

Traverse of Bolivia's Cordillera Real

Trip Code: BOL

Version: BOL Traverse of Bolivia's Cordillera Real



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Cross 8 high mountain passes, including two over 5000 metres
- Explore the pre-Inca archaeological site at Tihuanaco
- Stay on the Isla del Sol and enjoy 3 days acclimatising beside Lake Titicaca
- Stunning views of Huayna Potosi (6088m) and Condoriri (5648m)

AT A GLANCE

- 12 days trekking
- Max altitude - 5350 metres
- Join at La Paz

ACCOMMODATIONS & MEALS

- 19 Breakfasts
- 16 Lunches
- 13 Dinners
- 12 nights Camping
- 6 nights Hotel
- 1 nights Ecolodge

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Stretching 120 kilometres from the Wara Warani in the north to the Chucura Valley in the south, the Cordillera Real is a truly impressive mountain range, with a host of high peaks, including 6 over 6000 metres. KE's 3 week trekking holiday, which explores the southern section of this 'Royal' range, is a genuine classic; keeping to high trails where possible and crossing several passes close to, and over, 5000 metres. During our 3 week walking extravaganza we'll enjoy a great diversity of scenery, including lovely alpine valleys with picturesque lakes, snow-capped Andean peaks and scattered indigenous Quechua villages. Before setting off on trek, we'll have time to explore La Paz, the highest capital city in the world, and spend time acclimatising beside the wonderful Lake Titicaca, where we'll visit Copacabana and even enjoy a night in an ecolodge on the Isla de Sol, famous for its Inca temples and pathways. Bolivia is the jewel in the crown of the Andean countries, with its spectacular landscapes, fascinating history and the friendliest people in South America.

Is this holiday for you?

This is a reasonably long and continuous trek, with a considerable amount of ascent and descent. The complex nature of the route, linking high mountain valleys, gives this trek a great deal of character, but it also means that there are several passes to cross - almost one every trekking day. Having said that, we have allowed plenty of time to complete the route, with a couple of extra days being included within the schedule to allow for any contingency. This is an established trekking route, and we will be following a good trail throughout, with underfoot conditions ranging from Inca stone steps, to easy grassy tracks, to rocky passes and scree. All baggage and camping equipment is carried by pack-animals, so you will only need to carry your day pack each day.

Itinerary

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DAY 1

Meet at the group hotel in La Paz (3500m). Transfers from the La Paz Airport are provided.

Meet at group hotel in La Paz. Transfers from La Paz Airport to the hotel will be provided for clients arriving on this day. El Alto Airport is the highest international airport in the world, at an altitude of 4058m and it is with relief that we descend into the great bowl of La Paz to the group hotel. We need to take it easy for the first few days of this trip, in order for the group to acclimatise to the altitude. Most people will want to rest for a few hours on arrival. In the evening there is no need to venture further than a nearby restaurant, although those who are feeling more energetic can always wander around the fascinating surrounding area. 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. This evening we will meet with our guides who will discuss the adventure ahead.



Accommodation
Hotel

DAY 2

Visit the pre-Inca ruins of Tihuanaco, drive to Copacabana (3810m) on the shores of Lake Titicaca.

Today, we will visit the pre-Inca ruins of Tihuanaco. After breakfast in our hotel we make the 2-hour bus journey across the altiplano to this ancient ceremonial centre of the Tiwanaku Empire. Here we will explore the immense temples and palaces of the ancient culture of Tiwanaku that existed between 1500BC and 1200AD. We will spend approximately 2 hours visiting the site and its museum, with lunch taken in a restaurant in a nearby village before continuing to Copacabana (3810m) on the shores of Lake Titicaca, a drive of around 4 hours. This 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.

