cooked in their skins, and a delicious Bolivian hot sauce. This place is as authentic as it gets in Oruro.

Tte. Villa, 6 de Octubre y Plaza Pagador # 107, Oruro
facebook.com/people/Charquekan-Orure



Charquekan Orureño "El Puente"

 Vegetarian  Vegan  Gluten Free

BARS & NIGHTLIFE



Latitud

While they do serve a large selection of drinks and snacks, they don't call themselves a music bar for nothing. When they're not playing fabulous rock and Latino-rock playlists from the 70's, 80's, and 90's, they've got a live show with local and national bands hitting the stage and getting the large crowds excited. Check their Facebook page to see what's coming up while you're visiting.

Calle Potosí entre 1° de Noviembre y León, Oruro

facebook.com/latitudmusicbar

Zens Coffee Lounge Bar

For casual cocktails and a night out with friends, Zens Coffee Lounge Bar is not quite a disco, not quite a bar, but something between both. Located in the central Campero market, it's stylishly furnished, their cocktails are colorful and fun, and the music is lively. If you're staying for a while, order a punch bowl to share.



Pagador # 1582 between Bolivar y Adolfo Mier, 2nd Floor Hotel Galaxia, Oruro

facebook.com/zensbolivia

El Viajero

Well-known amongst locals as a place to listen to great music, El Viajero is a little more varied in their musical tastes than Latitud, which is mostly rock oriented. You won't find many tourists in this spot, but that's what makes it so fun and authentic feeling, especially on a night that they have a local band playing. Check Facebook for details about upcoming shows.

Adolfo Mier 436, Oruro

facebook.com/ELVIAJERO.ORURO



COFFEE SHOPS

Perfecto Coffee Lounge

Coffee connoisseurs from around the world love this elegant coffee lounge. They carefully select the Bolivian specialty coffee that they serve, roast it themselves, and prepare it using the most professional machines for the job. They have a large menu of sandwiches, salads, burgers, and national dishes, and many of their pastries are made in-house. May we suggest the chocolate brownie?

**Herrera between Potosí y Pagador 319
Oruro**
facebook.com/PerfectoCoffeeLounge



Sweet Toffee

Sweet Toffee opened its doors with a vision of sweetening the human soul through their cooking and baking. Here you can find artisan pastries, cupcakes, cookies, cakes, and pies, but our favorite sweet treat has to be their epic waffles served with ice cream and fruits. Of late, they've extended their hours as well as their menu, with a large savory menu that satisfies.

**Potosí #1010 entre Montecinos y Caro
Oruro**
facebook.com/SweetToffeeBolivia

Typica

A nationwide chain, Typica has opened its doors to bring its brand of specialty coffee and professionally-trained baristas to Oruro. As hip and trendy as all of their cafes, they create the perfect atmosphere to relax for a few hours in the morning or early afternoon, sipping on fabulous coffee, and enjoying something sweet or savory.

**Calle Soria Galvarro Entre Cochabamba y Caro,
Oruro**
facebook.com/pages/Typica-Oruro



 Vegetarian  Vegan  Gluten Free

ART GALLERIES & MUSEUMS

Eduardo López Rivas National Anthropological Museum

One of the most important museums of anthropology in Bolivia, their exhibits are absolutely fascinating. Artifacts from pre-Colombian cultures like the Wancarani, Chiripa, and Chipaya are displayed according to four sections: Archeology, Ethnomusicology, Ethnography, and Folklore. Among the most valuable exhibits are the collection of masks from the Oruro carnival (the largest of its kind), Andean percussion and wind instruments, mummies and skulls, and stone deities and idols.

Avenida España 1042-1136, Oruro
boliviaentusmanos.com



Eduardo López Rivas National Anthropological Museum

Mineral Museum Andrés del Castillo

In the Faculty of Engineering at the Technical University of Oruro, you'll find the Mineralogical Museum. It's among the largest museums of its kind in South America, housing 7,800 samples of minerals from the Bolivian territory and displaying more than 2,000 of them in its Petrography, Mineralogy, and Paleontology sections. Educational and entertaining, this is a fun trip for families and solo travelers alike.

