

PRACTICAL INFORMATION FOR TRAVELERS TO BOLIVIA

TOURIST ATTRACTIONS IN BOLIVIA

Bolivia: general information for travel; book of records; official holidays; national parks, protected areas and ecological reserves; Bolivian tourist attractions; tourist attractions in La Paz department, Cochabamba department, Potosí department, Santa Cruz department, Chuquisaca department, Oruro department, Beni department, Tarija department and Pando department.

GENERAL INFORMATION FOR TRAVEL TO BOLIVIA.

Time: The official time, with respect to the meridian of Greenwich, is 4 hours less (GMT-4)

Currency: Boliviano (Bs 1 = 100 cents)

Bills: Bs 10, 20, 50, 100, 200

Coins: Bs. 1 -2 -5 Bs; 0.10 - 0.20 - 0.50 centavos.

Currency exchange: Foreign currency, both cash and traveler s checks, can be changed in banks, exchange houses, and hotel. U.S. dollars are accepted in payment almost anywhere.

Voltage: 220 and 110 volts in La Paz and 220 volts in the rest of the country.

Health: All visitors arriving in La Paz (3,600 meters above sea level) must treat the altitude with respect, especially when arriving from sea level by air. Very few people have serious problems, but it is advisable to rest at least 24 hours, eat light meals, and drink a lot of water to avoid dehydration due to the dryness of the environment in the city of La Paz. Avoid any physical efforts, especially the first few days. Anyone suffering from heart problems or who have chest pains must consult their doctor before traveling to La Paz.

You should not drink the tap water; it is recommended you drink bottled mineral water. Raw salads and vegetables should be avoided, as should the food sold on the street or in the markets.

Hepatitis, paratyphoid, and diarrhea are common.

We recommend that visitors acquire good medical and accident insurance while visiting Bolivia. Costs, especially in hospital, are high and the invoices must be paid before the patients can leave private clinics.

Vaccinations. Vaccinations against yellow fever, hepatitis, typhoid, tetanus, and polio must be up-to-date. For those who are going to tropical areas, quinine tablets are recommended. Mosquito nets and repellants are a good idea to help prevent many tropical diseases.

In Bolivia, there are special vaccination centers. Vaccinations to go into the interior are free. International vaccinations require purchasing a card.

Lodging. Bolivia has lodging in every city and province in the country, which are categorized according to the services they offer. Visitors can find 1, 2, 3, 4, and 5 star hotels in the main cities.

When to visit Bolivia. The climate is varied: cold in the highlands, temperate in the valleys, and warm on the plains. Winter lasts from June to September; you can ski all year round. During May and September, the days are nice and sunny.

What to wear. In the highlands, warm clothing; in the valleys, light clothes during the day and warm clothes at night; in the plains, light clothing.

Public transportation. The trips in private vehicle, truck, bus, motorcycle or taxi is a simple form to arrive at cities and towns of Bolivia. The prices are usually of agreement with level of the service, but not in all the cases. The high costs they are when traveling in private vehicles and the cheapest thing can be when traveling in truck in the back part. The buses are middle term, to the being not only the most abundant, but rather they also allow to travel with security and comfort.

Taxi. They are relatively cheap, in several cities and towns exists standardized rates by person in short itineraries. It is recommended to ask in the hotel, which could be the rate according to the place, to which wants you to arrive, before ascending to a taxi.

Rent a Car. It is possible to rent a car in the main cities even at the airport. The price varies according to the company.

Urban Transport. All the cities have buses (micros), minibuses (trufis) and taxi trufis; all with fixed routes in the urban radius and a great quantity inter provincial transports. In Bolivia and especially in the main cities there are lots of taxis which can take directly from the street, the same way as the rest of the transport and in all they are visible their denomination and their main routes.

Customs norms. The organic tourist regulations grant the tourist, upon entering the country and after first declaring his rights, customs taxes, and obtaining a policy, to bring in the following objects: one camera, one portable typewriter, a film camera and accessories, a recorder, sports equipment, five liters of alcoholic beverages, four hundred cigarettes (two cartons), fifty cigars or five hundred grams of cut tobacco which surpasses the franchise of 2,000 USD that has been granted.

If there are new objects that cost more than 1,000 USD, the Official will proceed to fill out form 126 for the difference, after first requesting the interested party to present the corresponding commercial invoice.

BOOK OF RECORDS OF BOLIVIA.

Lake of Titicaca. The highest navigable lake in the world (3,800 meters above sea level).

City of Potosi. The highest city in the world (4,067 meters above sea level).

Restaurant of skiing complex "Chacaltaya". The highest restaurant in the world (5,340 meters above sea level).

Railway station "Condor". The highest railway station in the world (4,786 meters above sea level).

National Park of "Kaa Iya del Gran Chaco". The largest reserve of South America (approximately 34,000 km²).

Salar de Uyuni. The largest dry salt lake in the world (12,000 km²).