Meals: **B L**



Accommodation
Hotel

DAY 3**Sightseeing around Lake Titicaca and exploring above Copacabana (3810m).**

Before setting off on trek, we will further our acclimatisation by spending a couple of easy days beside the great lake of Titicaca, the highest navigable lake in the world. After breakfast, we will go for a 2-hour walk above the town where we will see the Inca/Tihuanaco rock inscriptions and paintings at Kopacati before traversing back to Copacabana across an open hillside with views of Titicaca. Our walk will take us past the Horca del Inca, or 'Inca gallows', so named because the Conquistadors initially believed this to be a place of execution. More recent studies suggest that this site was actually an astronomical observatory. Descending to the hotel, we'll have some free time and then go to the beach at around 5.30 for a coffee and to watch the sun go down, before going to a restaurant for dinner.

Meals: **B**



Accommodation
Hotel

DAY 4**Travel by boat to the Isla del Luna and overnight on the Isla del Sol.**

After breakfast, we take a private boat ride for an hour and a half to the Isla del Luna (Island of the Moon) and disembark at the village of Koati. We walk along the backbone of the island, passing through typical hamlet settlements, where we enjoy superb views of Illampu and Ancohuma Mountains, we also visit the Temple of the Inca Virgins, Aclla Huasi. Around midday we reboard our boat and travel to the Isla del Sol (Island of the Sun) where we disembark at the Pilkokaina Palace, a set of Inca ruins at the extreme southern side of the Island. After exploring these ruins we will walk to a traditional restaurant, with superb views over the lake, to enjoy an Andean lunch. We stretch our legs afterwards with an hour of walking to our eco-lodge accommodation in the village of Yumani. After settling in to our rooms we can walk for 30 minutes up to the highest point of the island (4080m) to be rewarded with spectacular sunset views over the lake. Tonight we will eat at the lodge, warmed by its roaring fires.

Meals: **B L D**



Accommodation
Ecolodge

DAY 5**Explore Isla del Sol and nearby floating islands. Return to Copacabana.**

In the morning, we walk for an hour to the Inca's Garden, an idyllic spot, featuring a spring considered by the locals as a fountain of youth. We then board our boat and set sail for the short transfer to some floating islands near to Copacabana to take lunch. We can try the local speciality: fresh, grilled Andean

trout which we can catch ourselves if we want. Finally we return to Copacabana by boat and can visit the main square, where we may witness the odd spectacle of a Franciscan priest blessing cars. Returning to the hotel we will pass the local Indian handicraft market. In the afternoon there is the option to make the gentle climb up to Cerro Calvario, the holy mountain of the Aymara Indians, boasting stupendous views across the lake. We return to the hotel by about 4pm and have some free time before meeting up again to go out for dinner.

Meals: **B L**



Accommodation
Hotel

DAY 6

Transfer across the altiplano to our first camp at Layuni Flats (4370m).

Today we make our approach to the Cordillera Real, driving for around four hours across the rolling plains of the altiplano with tremendous views of the glaciated Chiarhoco and Chachacomani massifs. Our scenic route takes us through the foothills of the Cordillera Real, crossing several rivers and passing rustic farming settlements. At the entrance to the Jayllawaya Valley we reach our first camping place at Layuni Flats (4370m) where we meet our team of muleteers. Overnight at Layuni Flats.

Meals: **B L D**



Accommodation
Camping

DAY 7

A first short day of trekking into the Jayllawaya Valley.

Starting out from camp we set out towards the mountains, ascending a low hill to a viewpoint for the Chachacomani Massif which culminates in the peak of Chachacomani (6076m). Continuing, we traverse easy slopes to a camping place at 4600 metres above the Jayllawaya Valley. This is a short, introductory day.

Meals: **B L D**



Accommodation
Camping



Ascent
500M



Descent
270M



Time
4 - 5 hrs trekking



Distance
8KM

DAY 8**Trek to Laguna Warawarani (4970m) and descend to camp at Labrahuani (4820m).**

Today we spend 3 to 4 hours trekking through remote valleys on our way up to the mountain lake of Warawarani at 4970 metres. We skirt the lakeshore and descend for another 2 hours to our campsite at Labrahuani (4820m).

