Salt Flats and Volcanoes of Bolivia

Trip Code: BSP

Version: BSP Salt Flats and Volcanoes of Bolivia

WALK & TREK	GUIDED GROUP	MODERATE
		4

HIGHLIGHTS

- Discover Lake Titicaca and walk the spine of the Isla del Sol
- Acclimatisation hike through the meadows of the Cordillera Kari Kari
- Geysers, hot springs, flamingoes and the amazing Salar de Uyuni
- Stunning walks to Tunupa & **Condoriri** Craters
- Overnight at a comfortable salt hotel on the famous salt flats

AT A GLANCE

- 5 days walking
- Max. altitude - 5000 metres
- Join at La Paz

ACCOMMODATIONS & MEALS

- 14 Breakfasts
- 7 Lunches
- 5 Dinners
- 9 nights Hotel
- 1 nights Ecolodge
- 1 nights Lodge
- 2 nights Hostel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This breath taking Bolivian adventure explores the unique and bizarre landscapes of western Bolivia, from Lake Titicaca all the way to the the vast white salt flats of the Salar de Uyuni; one of the highest and driest environments on earth. We'll spend a couple of days on and around Latin America's greatest and most famous lake, Titicaca, before flying south to Sucre and the silver-mining town of Potosi. After an excellent acclimatisation hike in the Cordillera Kari Kari, we travel on to Uyuni, with its atmospheric 'train graveyard'. Crossing the edge of the salt flats to reach the foot of Volcan Tunupa, where we hike to the crater of this unusual multi-coloured mountain. Continuing our journey to the Sajama National Park, we see rustic churches, giant cacti, grazing vicunas, flocks of flamingoes and many other unusual Andean birds on a number of remote lagoons. Then, from Sajama Village, we make an scenic hike to the Kasiri Lagoons and Lagoon Chiarkota, with the chance to swim in a fantastic natural hot pool. Finally, we return to La Paz where we explore this fascinating city as way of rounding off this action packed 2 week holiday.

Is this holiday for you?

This is principally a journey of exploration of Salar de Uyuni and the Sajama National Park; with some fantastic trekking along the way. We've allowed some time to acclimatise to the high altitudes in La Paz and on Lake Titicaca, before we travel south to the amazing Salar de Uyuni via the towns of Sucre and Potosi. An acclimatisation hike in the Cordillera Kari Kari sets us up for our journey across the salt flats, ahead of our longer trekking days to Tunupa Crater (4250m) and the Condoriri Craters (5000m). Although none of these days are overly long, and can be backed out of, these days will be quite demanding because of their altitudes (above 4000m). Due to the vastness of the landscape there will inevitably be some longish days of driving during this holiday.

Itinerary

Version: BSP Salt Flats and Volcanoes of Bolivia

DAY 1

Meet at the group hotel in La Paz. Transfers from La Paz Airport are provided.

Meet at the group hotel in La Paz. Transfers from the airport to the group hotel are provided. La Paz's El Alto Airport is the highest international airport in the world, at an altitude of 4058 metres and it's a relief to be able to descend into the great bowl of the city to the group hotel. KE Land Only package services (for those arriving on early morning flights) begin with breakfast at the hotel and a briefing from the local guide. Most people will then want to sleep until lunch time and take it easy for the rest of the day. La Paz is a remarkable city, with its steep, narrow streets radiating upwards from the main thoroughfare of the Prado. There are lots of plazas and markets and a number of museums and grand cathedrals. La Paz is located in a temperate green valley at around 3650 metres and has a dry and sunny winter season from April to October during which period it is normal to walk the streets in a t-shirt.

Meals: **B**

Accommodation
Hotel

DAY 2

Drive to Copocabana (3850m) on the shores of Lake Titicaca. Cross the lake and explore the Isla del Sol.

