

EXPLORE!

TRIP NOTES



Highlights of Bolivia (BA 2017)



TRIPDURATION
13
DAYS



Tour Style: Classic
Tour Pace: Moderate

Tour Type: Small Groups
Accommodation
Grade: Standard

Trip Code: BA

Trip Highlights - Highlights of Bolivia

- ✓ Visit Uyuni's massive salt plains - an amazing reflective landscape that looks like it has emerged from a dream.
- ✓ Watch the sun rise over Lake Titicaca as we hike around the Isla del Sol
- ✓ Discover the beautifully intricate weavings of the Bolivian Andes
- ✓ Explore the UNESCO Cultural Heritage sites of the Jesuit Missions around Santa Cruz.
- ✓ Visit the world's highest capital - La Paz.

Trip Essentials

Accommodation: 12 nights Standard Hotel

Included Meals: 13 breakfasts, 5 lunches, 2 dinners

Start Point: Join trip: Santa Cruz

End Point: Trip ends: Santa Cruz

Transport: Bus, Boat, Flight, Cable Car

Countries: Bolivia

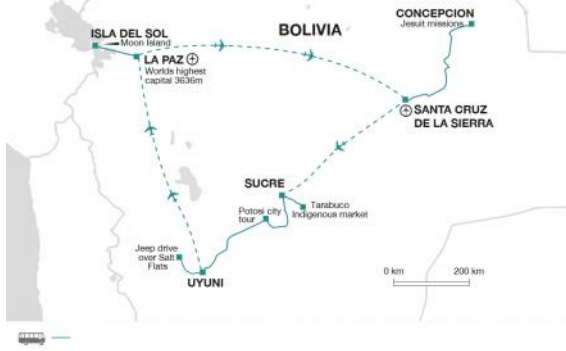


Highlights of Bolivia

This Bolivian adventure takes in some of the richest culture and most startling scenery in South America. Immersing ourselves first on Santa Cruz's UNESCO Jesuit circuit, we then travel into the mountains, visiting the former silver-mining town of Potosi and discovering the colonial architecture of Sucre. Heading onto the Altiplano, we explore the ethereal salt plains, where oddly shaped cacti live on the blinding salt desert, and fly up to the magical Lake Titicaca where we eat local food and watch the sunset over the Inca ruins.

Why Book this trip

Many other trips visit only the salt-flats of Uyuni, and perhaps Sucre or Potosi. Our trip is a comprehensive Bolivian exploration, visiting not only the most well-known highlights but also the country's many hidden gems.



Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Tour Pace: Moderate

These moderately paced tours provide some busy days with plenty of experiences to enjoy, as well as time to relax along the way.

Your trip itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

DAY 1 Join trip in Santa Cruz

We arrive today into Santa Cruz, a large city with a small-town feel. Flights typically arrive in the early hours, and we will have a free day to overcome the jetlag. Use the



time to stroll around the narrow streets of the bustling city, listen to music coming from the local cafes around the main square, and check out the wares of the local street vendors.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 2 City tour of Santa Cruz by bus and on foot

For most visitors to Bolivia, we expect mountain scenery, rural settings and indigenous culture. Our arrival into Santa Cruz turns these expectations on their head - firstly, set at the foothills of the Andes on the flat plains that extend into Brazil and Paraguay, this city is not at altitude, giving us some much needed acclimatisation time. It is also surprisingly culturally diverse, being home to a Mennonite community, a large Japanese-Bolivian population and immigrants from the altiplano as well as Santa Cruz locals. We explore some of the main monuments before visiting the Historical Museum of Santa Cruz, the Museum of Sacred Art and the Recoba handicraft market. One of the most important stops today is the 400-year old San Lorenzo Cathedral on the city's main square. Those who wish can climb the bell tower for a beautiful panoramic view of the old town. The afternoon is free to explore further, or we have the option to visit the Biocentro Guembe, a huge park and ecological centre that concentrates on education and conservation. The park is enormous, and split into many different ecological zones - from a wetland area home to macaws, toucans and parrots, to an orchid garden and a huge butterfly dome. There are even lagoons where you can kayak and discover the waterways within this man-made paradise.