Meals: **B L D**

	Accommodation Camping		Ascent 650M		Descent 430M		Time 5 - 6 hrs trekking		Distance 8KM
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DAY 9**Cross a pass (5043m) to reach Kotia Lake (4420m).**

We follow an undulating trail, which crosses several ridges and spurs and then climbs steadily to our first pass (4800m). We are treated to spectacular views here before we descend towards the long blue Kotia Lake below in the broad valley of Jichukhota (4420m) where we will camp for the night.

Meals: **B L D**

	Accommodation Camping		Ascent 350M		Descent 750M		Time 5 hrs trekking		Distance 7KM
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DAY 10**Cross a pass above Laguna Kara Kota, descend via Mina Ventilla and camp at Laguna Ajwani (4620m).**

We follow a high traversing path to a pass at 4720 metres above the lower Lake Kara Kota. We then descend steeply to a river and then down further to a small hamlet and the remains of Mina Ventilla, an old tin mine. After three and a half hours we stop to take our picnic lunch near some torrents with a panoramic view over the glaciated massif of Chicapa. After a little siesta to recharge our batteries we climb steadily for an hour and a half up the valley to Laguna Ajwani (4620m). This is the perfect place to make camp and we will aim to reach it early in the day so we can chill out and enjoy the sun until late in the afternoon.

Meals: **B L D**

	Accommodation Camping		Ascent 700M		Descent 500M		Time 5 hrs trekking		Distance 8KM
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DAY 11**Cross the Janchallani (5030m) and Jurikota (4947m) passes to Laguna Jurikota.**

We ascend to the ridge north of our camp and take an alternative and interesting trail to reach the Janchallani Pass (5030m) involving rocky passages and emerald lagoons. Continuing at high level, we cross the Jurikota Pass (4947m) and descend via a steep scree slope to our camping place beside Laguna Jurikota (4665m).

Meals: **B L D**

	Accommodation Camping		Ascent 800M		Descent 755M		Time 6 hrs trekking		Distance 8KM
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DAY 12**Trek across the Apacheta Pass (5150m) to Chiarkhota Lake (4682m).**

Today's objective is to cross the Apacheta Pass. But, first we must contour around Jurikhota Lake and then ascend to a lake below Condoriri. This is a stunning landscape with lots of opportunity for photographs. We have a steep ascent to the valley above and reach the summit of the Apacheta Pass (5150m) after 3 to 4 hours. For those who have energy to spare, it is an easy 45 minute ascent from the pass to the summit of Apacheta Peak (5350m). Apacheta means 'cairn' and it is a tradition to add a stone to the cairn on the top. The view from the summit is spectacular, encompassing all of the Condoriri peaks, the Cordillera Real as far back as Illampu, the altiplano and, of course, Lake Titicaca. Today's camp is a further hour down from the top of the pass and we put our tents up beside Lake Chiarkhota (4682m), the 'black lake'.

Meals: **B L D**

	Accommodation Camping		Ascent 650M		Descent 633M		Time 7 hrs trekking		Distance 10KM
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DAY 13**A rest day at Chiarkhota Lake.**

For those with energy to spare there is an option to visit the glacier of Illusion Mountain, a round trip of approximately 3 hours.

Meals: **B L D**

	Accommodation Camping		Time 3 hrs trekking
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DAY 14**Across the Paso Aguja Negra (5010m) and the Zongo Sistana Pass (4930m) to Ancoma (3850m).**

Today we cross two passes. It is an hour and a half from our camp to the first of these, the Paso Aguja Negra (5010m), where we may be lucky enough to be able to spot climbers on Condoriri. From here, we descend one hour to Piedra Grande (big stone), passing through a remarkable moonscape, before climbing again up to the Zongo Sistana Pass (4930m) where we gain more excellent views of peaks such as Huayna Potosi. We take lunch beyond the pass and then descend into the green Livinosa Valley to walk along the shoreline of Livinosa Lake (set in an impressive alpine landscape) to the cultivated fields of the village of Ancoma, where we see the first trees since La Paz. Here we set up camp at 3850 metres.