Facultad Nacional De Ingeniería, Universidad en Oruro



Mineral Museum Andrés del Castillo

Socavón Museum

The Socavón Mining Museum is located in the subsoil of the Pie de Gallo hill. It exhibits mining tools and implements, structural components, clothing, and maps. But perhaps the most interesting aspect of this museum is the statues. In Bolivia, interesting and unique cultural traditions and rituals developed around mining, and these statues and the stories behind them give visitors insight into those practices and the people who observed them.

Linares 1377, Oruro
boliviaesturismo.com



Socavón Museum

SOUVENIR SHOPS

Artesanías De Mi Tierra

This bright and colorful shop carries handicrafts and souvenirs that are typical for Bolivia. Find wallets, purses, leather products, alpaca and wool sweaters, paintings, postcards, and more, all made by local artisans.

Oruro

facebook.com/people/Artesanias-DE-MI-TIERRA



Artesanías De Mi Tierra



Artesanías De Mi Tierra

Artesanías Oruro

Featuring handmade sheep, llama, and alpaca wool products from the communities of Titiri, San José de Kala, Florida, and Atala in the department of Oruro, Artesanías Oruro is where visitors can find authentic representations of Bolivian cultural identity. This is a wonderful place to purchase ponchos, scarves, gloves, tapestries, and rugs, where profits directly impact the artisans, families, and associations who create the gorgeous pieces.

Soria Galvarro, Oruro

redoepaic.org.bo



Artesanías Oruro

HIDDEN GEMS

Faro de Conchupata

The red, gold, and green flag of Bolivia was inspired by a rainbow that the then-President saw above Oruro back in the mid-nineteenth century. On November 17, 1851, Bolivia raised this version of its flag at Faro de Conchupata, a lighthouse and national monument that provides spectacular vistas of the city below, day or night.

La Plata, Oruro

Oruro Carnival

Oruro Carnival is one of the biggest tourist attractions in Bolivia and a UNESCO Masterpiece of the Oral and Intangible Heritage of Humanity. Harking back to the 18th century, this 6-day carnival is a mix of Andean and Spanish colonial traditions. It involves folk dancing, costumes with elaborate masks, weaving, and embroidery, traditional music, parades, pilgrimage, ceremonial rituals, and lively parties. Famous around the world for its color, energy, and traditions, this is the event of the year in Oruro.

Oruro

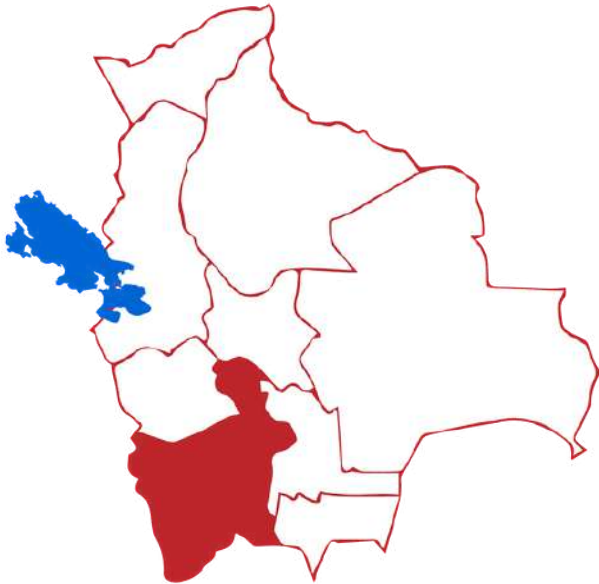


Main Square 10th Of February

The main square of any town in South America is a great place to immerse in the culture and vibe of the place you're visiting. In Oruro, that's the historic Main Square 10th of February. A nice place to pass some time people watching, indulging in ice cream, and watching bands and dancers prepare for festivals and other events, you'll be surrounded by the colonial buildings of times past and the pleasant people who call this place home.

Centro de Oruro





Potosí

Altitude: 410 m (1,350 ft)

Once the most important colonial city in South America, the silver mines at Cerro Rico are the number one reason for visiting Potosí. But the highest elevated city in the world is an off-the-beaten-track destination that has tons more to offer than a visit to the mines. UNESCO World Heritage colonial buildings, its own Jurassic park, and ancient churches are just some of the historical gems to be found here.



