

BOLIVIA

The streets of the capital, La Paz, are thronged with red-cheeked indigenous women wearing bowler hats, plaited hair and many-layered skirts who go about their business alongside the everyday life of the modern city, surrounded by the glittering snow-capped peaks of towering volcanoes. Beyond La Paz lies a landlocked, introverted country where traces of a turbulent past can still be seen in the quiet former capital of Sucre or the wealthy mining centre of Potosi. Memorable images range from the melodious lilt of panpipes floating on the still air of an Andean village beside Lake Titicaca, to the eerie and breathtaking salt lake near Uyuni, or the ancient market of Tarabuco where potatoes are bartered for coca leaves to be chewed by the superstitious miners of the Cerro Rico.

Photographs and information: [web veloso.com/bolivia](http://web.veloso.com/bolivia)



LA PAZ



Valle de La Luna (Moon Valley)

La Paz is dominated by Aymara culture, with proud women in bowler hats and a unique identity. The highest capital in the world, it offers a dramatic and awe-inspiring view, descending from the barren, poor altiplano to the rich valleys below and framed by the towering, snow-capped Illimani Volcano.

Our full day tour takes in the main sights, including plazas and churches, markets and the Indian part of the city where the streets are lined with stalls selling weavings, traditional musical instruments and jewellery. In the Witches Market, charismatic ladies sell a range of herbs, bottled potions and amulets to ward away evil and help overcome all of life's troubles, from illness to love. Continue

to the Valle de la Luna (Moon Valley) named for the dramatic and bizarre rock formations, from here you also get great views of the Muela del Diablo (Devils Tooth) a huge tooth shaped rock on the other side of the valley, coloured in glorious reds and oranges.

Tiahuanaco

Tiahuanaco culture was a sophisticated, pre-Inca society whose work can be seen at Tiahuanaco ruins, magnificently carved Gate of the Sun, Acapana Pyramid and chambers cut from stone with faces staring from the walls.

Please contact us for prices.

Tiahuanaco pre - Inca remains



SUCRE, POTOSI & TARABUCO



Sucre's main square

Sucre, Bolivia's official capital and a UNESCO World Heritage site, is a small yet elegant city of major historical significance. The best way to get the feel of this thriving university centre is to explore the shady plazas, quiet parks and lively local market, and to see the religious paintings, sculpture and period furniture of its colonial churches, museums and mansions. Outside the city the major attraction is the dinosaur footprints found in the limestone deposits at the cement factory of Cal Orko.

Full day trip to the Sunday market at Tarabuco for a vibrant view of life in Latin America. Local Quechua people still wear their traditional costume of multicoloured poncho, chuspa (a small woven bag used to carry coca leaves), elaborate axsu (an overskirt worn by women) and curious helmet-like hat apparently derived from the helmets of the conquistadors, which is worn by married men and women alike.



Traditional wear at Tarabuco

As a result of the phenomenal wealth extracted from the silver mine in the adjacent mountain of Cerro Rico, by the early seventeenth century Potosi had become the largest – and the richest – city in the Americas. Although mining long since fell into almost terminal decline, the legacy of the city's glorious past is still apparent in the richly embellished facades of its colonial buildings. Due to the punishing altitude of 4,070 metres above sea level it's essential to take things slowly, but there are plenty of places to stop and watch the locals go about their daily lives.



Uyuni Salt flats "Salar de Uyuni"

UYUNI SALT FLATS (FROM SUCRE OR LA PAZ)

2, 3 or 4 nights

Day 1 Morning drive (flight to Uyuni may be possible) from La Paz to Oruro (3hrs) and then train across the highlands to Uyuni (7hrs). Overnight in a simple but comfortable hotel in town. (L,D)

Day 2 Visit the cemetery of old trains and then drive south through the highlands, passing Alota and areas of strange rock formations. Continue through the high valleys until you reach Villamar. Overnight at Mallku Cueva lodge (basic lodging). (B,L,D)

Day 3 An early morning start to visit Eduardo Abaroa National Reserve where you visit Laguna Colorada at an altitude of 4,278metres above sea level with its many thousands of flamingos. Continue up to the geysers 'Sol de Mañana' and pass by Challviri Lagoon with its hot spring right next to the shore. Either return to La Paz or continue across the 'Pampas of Dali' reach Laguna Verde in the foothills of the beautiful Licancabur Volcano. Overnight in the Siloli desert at the Hotel del Desierto lodge. (B,L,D)

Day 4 Early departure driving past numerous lagoons reaching the valley of Alota and the villages of San Agustin and San Juan. Cross the great and surreal Uyuni saltflat, stopping at Isla Incahuasi renowned for its giant cacti. You then cross to the northern shore of the flat to the village of Tahua, in the foothills of Tunupa Volcano. Overnight. (B,L,D)

Day 5 Return to La Paz by plane, train or cross the mountains to the crater of Tambo Tambillo and the villages of Quillacas and Challapata, Oruro, La Paz.



Above: Laguna Colorada.

ISLA DEL SOL & LAKE TITICACA

Isla del Sol (Sun Island) is the perfect place to experience the tranquility of the lake and view the distant mountains of the Cordillera Real. As well as gaining an impression of local life from those who have lived on the Island for generations, some hikes can be made, stopping at ancient ruins dotted around the island - mythical birthplace of the first Incas. Explore by staying at the remote Eco Lodge Estancia with small bungalows on a hillside (great walks but no heating), one hour hike from the pier; or at Posada del Inca Hotel with 20 comfortable rooms with heating and easy access from the pier.

2 days • 1 night

Day 1 Depart La Paz by road to Copacabana. On arrival take the boat across to Isla del Sol, where you visit Pillokaina Ruins before hiking to Ecolodge La Estancia. Stay overnight at this amazing spot located in the southern part of the Island. The lodge was built with the idea of combining modern comfort with the traditional architecture style of the area, while respecting its harmony with the local people and environment. (L,D)

Day 2 Morning to explore the island including some unforgettable hikes and visits. Afternoon return by boat to Copacabana for a brief tour of the town and continue by road, skirting the western shores of Lake Titicaca, passing the towns of Chucuito, Juli, Pomata, Yunguyo to reach Puno. (B,L)

TOURS INCLUDING BOLIVIA		pages
MONEDA TOUR		20-21
VIRACOCCHA TOUR		26-27
SHAMAN TOUR		28-29
OSORNO TOUR		30-31
MONTECRISTI TOUR		32
ENCANTADA TOUR		34-35
QUECHUA TOUR		38
LAGUNA TOUR		40-41

PRICES

NO OF TRAVELLERS	1	2	3
ALL YEAR			
UYUNI SALT FLATS			
5 days • 4 nights	£1362	£1134	£1030
ISLA DEL SOL & LAKE TITICACA			
2 days • 1 night	£723	£424	N/A
SUCRE, POTOSI & TARABUCO			
4 days • 3 nights	£622	£378	£326

Uyuni & Isla del Sol, prices are per person including transfers, accommodation, tax, service charge, all excursions with English-speaking guide and full board.
Sucre, Potosi & Tarabuco, prices are per person including transfers, accommodation, daily excursions with English-speaking guide and breakfast.



Below: Eco Lodge on Sun Island. All the rooms overlook Lake Titicaca



Lunch on Sun Island overlooking Lake Titicaca