In the morning, we will drive to Copacabana (3850m) on the shores of Lake Titicaca, stopping off en route to visit the museum of Paulino Esteban, the Bolivian Indian who built Thor Heyerdal's reed boat Ra II (which successfully crossed the Atlantic). Here, we can see how such boats are still made using the totora reed, endemic to the Andes. Copocabana is a beautiful town and a popular resort and pilgrimage area, with lots to see and several nearby hills, which offer commanding views over the lake and towards the Cordillera Real. Meeting our motor boat at midday, we have a 1-hour journey across to Pilkokaina, at the extreme southern end of Sun Island (Isla del Sol). Arriving on the island, we have lunch at a typical restaurant with great views and visit the Inca temple of Pilkokaina and then walk (1hr) to our overnight accommodation at an ecolodge. After checking in we have a little time to relax before taking a short walk up to the highest point of the island (4080m) to watch the colourful sunset over the lake. We return to the ecolodge for dinner and overnight. Drive Time: 4hrs.

Meals: **B L D**

Accommodation
Ecolodge

Time
1 hour walking

DAY 3

Walk the spine of the Isla de la Luna (Moon Island) and exploring the local markets in Copacabana. Return to La Paz.

From our accommodation, we start the morning with an hour's walk to the Inca Garden, an idyllic, florid spot which features an Inca spring, considered by the locals as a fountain of youth. We board our boat for a 40 minute transfer to the Moon Island and land at the village of Koati. We walk for an hour and a half through a typical hamlet and along the backbone of the island to enjoy superb views of Ilampu and Ancohuma mountains. We will also visit the temple of the Inca Virgins 'Aclla Huasi' which was used to educate girls that were to be sacrificed. Late morning we take the boat (1hr 30mins) to Copacabana where we will stop for some lunch at a local restaurant and spend some time exploring the local Indian markets and the church of the famous Madonna of La Candelaira. Return to La Paz.

Meals: **B**

Accommodation
Hotel

Time
1 hour walking

DAY 4

Fly to Sucre (2700m) and explore the 'White City'

After breakfast we return to the airport to take the short flight southwards to the city of Sucre (2800m). Here, we will start out with a visit to the Recoleta viewpoint, for a fantastic panorama across the city and we will visit the Museum Azur, where we can see some of Bolivia's colourful textiles, created by the Jalqa and Tarabuco cultures. Afterwards, we will walk down into the main square (Plaza 25 Mayo) to find a restaurant for lunch. we visit the most important historical museum of Bolivia and South America the "Casa de la Libertad". We will also visit the Indian market to discover the exotic customs of the local people living in the temperate valleys and search out shops with the best chocolates of Bolivia. Finally we walk up to the tower of San Felipe Neri church for a great view of the church towers all over Sucre city. Sucre is interesting in every corner you turn. With church facades, monuments, markets and shops you will have time to explore on your own before meeting for dinner in the evening.

Meals: **B**

Accommodation
Hotel

DAY 5

Morning visit to Calorko Certaceous Park. After lunch 4 hour transfer to Potosi via the Bridge of Liberators and Betanzos.

In the morning we will take a short drive out to the impressive Cretaceous Park of Cal Orko to view the largest dinosaur footprints in the world, along with full real size modles of the diverse species of dinosaurs. We will spend around 3 hours at the park and return to Sucre for lunch.
After lunch we set off on the 4 hour drive through picturesque farmland to the high-altitude city of Potosi. On our way we will stop off at the Bridge of Liberators and the sharp reddish hills of Betanzos. We arrive in Potosi early evening and check into our hotel.

Meals: **B**

Accommodation
Hotel

DAY 6

Trekking in the Cordillera Kari Kari

To set us up for our travel across the Salar de Uyuni, it is important that we are well acclimatised. So, today after breakfast, we make the short drive into the Cordillera Kari Kari which lies just west of the city. On the way, we can look across to Cerro Rico, the peak that rises above the city and which was once reputed to be 'made of silver'. Certainly, during Spanish Colonial times, the mountain was a major source of silver, which was transported back to Spain. Arriving at the roadhead in the Kari Kari, we enjoy a good day's hike into an area of high valleys and 5000m granite peaks. Our walk takes us through picturesque valleys with alpine lakes, flower-filled meadows and grazing llamas. Returning to Potosi in the mid/late afternoon, we have time to relax or to enjoy some sightseeing in the old part of the city, including a visit to the Archaeological Museum and an Indian market (Mercado Central). We spend a second night in Potosi.