RESTAURANTS

Phisqa Warmis 🥕

A casual restaurant that serves Bolivian dishes and international favorites in large portions and for good prices. Order a la carte or from the menu del día (menu of the day), which includes access to their fresh salad bar. Their 2x1 daily happy hour makes it a no-brainer for drinks, especially when they're hosting live music, which they do fairly often.

Calle Sucre 55, Potosi
facebook.com/5W.pubrestaurante

La Trufa Negra Restaurant

International classics like chicken, steak, pastas, and pizza bring many tourists to this stylish and busy spot, but you can also try traditional Bolivian cuisine done with the flare of gourmet, such as trout, chicharron, and meats cooked on the parrilla. Both an a la carte menu and a menu of the day are available, and the piano in the corner adds a lovely touch to the ambiance.

Calle Sucre #46, Potosi
facebook.com/LaTrufaNegraBolivia



Phisqa Warmis



La Trufa Negra Restaurant

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

POTOSÍ - RESTAURANTS

El Tenedor de Plata 🥕

Conveniently located on the main plaza of Potosi, this rustic restaurant serves something you can't leave Bolivia without trying. That is, Kalapurka. At the table, your server will drop a hot volcanic stone from Cerro Rico inside this earthenware bowl of corn soup, instantly releasing the flavor and aroma of chilis, oregano, and chachacoma leaves from within. This is a hit with every guest and only the start of what's sure to be an excellent meal.

Plaza 10 de noviembre, calle Tarija No. 1, esq. Linares, Ciudad Potosi
facebook.com/people/El-Tenedor



El Tenedor de Plata



El Tenedor de Plata

4060 🥕

Though they have a variety of well-received dishes (especially their soups), 4060 has earned a reputation for their pique macho, in particular. What is that? Pique is a hodge-podge of sautéed beef, fried potatoes, onions, boiled eggs, tomatoes, hot peppers, and sausage, seasoned and served with a variety of condiments. Pique macho, then, is the large version of pique. If you've got a serious appetite you can try to finish it on your own, otherwise, it makes a wonderful dish for sharing amongst friends.

Hoyos 1, Potosi
facebook.com/pubcafe4060



🥕 Vegetarian 🌱 Vegan 🌾 Gluten Free

COFFEE SHOPS

Cafe de La Plata 🥕

Café la Plata is a cozy space overlooking the plaza, with an antique wooden interior that's as rich as its various coffees and delicious desserts. Our number one recommendation here: chocochema. Brewed and bottled by Para Ti, this is a luxuriant chocolate beer, with caramelly and rustic aromatic notes and a warming flavor that every craft beer aficionado should try.

Plaza 10 de Noviembre, Potosí
facebook.com/Cafe.La.Plata



Café La Plata

Cafetería Monik

A quaint café with friendly service and an inviting setting. Try their tasty coffees alongside mostly house-made pastries, cakes, and snacks like empanadas.

Ciudades de, Av. Murillo 110, Villa Imperial de Potosí
cafeateria-y-pasteleria-monik.negocio



Cafetería y Pastelería "Monik"

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

ART GALLERIES & MUSEUMS

Potosi National Mint

On a 2-hour tour through this former mint, visitors are treated to a collection of religious paintings from the Potosi school, exhibits of the mule-driven cogs that used to beat the silver for making coins, the history of the building that has served as a prison, a fortress, and the headquarters of the Bolivian army, and the story behind the striking mask that sits at its entrance way. The star of Potosi's tourist attractions, a visit to this museum is well worth the small entrance fee.

Ayacucho, Villa Imperial de Potosí
facebook.com/cnmptsfcbcb



Temple and Convent of Santa Teresa

Founded in 1685, this perfectly preserved convent still houses a small community of Carmelite nuns, who converted part of it into a museum in 1976. Get an inside look at the sequestered world of the young women who lived here throughout its history, along with a stunning collection of embroidered religious clothing, antique furniture, and religious art, including fine pieces by Bolivia's most famous painter, Melchor Pérez de Holguín. As an unexpected but special treat, purchase some of the marzipan sweets made by the nuns who currently live here – it's been famous since colonial times.

Santa Teresa 6, Villa Imperial de Potosí
facebook.com/museosantateresapotosi



SOUVENIR SHOPS

Tienda La Cueva

Not your typical souvenir shop, this is kind of like Bolivia's version of Hot Topic. Purses, wallets, clothing, costumes, jewelry, everything here are unique and not what you'd expect to find. Their bags, purses, and wallets come in whacky shapes, like guitars, empanadas, and various animals. Anime lovers will love this spot, as will anybody with a fun fashion sense.