Overnight: **Standard Hotel**

Single Room Available


 **Included Meals:** Breakfast

DAY 3 Discover the UNESCO Jesuit church of San Javier

Just a few hours away from Santa Cruz lies the location for one of the most extraordinary episodes in Spanish colonial history. An envoy of Jesuit priests were dispatched by the Spanish crown in the 18th Century with the aim of bringing Christianity to indigenous communities - unlike other missionary orders which expected natives to adopt European practices, the Jesuit order allowed inhabitants to retain many pre-colonial values. Due to the joint indigenous and European cooperation, the eleven Missions founded in the area grew with a fusion of cultural influences, blending agricultural techniques and architectural styles. They became almost autonomous from the Spanish crown, yet after the Jesuit order were expelled from all Spanish territories their indigenous members were exploited and in some cases enslaved by the Spanish Santa Cruz inhabitants. Most Jesuit Missions in South America were abandoned after the expulsion, but around the Santa Cruz area the churches, settlements and associated culture have largely survived, and are now designated UNESCO sites. We visit the impressive Mission in San Javier before continuing to our hotel in Concepcion.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast, Lunch, Dinner

DAY 4 Exploration of the Jesuit site in Concepcion; weaving workshop

Concepcion is home to the largest of the Jesuit missions, and we discover the beautiful baroque church with its amazing hand-carved wooden columns and intricate paintings, not only of the classic stations of the cross, but also modern depictions of local issues like deforestation. This small town has some incredible craftsmen, and there are a couple of wood-carving workshops where locals create intricate furniture. We also visit a weaving workshop and see how the traditional methods of weaving have continued in the production of the many textiles and clothes of the region. We return to Santa Cruz in the afternoon, a roughly 6 hour drive.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast, Lunch

DAY 5 Fly to Sucre; Walking tour of the city

Flying to Sucre this morning we get our first taste of altitude, and at a reasonably low 2800m it is a good place to adjust. Arguably Bolivia's most beautiful, and certainly most charming, city, this gloriously whitewashed town is a UNESCO heritage site, and is perfect for wandering amid the tranquil streets and plazas. The colonial buildings with their wrought-iron balconies are reminiscent of a Spanish town, but there is a large indigenous population here in Sucre and we are sure to see indigenous ladies walking the streets, often carrying babies or food purchases slung across their backs, swaddled tight in a brightly woven scarf. We discover the main sights, including the Casa de la Libertad on the main square, where the Act of Independence was signed. We visit the lovely Bolivar Park, which is a nod to the city's aristocratic aspirations in its French-style tree-lined paths. There are even replicas of the Arc de Triomphe and the Eiffel Tower, the latter designed by Gustav Eiffel himself especially for the city. The park is a good place to get food from the nearby street vendors, such as 'papas rellenas' (stuffed potatoes), a tasty snack of boiled egg encased in potato and fried. A final important stop on our tour is the museum of Indian Textiles, where weaving demonstrations are often given among the

exhibitions of past and present work. Indigenous handicrafts have been historically viewed as 'second-class', and this museum aims to promote the importance of this work as a testament to Bolivia's ethnic and cultural heritage.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 6 Visit to local community of La Candelaria and hacienda

From Sucre it is a two hour drive to La Candelaria, on a bumpy road travelling up through the rolling hills and tiny villages of rural Bolivia. Today's trip is a journey into the past, as we visit the 200 year-old hacienda in the indigenous community of La Candelaria. This hacienda is a fading beauty, lacking hot water and electricity, and full of rich history. We discover the old farm buildings and visit the chapel, with its artefacts dating back to the 1700s. The kitchen of the hacienda is a thing to behold, original central wood-fired stove still intact, ceilings black with years of accumulated soot. After visiting the hacienda we also have the opportunity to visit the weavers of the adjacent La Candelaria village. Their homes are simple, but to see how the textiles being sold in Sucre and other cities are made is a privileged experience. The designs, incredibly, are not created from patterns but from the imaginations of the individual weaver, and often contain everyday scenes such as bread-making, or the making of chicha, a local fermented corn drink common to the Andean region. We return to Sucre this evening in time for dinner and a relaxed drink in one of the city's many bars and restaurants.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast, Lunch

DAY 7 Travel to Uyuni via silver-mining town of Potosi

Setting off from Sucre this morning, we take a public bus to nearby Potosi, a UNESCO site that is integral to the history of Bolivia and indeed the entire Spanish empire. Although the conquistadors never found the fabled 'El Dorado', the legendary city of gold, they did manage to get their hands on Potosi, a town in the shadow of the nearby mountains that the Inca population were already exploiting for its silver. The most famous mountain of all, 'Cerro Rico' (Rich Hill), would effectively bankroll the Spanish empire, and during Potosi's most lucrative years it became the largest and wealthiest city of the Americas, which is something to be said for a small town at over 4000m altitude. However, once the silver had almost dried up, the city went into decline. Nowadays, the ore is still mined, along with tin and lead, in appalling conditions. Our Explore Leader will talk to us about the importance of the mining heritage as we explore the city's grand churches and ornate colonial architecture, including the Mint and the Casa de la Moneda, with the Cerro Rico looming over us at all times. We drive on to Uyuni this afternoon, continuing our journey into the Andes mountain range.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 8 Discover the salt-flats and the cacti-covered Incahuasi Island