Meals: **B L**

Accommodation
Hotel

DAY 7

Morning visit the National Mint and explore colonial neigbourhoods of Potosi. After lunch drive to Uyuni (3750m).

After breakfast we will visit the National Mint which is one of South America's finest museums. Potosí's first mint was constructed on the present site of the Casa de Justicia in 1572 under orders from the

Viceroy of Toledo. This, its replacement, is a vast and strikingly beautiful building that takes up a whole city block. You don't have to be a numismatist to find the history of the first global currency fascinating. Subsequently, we visit the older and more preserved colonial neighborhoods of Potosi to understand the boom epoch of Potosi in the 16th century when it was twice bigger than Paris in that time.
After lunch we drive to Uyuni, our launching post for exploring the world famous ' Salar de Uyuni' salt flats. The drive is 4-5 hours and we will make several stops for short hikes and photo opportunities including the 'Forest of Cactus' and 'Porco Canyons'. We overnight in this small town perched on the edge of the salt flat.

Meals: **B**

Accommodation
Hotel

DAY 8

Cross the Salt Flats. Hike in Incahuasi Island and salt lagoons.

Today we first visit the 'Train Cemetery' on the outskirts of Uyuni, home to dozens of Bolivia's disused trains slowing being eroded by the saline conditions. Adorned with graffiti from past travellers it makes for a surreal place to visit and memorable photographs. From Uyuni it takes just 20 minutes to reach Colchani and the start of the salt flats proper. From here, we continue in 4 wheel drive vehicles for around 1 hour across the trackless salar to reach the 'island' of Incahuasi, which sticks out abruptly from the sea of salt. Formed from volcanic rock it is home to huge an anciet cactus, some of which are over 900 yearls old. These islands (there are several dotted across the Salar de Uyuni) provide an amazing sight. Finally we arrive at the village of Tahua (3690m) where we will spend the night at one of the salt hotels. After tea we return to the salt flats for an impressive sunset.

Meals: **B L D**

Accommodation
Hotel

Time
1 hour walking

DAY 9

Hike to Tunupa Crater & Mirador Chatahuana (4250m). Drive to Garcia Mendoza.

This morning we drive to the base of the jagged volcano Tunupa. With its exploded crater and multi-coloured volcanic rocks, of red, grey and yellow, this is an amazing sight. We drive up to around 4050m before starting our hike along the hillside, reaching an impressive viewpoint known as Mirador Chatahuana at 4250m. It will take us 1 hour to reach this point, where the views extend across the impressive crater on one side and the expansive salt flats on the other. We descend back to the parking area to visit the 'cave of the millenarian mummies' and the Natural history Museum before returning to Coquesa for a picnic lunch. After lunch we walk to the salty lagoons of Coquesa to discover an

important group of Andean birds including Andean flamingoes. We then join our vehicles to drive 2-3 hrs to Jayu Khota to view an impressive crater made by the fall of a meteor. After 30 minutes we drive onto Garci Mendoza to our overnight accommodation at a rustic lodge.

Meals: **B L D**

Accommodation
Lodge

Ascent
200M

Descent
200M

Time
2 - 3hrs walking

DAY 10

'Route of the Dunes', leaving the saltflats for the Sajama National Park (4200m).