Avenida Las Banderas 90, Villa Imperial de Potos

[facebook.com/people/Tienda-La-Cueva](https://www.facebook.com/people/Tienda-La-Cueva)



Tienda La Cueva



Tienda La Cueva

Mercado Central

The Mercado Central isn't just the best place to find the usual souvenirs, it's also a place to plunge into local culture. Markets are a cultural phenomenon that dates back well before the Incas, a place where everyone gathered to buy and sell local goods. From fresh produce and spices to clothing and electronics, there's nothing you can't find at the liveliest place in the city.

Mercado, Villa Imperial de Potosí

mercadochiloe.cl



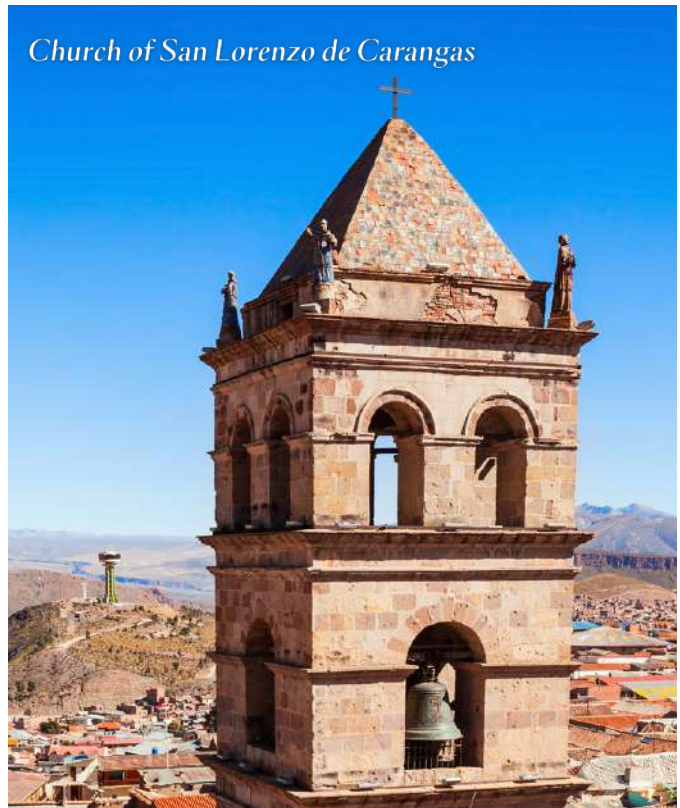
Source: Google, Koen Mercado Central

HIDDEN GEMS

Torotoro National Park

Torotoro is Bolivia’s Jurassic park. It’s filled with fossils from the Paleozoic, Mesozoic, and Cenozoic periods, as well as ancient dinosaur tracks. But the paleontological and archeological richness of the park isn’t all it has to offer. The folding of the Earth’s crust here has given way to incredible rock formations, deep canyons, and an underground cave system. The adventurous traveler can hike and camp here, visit the caves, bathe in waterfalls, even rappel and paraglide.