Exploring Bolivia's immense, other-worldly salt-flats is an unforgettable and surreal experience. Heading into this natural wonder the sky seems to almost disappear into the land through the reflections of the blinding-white plains. Flamingos inhabit the shoreline, whilst the snow-capped peak of Volcan Tunupa (5400m) looms far in the distance. Before we arrive at the salt-flats we pass through the train graveyard on the deserted outskirts of Uyuni, a collection of early 20th century train carriages rusted by the salt and left for dead after a major transportation project failed. Crossing the salt flats we head for Incahuasi Island, where we find an expanse of huge cacti occupying an isolated island in the heart of the flats. The cacti have been here for millennia, and the tallest towers 9 metres above the floor of the plains, no mean feat given that it is estimated that they only grow one centimetre a year! We move on to Colchani, driving across the desert pans to visit a salt works, where villagers have sent piles of salt to be ground and iodised before being sold. We head back to Uyuni this evening.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast, Lunch

DAY 9 Fly to La Paz; city tour and cable car

Leaving Uyuni we fly this morning to the lofty heights of La Paz. Standing at 3636m above sea level, La Paz is cupped in the palm of two magnificent mountains and surrounded by the high altiplano. Its poetic nickname of 'the city that touches the sky' is well earned. We enjoy a walking tour of the city's many sites, including the fascinating witch market with its rows of bottled llama foetuses and other gruesome items, as well as handicrafts and weavings. The gold museum, San Francisco Church and Murillo Square are also highlights of the old colonial town, as well as the outdoor replica of the Tiahuanaco temple. We take the new cable car down to the southern part of the city before heading 10km out of the centre to the surreal landscape of the 'Valley of the Moon. We walk the narrow trails around the giant clay spires and deep canyons of this geological wonder, which rise out of the ground in bizarre formations.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY **10** Free day; optional trip to Tiahuanaco archaeological site

Today is free to explore the city. You may wish to visit the Tiahuanaco ruins, one of the most important pre-Inca civilisations and considered to be one of the most developed in its time. The Kalasaya temple, the Gate of the Sun, the Akapana pyramid are amongst some of the buildings to explore and this can be followed by visiting the nearby pottery and stoneware museum. Alternatively La Paz is a great city to wander around, revisiting the witches market for some souvenirs or heading down the charming cobbled street of Calle Jaen, home to some of the city's bars, restaurants and museums. There is the opportunity this evening to visit a traditional pena show and dinner, a celebration of local folk dancing and Andean culture using traditional dancesteps and handmade instruments such as the zampona (bamboo flute) and charango (a small guitar often made of armadillo skin).


Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY **11** Drive to Copacabana; boat to Isla del Sol

From La Paz we head towards the deep blue waters of Lake Titicaca. At 3810m it is the highest navigable lake in the world and its sacred waters have long been a site of religious ritual and devotion for the Aymara and Quechua populations that make the lake their home. Our journey takes us to the town of Copacabana, a place of mystic reverence since the times of the Tiahuanaco, and now a pilgrimage site for many Christians. We explore the Virgen Morena and its church before boarding our boat to the Island of the Sun, landing in Huacani port. Here we are treated to a typical 'aptapi' - a traditional indigenous lunch usually involving potatoes, corn, lima beans, trout or chicken, cooked up and served on a communal table. After lunch we jump back onto the boat where we land at the Pilkokaina Ruins and walk up to our eco-lodge (approx. 200m ascent and 1-1.5hrs of walking at high altitude), where we will be spending the night. You will be carrying an overnight bag with you on this walk and we will have the assistance of mules or donkeys. In order to not overload the animals, we will bring only what is necessary for one night and leave any extra luggage in Copacabana.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast, Lunch, Dinner