Today, we will journey north to the breathtaking Sajama National Park. It promises to be a long but fascinating day filled with remarkable highlights. Following our route, we'll first reach the stunning Coipasa salt flat and arrive in Sabaya village after about three hours. From Sabaya it will take us around 4 hours to traverse areas of sand dune and salty flats, with many grazing llamas and alpacas. We also see lots of abandoned, pre-Hispanic (1000 year-old) graves, evidence of an early civilisation, complete with ancient walls and shards of pottery. A highlight of today's journey, is our stop at a salty 'laguna' within sight of Sajama (6542m), Bolivia's highest peak. The Sajama National Park is a special place where the red desert combines with the huge snowy mountains. As we hike around the blue lagoon we can see many species of birds, including Andean coots and flamingoes, before hopping back into our vehicles for the final 30-minute drive to the village of Sajama, where we check in at our hostal accommodation at 4200 metres. From here too, we have good views of the perfect volcanic cone of Sajama. The village's picturesque, white-painted church tower makes a great bit of 'foreground interest' for our photos of these mountains.

Meals: **B L D**

Accommodation
Hostel

Time
1 hour walking

DAY 11

Trekking in the Condoriri Craters

After breakfast, we leave the village of Sajama and make the short drive (30 min.) to the Kasiri Valley, stopping en route to view the geysers of Juntuma. Here we'll enjoy a two hour hike to the Kasiri Lagoon (4800m), with the likelihood of meeting lots of vicunas on the way. After this we will embark on another 2 hour walk, taking in spectacular views as we ascend to one of the craters of Condoriri Mountain to visit Chiarkhota Lagoon at 5000m. Considered one of the most magical settings with the mountains and desert we will have enjoy our picnic lunch. Once rested we have a leisurely descent for 2 hours to reach the roadhead where we will meet our vehicles for a 20 minute transfer to the Hot springs of Sajama for a well-earned relaxing soak in the thermal waters. We return to our hostal in Samaja for a second night.

Meals: **B L D**

Accommodation
Hostel

Time
5-7 hours trekking

DAY 12

Cuidad de Perdida and return to La Paz

On our final morning in the Bolivian wilderness, we begin our journey back to La Paz. After about an hour, we'll pause for a hike around the stunning blue lagoon of Lagunas, home to a variety of bird species, including Andean Coots and flamingos. Continuing our journey, we'll stop at the remarkable canyons of Bolivia's 'Ciudad de Perdida' - The Lost City - for an hour-long hike through its breathtaking landscape. By late afternoon, we'll arrive in La Paz and check into our hotel.

Meals: **B L**

Accommodation
Hotel

Time
1-2 hrs walking

DAY 13

Sightseeing tour around La Paz city including the Valley of the Moon. Rest of day free to explore or last minute souvenir shopping.

After breakfast we set off to explore the hidden wonders surrounding La Paz. We head south to the Moon Valley, where we take a walk among the stunning pinnacles formed by erosion. We hop back into our vehicle and drive up to the Las Animas valley, for an hour-long walk amidst deep gullies and eroded sandy formations near the majestic Illimani mountain. On our return to the city, we take the Green cable car to reach the northern side of La Paz. From there, we visit the main square, 'Plaza Murillo' the heart of Bolivia's political decisions. The rest of the day is free to explore the downtown area independently or stop by the Plaza Avaroa for a meal at one of the city's top recommended restaurants.

Meals: **B**

Accommodation
Hotel

DAY 14

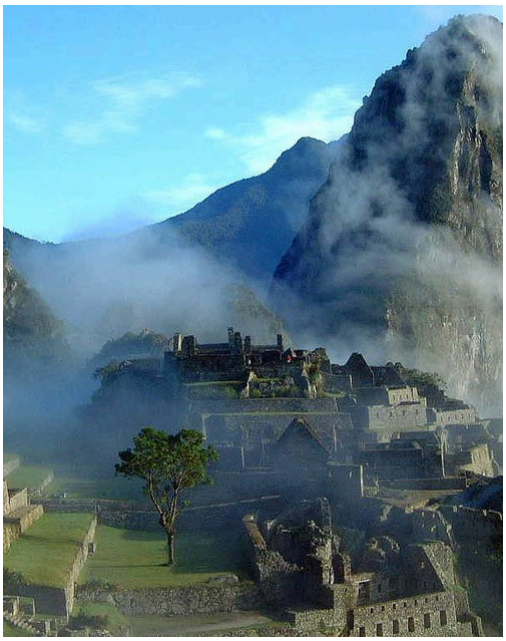
Departure day. Transfers to La Paz Airport are provided.