Calaota, Potosí
sernap.gob.bo/torotoro

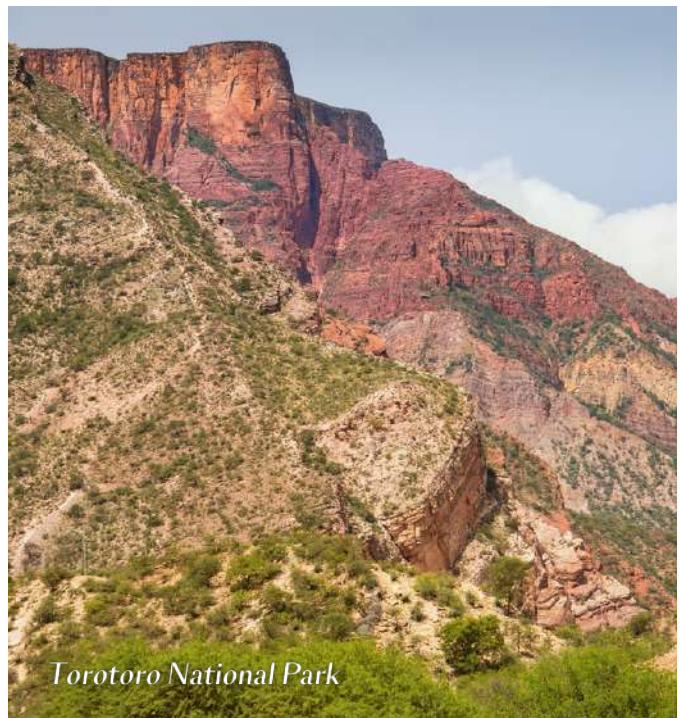


Church of San Lorenzo de Carangas

Church of San Lorenzo de Carangas

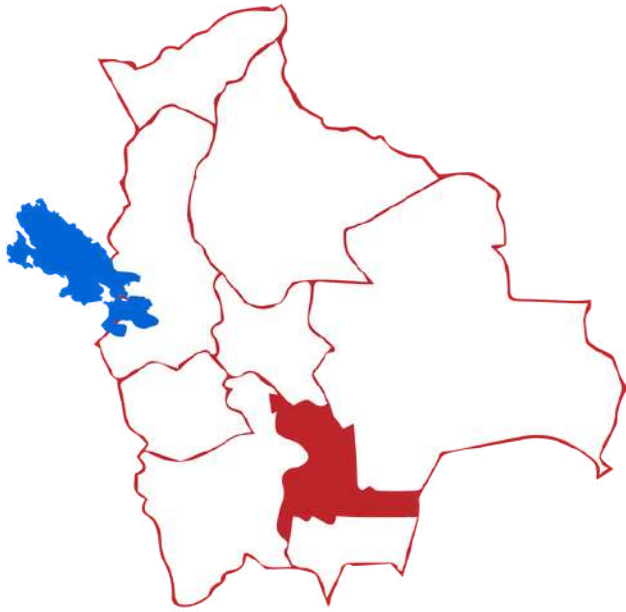
One of the first churches built in the city of Potosí, it was destined to become a parish for the indigenous people of the area, which is obvious from the ornate carvings that border its baroque portal. Carved into the stone by master indigenous artisans in the 16th century, the fantastic paniform design hosts a variety of references to the mix of Incan heritage with Spanish Catholic beliefs, such as sun disks, mermaids strumming guitars, maize, pumas, and sword-wielding angels.

Iglesia, Villa Imperial de Potosí



Torotoro National Park

POTOSÍ - HIDDEN GEMS



Sucre

Altitude: 2,810 m (9,219 ft)

The official capital of Bolivia, Sucre is a pleasant city with impressive colonial architecture, fabulous museums, innovative and traditional cuisine, and outdoor adventure activities. Its year-round, balmy temperatures invite visitors to spend a few days warming up and learning about Bolivia's past and present.



RESTAURANTS

Nativa

Developed by manager and chef Juan Pablo Gumiel, *Nativa* fuses regional and national cuisine and products with foreign gastronomic techniques. Sucre's haute cuisine hot spot, the six and eight-course set menus are designed with special attention to every detail, from plating to the aroma. Easily one of Bolivia's most acclaimed restaurants, try unusual and exquisite items such as ice cream with red peppers or filet mignon with black beer sauce.

***Calle La Paz # 737 Entre Bustillos y Junin,
Sucre***

facebook.com/ProyectoNativaSucre

La Posada

In the historic district of Sucre is a small, boutique hotel in a restored colonial mansion, and their restaurant is a popular spot for lunch and dinner. Under warming blue skies or a cooling parasol, guests can enjoy their three-course menu in the charming courtyard. A mix of national and international foods, portions are hefty and flavors delightful.

Audiencia 92, Sucre

hotellaposada.com



Nativa



La Posada

 Vegetarian  Vegan  Gluten Free

El Huerto 🥕

Meaning “the orchard” in Spanish, El Huerto’s guests love to dine in one of their two outdoor spaces, each surrounded by a gorgeous garden full of flowers. A Sucre fine dining staple for more than 20 years, they have the largest wine cellar in the capital and a large menu of meats, fish, seafood, pasta, poultry, and soup. Lunch comes with access to a salad bar, with a variety of raw and cooked veggies, potato and pasta salads, as well as bread, garnishing, and a spreadable cheese that’s a must-try.