Meals: **B L D**

	Accommodation Camping		Ascent 670M		Descent 1500M		Time 8 hrs trekking		Distance 14KM
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DAY 15**Trek to Chacapampa (3560m) and transfer by vehicle to Rinconada (4550m).**

From the village of Ancoma, we trek for an hour until we reach the village of Chacapampa (3560m) where we meet the support vehicles bringing a re-supply of fresh food. Using the support vehicles, we make a short transfer (40 minutes) to the base of Huayna Potosi and set up camp at Rinconada (4550m). In the afternoon we have the option to walk up to Lake Canada, an excellent viewpoint from where to view Huayna Potosi's glaciers. With only a small distance of trekking, this will seem almost a rest day!

Meals: **B L D**

	Accommodation Camping		Ascent 50M		Descent 250M		Time 1 hrs trekking		Distance 2KM
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DAY 16**Climb to the Telata Pass (4980m) and descend to Sanja Pampa to camp (4300m)**

Starting the day with a 3 hour climb to the Telata Pass (4975m) is a good way to clear the cobwebs of a night's sleep. The trail to the summit affords us great views back to Huayna Potosi and on the other side we have a long descent into the remote Sanja Valley. Walking down through open grazing land, we follow the trail to the hamlet of Sanja Pampa (4300m) and set up camp nearby.

Meals: **B L D**

	Accommodation Camping		Ascent 400M		Descent 700M		Time 7 hrs trekking		Distance 12KM
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DAY 17

Trek to Samanapampa (3980m).

Today we walk for around 3 hours on an interesting pre-Inca trail to take lunch at the small traditional village of Chucura. A further 2 hours takes us to the final camping place of the holiday at Samanapampa (3980m). As this will be our last night at camp, we will celebrate with a Andean-style barbecue and some good wine!

Meals: **B L D**

	Accommodation Camping		Ascent 200M		Descent 520M		Time 5 hrs trekking		Distance 10KM
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DAY 18

Cross the Cumbre Pass (4900m) to Cumbre and return to La Paz by road.

Our last day of trekking takes us along more paved Inca trail to the pass of La Cumbre (4900m) which we cross and then descend to our waiting vehicle. We transfer to La Paz (1.5 hours drive), for a well-earned shower at the hotel.

Meals: **B L**

	Accommodation Hotel		Ascent 850M		Descent 150M		Time 4 hrs trekking		Distance 6KM
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DAY 19

La Paz Walking Tour. Cable Cars and Valley of the Moon. Free Afternoon.

This morning we walk from our hotel to ride the green, white and orange cable cars that fly over La Paz. With our local guide, we visit the colonial street of Calle Jaen and the main square of the Plaza Murillo. We then take a short transfer to the Valley of the Moon, known for its unique rock formations. We return to the hotel around midday and the afternoon is free to explore the rest of the city, buy last minute souvenirs or simply to relax after our Bolivian Adventure.

Meals: **B**



Accommodation
Hotel

DAY 20

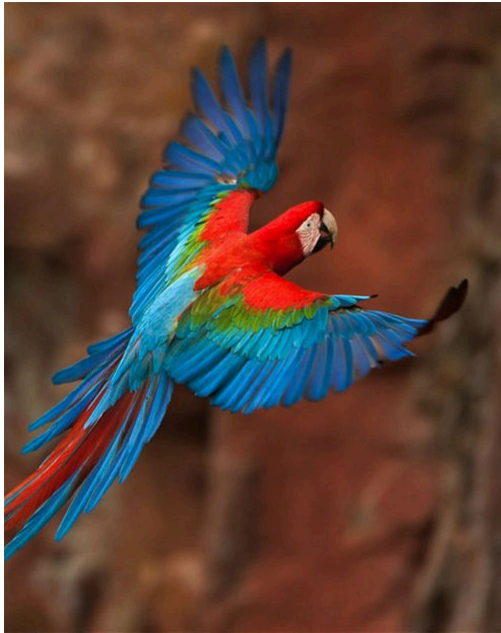
Departure day. Transfers to La Paz Airport are provided.

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.