Your holiday ends after breakfast. Transfers to La Paz Airport are provided.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Machu Picchu and Cusco Extension

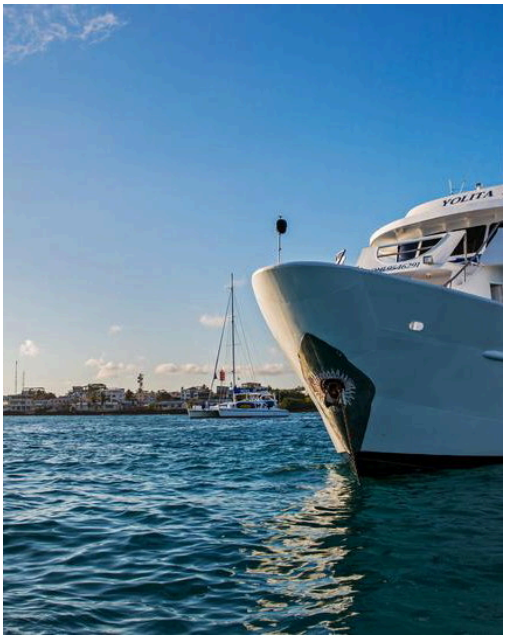
Discover the magic of Peru's ancient heart on this unforgettable 4-day extension to Cusco and Machu Picchu. Hidden for centuries beneath dense mountain vegetation and brought to international attention in 1911, Machu Picchu is one of the world's most extraordinary archaeological treasures.

This itinerary begins in Cusco, the former capital of the Inca Empire, a fascinating city celebrated for its remarkable Inca stonework and elegant Spanish colonial architecture. You'll have time to explore the city and its surroundings before heading into the beautiful Sacred Valley of the Incas, home to impressive archaeological sites, traditional Andean villages, vibrant handicrafts, and colourful local markets.

The journey continues with a spectacular train ride through the Andes to Machu Picchu, where you'll enjoy a guided sightseeing tour of the breathtaking Inca citadel. After taking in one of the most iconic sites in South America, return to Cusco for a final evening in this captivating historic city.

This extension starts and ends in Cusco.

4 days from
US$910 per person



Galapagos Islands Cruise

Create the perfect holiday-of-a-lifetime by adding an exploratory cruise of the stunning and unique Galapagos Islands

Needing little in the way of introduction, the Galapagos Islands are one of the most pristine natural environments left on Earth. Over 600 miles separate them from mainland Ecuador, meaning they have enjoyed splendid isolation and provide a habitat for a bewildering array of birds, reptiles, mammals and sea life you simply won't find anywhere else.

We have a variety of ships and itineraries and you can choose from two levels of service - Standard and Upgraded, many of which are more affordable than you may have thought. Itineraries are typically between 7 and 10 days which is the optimum length for visiting this natural paradise. During your cruise you will visit a number of the islands, each distinct and renowned in their own right. Sometimes these will be `dry` landings where you step onto a pier and at others you will make `wet` landings where you reach the island by small inflatable boats and step directly onto the beach. Every boat has a slightly different itinerary but all are focused on seeing as much of the amazing Galapagos wildlife as possible. There is also plenty of time for relaxation and for swimming and snorkelling from the boats. All of our itineraries begin and end in Quito and include the flight out to the islands.

Please contact us for details on availability, itinerary options and pricing. *(Sample itinerary detailed below)*

You might also want to consider our 10 day **Galapagos Islands Adventure,** for a more active and immersive experience of these diverse islands. This shore based trip stays in cosy small hotels and guesthouses, allowing us to experience the beaches and wildlife in the early mornings and evenings when the main tourists have disappeared on their boats. Alternatively, if you are looking for something a more luxurious why not spoil yourself on one of our Galapagos Cruises aboard the luxury Monserrat Motor Yacht.