Cabrera 86, Sucre
elhuertorestaurante.net



El Huerto



El Huerto

Qhawana By Samary 🥕🌿

With their exclusive, signature menu, Qhawana intends to highlight and rescue traditional ingredients and dishes from the gastronomic heritage of Chuquisaca and Bolivia. Though you might not recognize these elaborate plates as a national cuisine, the flavors, colors, aromas, and textures are all native-inspired. This is also a place to try signature cocktails created by a professional mixologist, Amado Soto, or taste several options of Bolivian wines.

Calle Dalance # 349, Sucre
facebook.com/Qhawana



Qhawana By Samary

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free



BARS & NIGHTLIFE

Pueblo Chico

Supremely well situated on the main plaza, Pueblo Chico is an art café sectioned off into three atmospheres according to your mood and intention: a lounge with sofas for relaxing, a patio with large tables for big groups, and a balustraded first floor with small tables for coffee or cocktail dates. Travelers central, its exceptional atmosphere attracts a trendy and somewhat-bohemian crowd looking for pleasant music, great food, and good vibes.

Plaza 25 de Mayo 0046, Sucre
facebook.com/PuebloChicoSucre

Kultur Cafe Berlin

Mingle with people from all over the world at Kultur Café Berlin. They put on nightly events that attract visitors from across the city, from beer pong and live acoustic sets to salsa classes and cultural shows. The restaurant serves a mix of German and Bolivian dishes and their happy hour is a hit, keeping the good times going later into the night than most places.

Avaroa 334, Sucre
kulturberlin.com



COFFEE SHOPS

Café Time & Coffee La Recoleta

Take your morning coffee with a view of Bolivar Park. The first French-style specialty coffee house in Sucre, their forte is coffee made with the Chemex, a manual pour-over style glass coffee maker invented in 1941. But these experts in coffee culture also prepare their scrumptious cups with AeroPress, French Press, Sifon, and V60.

218 Calle Kilometro 7, in front of Parque Boliva, Sucre
timeandcoffee.coffee



Cosmo Café 🥕

Between Monday and Friday, lunch at Cosmo Café changes every day. The three-course menu, with soup, entrée, and dessert, is posted on their Facebook page daily. This is how the owners try out new dishes for their a la carte menu, so it's always surprising and always yummy. They offer a little something different in Sucre, with European, Bolivian, Caribbean, and Asian recipes often gracing the menu.

Plaza 25 de Mayo & Aniceto Arce, Sucre
facebook.com/cosmocafesucre



Café Mirador San Miguel 🥕 🌿

Coffee, chai, tea, mate, infusions, hot chocolate, and fresh fruit juices and smoothies take up one and a half pages of Café Mirador San Miguel's menu. The rest is filled with healthy and healthy-ish breakfasts, lunches, and snacks. Located in the bell tower of San Miguel Church, it's quite the climb, but quite the experience and worth the view.

Arenales # 10, Sucre
facebook.com/cafemiradorsanmiguel



🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free

SUCRE - COFFEE SHOPS

ART GALLERIES & MUSEUMS

Treasure Museum

This wonderful private museum explores the origins, techniques, and art of Bolivian precious metals and stones through a number of unique exhibits, audiovisual tools, and workshops. First, visitors will learn about the ancient traditions of silverware and goldsmithing in Sucre, from pre-Columbian times to the present day. The museum also shows the evolution of the minerals from extraction to production, tells the story of the people who mine these items and displays the bicolor precious stone ametrine, which is only found in Bolivia.

Esquina con, Pl. 25 de Mayo # 59, Sucre
facebook.com/Museo.del.Tesoro.Sucre



Treasure Museum



Indigenous Art Museum

Indigenous Art Museum

Displaying the woven textiles of two of Sucre's indigenous groups, the Jalq'a and Tarabuco, the nine exhibition rooms provide authentic insight into the customs and history of the local cultures. Especially fascinating is the live weaver, who weaves elaborate designs using ancient techniques. After enjoying every moment in the museum, head to the sales room where you can purchase textiles and ceramics made by local indigenous artisans who preserve the living memories of their ancestors through their work.