Peru Rainforest Extension

Visit Tambopata National Reserve, a haven of pristine Amazon wilderness where the river provides access to an uninhabited and vast 2.5 million acre area, home to the Amazon's five top predators - Jaguar, Giant Otter, Black Caiman, Harpy Eagle and Anaconda. It is a short flight to Puerto Maldonado, and then a ride in a motorised canoe to our jungle lodge. Highlights are the macaw clay-lick, otters, monkeys and an array of colourful birds.

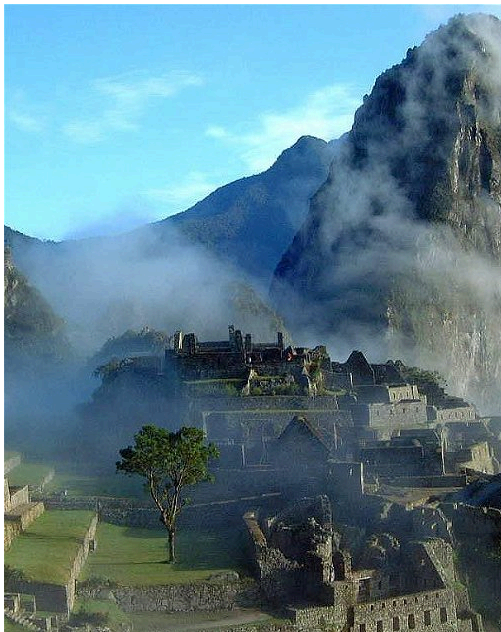
4 days from
US\$910 per person



Galapagos Islands Cruise

Situated over 600 miles from the mainland of South America, the remote archipelago of the Galapagos Islands needs little introduction. The Galapagos Islands are considered to the crown jewels of the natural world, achieving near mythological status following visits by Charles Darwin. It was on his second visit aboard HMS Beagle in 1835 that Darwin's scientific studies introduced the world to the theory of evolution. The islands teem with life, much of which seem totally unphased and perhaps curious of visitors. Of the thirteen major islands, on five have any form of human habitation. The environmental footprint is kept to an absolute minimum, allowing you, the visitor, a chance to explore the incredible biodiversity of these famous islands untouched by human development. Expect close encounters with blue-footed boobies, frigate birds, albatross, giant tortoises, seals, turtles and dinosaur-like lizards amongst many, many other examples.

7 days from
US\$5,105 per person



Machu Picchu and Cusco Extension

The ruins of Machu Picchu, rediscovered in 1911, after 500 years under dense vegetation, are one of the man-made wonders of the world. This itinerary also includes time for sightseeing in and around this former Inca capital of Cusco, which is renowned for the wealth of its Inca stonework and for its extravagant Spanish Colonial architecture. We then take the scenic train to Machu Picchu for a full day guided sightseeing tour of this incredible Inca city before returning to Cusco for a final evening.

4 days from
US\$880 per person

Holiday Information

What's Included

- An experienced English-speaking local tour leader
- La Paz Airport transfers (on group arrival and departure dates only)
- All land transport involved in the itinerary
- All accommodation as described the trip dossier
- Meals as described in the Meal Plan
- A full service on trek including food and all equipment (excluding personal equipment)

What's not Included

- Travel insurance
- Bolivian airport departure tax (if applicable)
- La Paz Airport transfers other than on group arrival and departure dates
- Some meals as detailed in the Meal Plan
- Tips for trek 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 for all clients.

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

Meal Plan

Where there is a wide range of dining options available it makes sense to leave the choice of what to eat and how much to spend to you and we have therefore not included in the holiday price, meals other than breakfasts, while staying in hotels in La Paz and Copacabana.. All breakfasts, 15 lunches and 13 dinners are included. We recommend you budget between US\$15 to US\$25 per meal including wine for none included meals. Whilst on trek all meals are provided.

Food & 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.

A wide range of restaurants is available in La Paz and in Copacabana on Lake Titicaca. On trek, the food is a mixture of local and international dishes, cooked for us by highly trained trek cooks. The emphasis is on a high carbohydrate diet with foods which we have found to be easily digestible at high altitude. Breakfasts include fresh fruit, porridge, pancakes or eggs; with plenty of bread and jam, and tea or coffee. Lunch is normally a picnic consisting of fresh fruit, salad plus bread, cheeses, cold meats, avocado with juices, tea and coffee. Dinner will be a three course meal of a variety of dishes freshly prepared by the trek cooks.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide 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 diet 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.