Book this trip as a stand alone tour or in addition to any of our Latin America holidays.

7 days from
US$3,505 per person

Holiday Information

What's Included

- An experienced English-speaking local tour leader
- La Paz Airport transfers (on group arrival and departure dates)
- All transport involved in the itinerary
- Entrance fees
- Internal flight from La Paz to Sucre
- All accommodation as described
- Meals as described in the Meal Plan

What's not Included

- Travel insurance
- Bolivian airport departure tax (if applicable)
- La Paz Airport transfers other than on group arrival and departure days
- Some meals as described in the Meal Plan
- Tips for staff
- Miscellaneous personal expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in La Paz.

Airport transfers are provided on the first and last day.

Hotel contact details and an emergency number will be provided with your confirmation of booking.

Meal Plan

All breakfasts, 7 lunches and 5 dinners are included in the trip price. Where there is a wide range of dining options available it makes sense to leave this choice to you and we have not included meals other than breakfasts while in La Paz, Sucre, Potosi and Uyuni. All other meals are included. Clients will be expected to pay for their own meals (other than breakfast) whilst in these cities. For non included meals you can typically expect to pay US$20 to US$30 per meal including wine.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

The cuisine of Bolivia is a mix of spanish cuisine and traditional Aymara fare, reliant on indigenous ingredients like corn, potatos and beans. We can expect a diverse and tasty experience. For most of this holiday we take our meals in hotel restaurants and other eateries. In La Paz, Sucre, Potosi and Uyuni, where there is a wide range of restaurants cafes and bars serving excellent and varied cuisine, you will pay directly for these meals. In other towns and villages, we will usually enjoy a tasty, set 3-course meal provided by the hotel or lodge where we are staying. Traditional, hearty meals, with a soup starter and a meat or vegetarian main course can be expected. Breakfast includes fresh fruit, pancakes or omelette with plenty of toast and home-made jam. On some days we will enjoy a packed lunch, usually consisting of fruit, salad, bread, cheeses, cold meats and plenty to drink.

Accommodation

During this trip the group will spend 4 nights at a comfortable hotel in La Paz, 1 night at an ecolodge on the Isla del Sol, 3 nights at comfortable hotels in Sucre and Potosi, 1 night at a small hotel in Uyuni, 1 night in a lodge in Tahua, 1 nights at a simple lodge in Garci Mendoza and 2 nights at a hostel in Sajama Village. On the nights we stay in simple hostels/lodges you will have shared bathrooms and you may find your sleeping bag useful to supplement the bedding provided. All hotels have ensuite bathroom facilities. All accommodation is based on twin sharing and if you are travelling by yourself you will be paired up with other single clients of the same sex. Subject to availability it is possible to arrange single rooms for most of the hotel/lodge/hostel nights. Additional hotel nights in La Paz are also available.

Group Leader & Support Staff

The group will be accompanied throughout by an experienced, English-speaking local leader. There will also be one or more support vehicles and drivers.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

We estimate that US$400 will be sufficient to cover your personal spending including the above mentioned non-included meals. This amount should also cover tips for your guide, drivers and other local staff. You should allow approximately US$60 in total for these tips. N.B Lots of small denomination local currency is useful here. (Please note that tipping is not compulsory but it is the normal practice. Your trek leader will advise on how much and when to give these tips). It is not necessary to purchase local currency (Bolivianos) before you travel. Credit and debit cards can be used to obtain cash at ATMs in La Paz . If you are bringing your travel money with you, we recommend that you do this in the form of cash US dollars, as you will be changing the majority of your money on the day of your arrival. Note that travellers cheques can sometimes be difficult to exchange and normally have a poorer rate than cash. Credit cards can also be used to purchase some goods and at some restaurants in La Paz.