Hotel Kolping, Pasaje Iturricha 314, Zona La Recoleta, Sucre
facebook.com/museo.asur

San Francisco de Asís Museum

Built in 1581, this is one of the oldest churches in Sucre and the first Franciscan convent in Bolivia. Inside, guests are treated to five types of coffered ceilings, paintings, sculptures, and wood carvings from the 17th and 18th centuries, and a visit to a crypt holding the remains of various conquerors and founders of the city.

Calle Aniceto Arce #106, Sucre
facebook.com/templo.museo.san.francisco



San Francisco de Asís Museum

SOUVENIR SHOPS

Karapanza Souvenirs

The handmade souvenirs at this shop are all inspired by, and made in, the capital city. Handwoven wallets, one of a kind jewelry pieces, t-shirts, mugs, keychains, and more.

Arenales #5, Sucre

karapanza-souvenirs.negocio.site



Karapanza Souvenirs



Bolivian Concept

Arte y Cultura Sucre Galería

Established by the Swiss-Bolivian Hofmann family in 2015, this is a gallery of indigenous art and culture. Providing a space to exhibit and sell the works of contemporary Bolivian and South American artists, visitors are often blown away by the superb ceramics, wood and stone sculptures, paintings, and jewelry that are showcased.

Grau 146, Sucre

arteculturasucre.com

Bolivian Concept

This concept store provides a space for independent and ethical designers from Bolivia. All committed to an ethos that focuses on sustainability, social responsibility, and fair trade, the timeless pieces here are full of identity, culture, and creativity. Purchasing souvenirs at Bolivian Concept not only means taking home something innovative and different but also supporting an ethical and progressive project.

Calvo 102 esq Bolivar, Sucre

facebook.com/bolivianconcept

HIDDEN GEMS

Cal Orck'o Cretaceous Park

In 1994, the grounds here were being cleared when laborers uncovered a vertical mudstone wall with over 5,000 dinosaur tracks. Now recognized as the place with the most dinosaur footprints in the world, researchers have identified the footprints of 294 species, including the Tyrannosaurs, Brontosaurus, and Anquilosaurus. The family-friendly park allows you to view the wall from the terrace, and there are also some life-size models of dinosaurs and an audio-visual display where you can learn more about the site and its Jurassic history.

Sucre
conaf.cl

Mirador del Convento San Felipe Neri

The view of Sucre from the various angles provided by the terraces and towers of this neoclassical church is unparalleled, but the former convent itself is also a hidden gem. Completed in 1800 and constructed solely with the stone from the nearby Churuquilla hill, it houses 18th and 19th century neoclassical paintings from notable artists as well as the mortal remains of various personalities from colonial and republican times in its crypt.

Nicolas Ortiz 165, Sucre
conaf.cl



Mirador del Convento San Felipe Neri



Cal Orck'o Cretaceous Park

Monasterio de La Recoleta

At the foot of the Cerro Churuquilla at the end of the city, this Franciscan convent was established in 1600 and rebuilt in the 19th century. The climb to the convent is well worth the spectacular views and grounds that await. The enchanting garden houses a 1,400-year-old cedar tree that takes 8 people to surround, La Peregrina fountain, and a sundial. The interior is no less gorgeous, with a large collection of paintings, sculptures, crucifixes, and manuscripts, as well as an ornately carved choir box.

Dalence 719, Sucre
soysucre.info



Monasterio de La Recoleta



Rurrenabaque

Altitude: 274 m (898,95 ft)

Rurrenabaque is Bolivia's gateway to the Amazon rainforest, where travelers step out of the mountains and into the vast and lush expanses of the world's largest jungle. The food, culture, climate, and atmosphere are palpably different from the rest of the country, and it's from here that you can take off into the famous Madidi National Park.



RESTAURANTS

Casa de Campo Restaurant

The rustic terrace restaurant of this bed and breakfast is open to the public for breakfast, lunch, and dinner. The dishes are homemade and healthy, with plenty of vegetarian and vegan options. Breakfasts include things like fruit salad, homemade yogurt with muesli, and freshly squeezed fruit juice, while dinners can range from veggie-filled pastas and fish to really great cuts of steak.

Calle Comercio, Rurrenabaque

facebook.com/BnBCasadeCampo

Luz De Mar Restaurant 🥕 🌿 🌾

Luz de Mar has the plant-based traveler covered. Of their three, economical menu of the day options, one always caters to vegetarians. Besides that, this place is a favorite amongst visitors for mouthwatering homemade bread, excellent desserts, and very friendly service.