Accommodation

During this trip the group will spend 3 nights in a comfortable hotel in La Paz, 3 nights in comfortable hotel accommodation in Copacabana beside Lake Titicaca and 1 night in ecolodge accommodation on the Isla del Sol. Whilst on trek there will be a total of 12 nights camping. All accommodation is based on twin sharing. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. Please note single tent hire does not include single rooms in hotels. For the 7 hotel nights, single rooms are available for a supplementary cost. Additional hotel nights in La Paz are also available.

Group Leader & Support Staff

The group will be accompanied by an professional English-speaking local leader plus a local guide and a full trek crew including cook, camp staff and baggage animals.

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\$350 will be sufficient to cover your personal spending including the above mentioned non-included meals. This amount should also cover tips for the muleteers and other trek staff (we recommend US\$80 - 100). 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

Tips are the accepted way of saying 'thank you' to your local guides and trek staff and muleteers. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. We recommend that you give a tip to your local staff if you feel that their services have met your satisfaction. This is best done from the group as a whole rather than from individual group members. As a rough guide we suggest you allow a total of US\$80 - 100 (converted to local currency) for these tips. Lots of small denomination notes are useful as we need to change pack animals and their drivers every few days. Your trek leader will advise on how much and when to give these tips.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffel bag and a daypack. Your bag on trek will be carried by pack animals and should not weigh more than 15kg. It is possible to leave extra baggage at the hotel in La Paz. 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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and 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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011* you will have to apply for a visa rather than the Visa Waiver Programme (* a full and up to date list of countries can be found on the US government website [here](#).)

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA 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>

Visa Bolivia

UK passport holders do not require a visa for short stays. USA passport holders do require a visa.

Health & Vaccinations

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

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 holiday, getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Our treks can be physically demanding, but more as a result of altitude and terrain than distances walked. We would suggest that you adopt a weekly exercise regime. Running and swimming are good for developing aerobic fitness and better stamina. You should gradually increase your exercise leading up to departure, and in the month before setting off, 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 degrees centigrade - although it can feel warmer than this in the strong sunlight. Night-time temperatures will drop to around freezing point above 3500 metres, and 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](https://www.travelaware.gov.uk)' 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 prior to 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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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 direct 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 - a Travel Survival Kit. Lightbody.
- Eight Feet in the Andes. Dervla Murphy.
- South American Handbook.
- Latin America Spanish phrasebook - Lonely Planet.

Maps

BOCR Liam O'Brien. 1:135,000 Cordillera Real.

This map covering the entire route can be Purchased in La Paz.

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. The packed weight of your kit bag whilst trekking should be no more than 15 kgs.

You must bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper

- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 to 40 litres
- Head torch with spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 2 x 1 Litre (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sleeping bag (comfort rating -15°C) *
- Thermarest or similar sleeping mat *
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)
- Small padlock

Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), Diamox, painkillers, plasters (band-aids) and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

The following items are optional:

- Trainers or similar for traveling and camp use
- Spare laces
- Shorts
- Thermal baselayer - leggings
- Scarf or neck buff
- Sleeping bag liner
- Trekking poles
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

*Available for hire/rent through KE Adventure Travel

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in La Paz. A transfer from / to La Paz Airport is included.

Flight Inclusive Information

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

Why Choose KE

Why KE

Our carefully planned itinerary ensures you have enough time to acclimatise properly, in the most stunning of surroundings! We've a full 5 days to acclimatise in La Paz and beside Lake Titicaca, before setting off on trek to trek across one of the most stunning ranges in the Andes. We are also now proudly supporting a social enterprise initiative with a walking tour of La Paz, guided by 'Los Lustras', the city's shoe-shiners to gain a unique and insightful perspective on this fascinating city.

Please Note This document was downloaded on 19/05/2024 and the trip is subject to change