Guidance on Tipping

Tipping is normal in Bolivia. However, you must remember that it is voluntary and how much you give depends on how you feel about the service you have received. Airport baggage carriers are the only exception and tipping is compulsory. These people are unwaged and make a living by carrying your luggage. The general rule is 3 bolivianos (30p) per bag. For hotel staff, tipping is not expected, but is welcome. For hotel porters 3 bolivianos per bag carried is normal. Any drivers, specialist guides or tour conductors (i.e. on sightseeing tours) normally are tipped around 15 bolivianos per day. Please note that drivers of standard taxis do not usually expect a tip. As with most countries, it is usual to tip in restaurants and 10% is expected for good service. For the support crew on trek (guides, cooks, porters etc.), it is recommended that each client contributes around $60 to a group tipping pool.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft bag such as the KE kit bag and a daypack. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions*. This must be done online via https://esta.cbp.dhs.gov, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US$40 *(as of 30/09/25).* Travellers who have not registered before their trip are likely be refused boarding.

*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK citizens will require an ETA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD$7 and you should apply for it at http://www.cic.gc.ca/english/visit/eta-start.asp. Other nationalities should consult their local embassy or consular office

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: http://london.usembassy.gov/niv/apply.html)

Visa Bolivia

UK passport holders do not require a visa for short stays. For other nationalities, please refer to your own Government website to check current requirements.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Bolivia is the Boliviano.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and comfortable with walking for up to 8 or 9 hours on two of the days. Regular hillwalking is the best way to get fit for any trekking holiday, but you could also adopt a weekly exercise regime. Running and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

Bolivia's dry and sunny winter season lasts from the end of April to October, and during this period the weather can be expected to be excellent for trekking and climbing. The days are relatively warm, up to a maximum of 20°C, although it can feel warmer than this in the strong sunlight. Night-time temperatures will drop to around freezing point above 3500 metres, whilst above 4500 metres the temperature can vary from 20 degrees centigrade to minus 20 degrees centigrade during a 24 hour period.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Trekking and Climbing in the Andes. Val Pitkethly and Kate Harper.
- Bolivia - Lonely Planet.
- Bolivia – A Climbing Guide. Yossi Brain.
- Bolivia - a Travel Survival Kit. Lightbody.
- Eight Feet in the Andes. Dervla Murphy.
- South American Handbook.
- The Trekkers Handbook. Tom Gilchrist.
- Latin America Spanish phrasebook - Lonely Planet.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You must bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Thermal base-layer - leggings
- Thermal base-layer shirts (2 short sleeve, 2 long sleeve)
- T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket with hood
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves or mittens
- Warm and waterproof gloves or mittens
- Daypack minimum 30 litres
- Headtorch and spare batteries

- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Travel Towel
- Selection of dry bags
- Small padlock
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Sleeping bag (available for hire)*
- Trainers or similar
- Spare laces
- Shorts
- Sleeping bag liner
- Swimwear
- Travel clothes
- Insect repellent - (DEET)

- Camera
- Pen-knife (remember to pack all sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

** On the nights we stay in simple hostels/lodges you may find a sleeping bag useful to supplement the bedding provided.*

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in La Paz. Transfers are provided from / to La Paz Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to La Paz. Outbound flights will depart from the UK in the early morning, arriving morning the following day (Day 1 of the Land Only itinerary). Return flights will depart La Paz in the evening of the last day of the itinerary, arriving in the UK in the morning of the following day.

Why Choose KE

Why KE

Our Salt Flats and Volcanoes of Bolivia walking holiday is the trip for those looking to explore and discover the incredible geography and culture of this enigmatic, landlocked country. Our unique itinerary features acclimatisation on the islands of Lake Titicaca, a visit to the 'White City' of Sucre, exploring the city of Potosi, and traversing the surreal and stunning landscape of the salt flats, as well as spectacular hikes up to incredible viewpoints above the Salar.

Please Note This document was downloaded on 14/10/2026 and the trip is subject to change