DAY **12** Visit Chincana Ruins; drive back to La Paz and fly to Santa Cruz

The Isla del Sol is the largest of the islands that lie dotted around this spectacular lake, lying just off the Copacabana Peninsula, at the southern end of the lake. The island is covered with nearly 200 archaeological ruins that attest to the importance placed on this site by the ancient Incas. This morning we take a boat north, towards the labyrinthine Inca ruins of Chincana. The island has been revered by the Aymara for centuries and most of the ruins on the island date back hundreds of years. At Chincana we find a meandering network of rooms and passageways that link together around a sacred rock, overlooking the sparkling azure waters of the lake below. Then we take to the waters again, taking our boat to the neighbouring Island of the Moon to visit its ruins. We continue by boat back to Copacabana, drive to La Paz Airport and catch our flight back to Santa Cruz. We say goodbye to our Explore Leader here, and we are picked up in Santa Cruz by a local guide, who will transfer us to our final hotel.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY **13** Trip ends Santa Cruz

Our trip ends this morning in Santa Cruz, after breakfast.

 **Included Meals:** Breakfast

Accommodation and Meals

Food & Drink

Included meals: 13 breakfasts, 5 lunches, 2 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Bolivia

Lunch £: 5.00

Dinner £: 8.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Bolivia

Bottle of Beer £: 1.47

Water £: 0.60

Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Santa Cruz - visit Biocentro Guembe - USD 74.00 (2 pers min), US\$54 (15 pers +)

La Paz - Visit Tiahuanaco US\$90 (min 3 pers) US\$66 (9 pers+); Pena Folk Show including dinner - US\$110 - 72 (depending on numbers)

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$ 35 for tipping

Foreign Exchange

Bolivia

ATM Availability: Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance: Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques: Travellers Cheques can be awkward or expensive to change

Local Currency: Boliviano.

Recommended Currency for Exchange: Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash for your tour, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where to Exchange: Most major towns - your Tour Leader will advise you on arrival.

Joining your Trip

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at

www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Bolivia: Visas are not required for UK, New Zealand, Australian, and Canadian citizens. However, US citizens will require a visa. Other nationalities should consult the relevant consulate.

USA (If flights transit): you will need to apply for an ESTA if you are transiting the USA as you will have to disembark and clear immigration before re-boarding for the onward flight. Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding. When completing an application for transit you should enter the words 'In Transit' with your final destination location in the address line. You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover. If you have visited Iraq, Syria, Iran or Sudan in the past five years or are dual nationals of these countries, you cannot travel under the Visa Waiver Programme. Instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel. For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on **0208 5431846**.

Vaccinations & Protection

Bolivia

A yellow fever certificate is necessary for passengers visiting the lowlands Bolivia (BA trip). We also recommend protection against typhoid, polio, infectious hepatitis and tetanus. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificate if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Preparing for your Trip

Climate

Bolivia

Conditions vary from region to region and with altitude. Bear in mind that at high altitude temperatures can drop dramatically, and conditions can change suddenly. Inland - Hot and humid from October to March (summer). Mild to hot from April to September (winter). Highlands -- All year, sunny days, chilly to cold evenings. Rainy December to March. Mainly dry rest of year best time for mountain travel.

Clothing

Temperatures at altitude can drop considerably, particularly at night, and you will certainly need warm clothing for the evenings, including thermal underwear, a well-insulated fleece/jacket and a thick sweater. Bring something warm to sleep in. Lightweight clothing is necessary for the low altitudes of Santa Cruz, and even the highlands enjoy dry sunny days that may necessitate lighter items. Lightweight raingear is essential at any time of the year.

Equipment

A sunhat and sunglasses are advisable as is high factor sunscreen and lipsalve with sun protection, due to the thinness of the atmosphere. A torch is also useful in case of power cuts or emergencies. Don't forget your camera and a towel. You may wish to bring a walking pole for our hike to the eco lodge on the Isla del Sol, if you have one.

Footwear

Comfortable lightweight trail or walking boots, trainers and sandals.

Luggage: On Tour

One main piece of luggage, a good sized daysack which should be large enough to carry warm and waterproof clothing as weather can be quite changeable. The altiplano is dry on the whole, but rain could happen particularly in Santa Cruz, which is lower down.

Remember you are expected to carry your own luggage so don't overload yourself.

Luggage allowance on trip: 20kg

General Information

Country details

Bolivia

Population: 10,907,778

Size of Country: 1,098,581 sq km

Major Language: Spanish

Religion: Roman Catholic

Time Difference to GMT: -4

Electric Supply & Plugs

Bolivia

3 Pin Flat

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award-winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family-run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

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