Calle Avaroa, entre Av. Aniceto Arce y Calle Pando, Rurrenabaque

facebook.com/people/Luz-De-Mar-Restaurant



Casa de Campo Restaurant



Luz De Mar Restaurant

🥕 Vegetarian 🌿 Vegan 🌾 Gluten Free



Funky Monkey Bar

BARS & NIGHTLIFE

Funky Monkey Bar

A fun spot to listen to great music, play pool, and meet other travelers from around the world. Funky Monkey has daily happy hour and beer promotions that attract a sociable crowd, but their pizzas and pastas (cooked by the Italian owner) also draw visitors night after night.

Calle Comercio Zona Central, En Frente de Vuelos Amazonas, Rurrenabaque

facebook.com/people/Funky-Monkey-Bar

Punch's

Likely the largest selection of beers, cocktails, shots, and punch in town, this stylish little bar hosts cultural events, sports on the screens, and gets livelier in the evenings.

Calle Comercio entre Calle Pando y Avenida Aniceto Arce, Rurrenabaque

facebook.com/people/Punchs



Punch's

Moskkito Jungle Bar

Something of a tiki bar but with big screens, comfortable seating, and a pool table, their 7-9 pm happy hour draws in large crowds of travelers. Try the fruity cocktails, like Pina Colada and Strawberry Daquiri, made with fresh fruits from the jungle and surrounding area.

Comercio Town Center, Rurrenabaque

facebook.com/moskkitojunglebarlounge/



Moskkito Jungle Bar

COFFEE SHOPS

Melaza

Satisfy your sweet tooth at Melaza with fresh and handmade donuts, cakes, muffins, and cookies. By far our favorite, though, are the chocolate frappes. Topped with whipped cream, chocolate syrup, and even cookies, they're not only refreshing... they're absolutely delicious.

Rurrenabaque

facebook.com/people/Melaza



Melaza

Café Julita

A lovely spot with kind and attentive service. Enjoy a good cup of coffee along with breakfast, lunch, or a quick snack, and opt to sit outside on the patio surrounded by jungle vines and trees.

Calle Pando entre Bolívar y Bush , Rurrenabaque

facebook.com/Chocolateria-Patagonia-Dulce



Café Julita

Cafe Restaurant San Gregorio

Cooking up international classics with fresh, local ingredients, such as vegetarian pastas and piled-high salads for lunch or mango frappes, bacon, and eggs, and yogurt with fruit salad for breakfast. They also have a whole host of regional favorites for those looking to expand their palate and discover Amazonian cuisine.

Comercio, Rurrenabaque

campingpehoe.com/cafeteria/



Cafe Restaurant San Gregorio

 Vegetarian  Vegan  Gluten Free

HIDDEN GEMS

El Chorro Waterfall

When you need to beat the Amazonian heat, take a 1-kilometer boat ride to the El Chorro waterfall. The refreshing, natural pools that surround this stunning jungle cascade are perfect for a morning or afternoon soak. While you're cooling down, have a glance at the serpent etched into the rock across the waterfall. Local legend says that this symbol was placed here as a warning: when the water reached that point, the river was unnavigable.

Rurrenabaque

Pampas Del Yacuma

Experience a piece of the Amazon rainforest in the Pampas de Yacuma protected area. While navigating a circuit of calm rivers and estuaries, visitors have a high chance of encountering incredible wildlife, like endemic Ben titi monkeys and blue macaws, pink river dolphins, jaguars, and even anacondas. Eco-tourism plays a huge role in the protection of this park, so a tour here is also doing a great deal of good for the natural and human communities.

Rurrenabaque



Chalalán Ecolodge

Local indigenous men and women from the town of San José de Uchupiamopnas take visitors on interpretation trails through the most biodiverse park on the planet: Madidi National Park. Other activities that are popular while visiting the lodge include hiking to viewpoints, paddling a canoe in the lagoon, sport fishing, night walks through the jungle, and simply sitting back and enjoying the wildlife and scenery from a comfy hammock.

Lago Chalalán, Parque Nacional Madidi

facebook.com/chalalan.ecoalbergue