OFFICIAL HOLIDAYS IN BOLIVIA.

Date	Description	Note
January 1	New Year	Holiday
January 22	Foundation of Plurinational State of Bolivia	Holiday
February - March	Carnaval	Holiday. Date Mobile (2 days)
March 19	Father s Day	Working day
March 23	Claim Maritime Day	Working day
April 12	Children s Day	Working day

March-April	Easter week	Holiday. Date Mobile (1 or 2 days)
May 1	May day	Holiday
May 27	Mother s Day	Working day
June	Corpus Christi	Date Mobile (1 day)
June 21	Aymara New Year	Holiday
August 6	Independence of Bolivia	Holiday
August 17	Bolivian Flag Day	Working day
November 2	All Saints Day	Holiday
December 25	Christmas	Holiday

NATIONAL PARKS, PROTECTED AREAS AND ECOLOGICAL RESERVES IN BOLIVIA.

Bolivia is the expression of re-valorization of the ethnic-graphical patrimony and ecological biodiversity that is present throughout its national territory, from the Amazon to the Andes. The country has 66 of the 112 existing ecosystems in the world; that is why it is amongst the eight countries having the greatest biodiversity in the world. There are 31 protected areas - National Parks, Reserves, Biological Stations, and Wildlife Sanctuaries - within Bolivian territory. UNESCO has declared Bolivia's natural resources a NATURAL HERITAGE for Humanity.

List of national parks, reserves, and biological stations of wildlife sanctuary in Bolivia:

Apolobamba Natural Area.

Beni Biological Station.

Eduardo Avaroa National Andean Fauna Reserve.

Amboró National Park.

Carrasco National Park.

National Reserve of Flora and Fauna of Sama.

Cotapata National Park.

Madidi National Park.

National Amazon Reserve of Manuripi Heath.

Otuquis National Park.

Biosphere Reserve and Indigenous Territory - Pilon Lajas.

Sajama National Park.

San Matías Natural Area.

Isiboro Secure National Park.
Toro National Park.
Tunari National Park.
Noel Kempff Mercado National Park.
Kaa-Iya del Gran Chaco National Park.

TOURIST ATTRACTIONS IN BOLIVIA.

Tourist attractions in La Paz Department

In the city of La Paz:

- ✓ Nuestra Señora de la Paz Cathedral (Catedral de Nuestra Señora de la Paz);
- ✓ San Francisco Church Monastery (El templo y convento de San Francisco);
- ✓ San Pedro Church (El templo de San Pedro);
- ✓ Santo Domingo Church (La iglesia de Santo Domingo);
- ✓ Los Condes de Ana Palace (Palacio de los Condes de Arana);
- ✓ National Archaeological Museum (Museo Nacional de Arqueología);
- ✓ Museum of Ethnography and Folklore (Museo de Etnografía y Folklore);
- ✓ Museum of Pre-Columbian Precious Metals (Museo de Metales Preciosos Precolombinos);
- ✓ Witches Market (Mercado de los Brujos).

In the department of La Paz:

- ✓ Tiwanaku;
- ✓ Great Gate of Sun (La gran Puerta del Sol);
- ✓ Lake Titicaca;
- ✓ Cordillera Real;
- ✓ City of Copacabana (Ciudad de Copacabana);
- ✓ Takesí Pre-Columbian Way (Camino Precolombino Takesí);
- ✓ El Choro Pre-Columbian Way (Camino Precolombino El Choro);
- ✓ Yungas – Coroico;
- ✓ Mapajo Indigenous Ecotourism (Mapajo Ecoturismo Indígena);
- ✓ Apolobamba;
- ✓ Carabuco – Charazani;
- ✓ Huayna Potosí;

- ✓ Madidi National Park.

Tourist attractions in Cochabamba Department

In the city of Cochabamba:

- ✓ Central Square 14 of September (Plaza central, 14 de septiembre);
- ✓ Santo Domingo Church (Iglesia Santo Domingo);
- ✓ San Francisco Church (Iglesia San Francisco);
- ✓ Archaeological Museum (Museo Arqueológico).

In the department of Cochabamba:

- ✓ Chapare - Villa Tunari;
- ✓ Toro Toro National Park.

Tourist attractions in Potosí Department

In the city of Potosí:

- ✓ House of Coin Museum (Museo Casa de la Moneda);
- ✓ Cathedral (Catedral);
- ✓ Santa Teresa convent museum (El convento y museo de Santa Teresa);
- ✓ San Francisco Church (Iglesia San Francisco);
- ✓ San Marin Church (Iglesia San Martin);
- ✓ San Agustin Church (Iglesia San Agustín);
- ✓ San Cristobal Church (Iglesia San Cristóbal);
- ✓ Cerro Rico de Potosi (historic site where silver was mined in colonial period).

Note: Potosí was inscribed on the World Heritage List in 1987, an event that UNESCO commemorated with the issue of the medal in 1993.

In the department of Potosí:

- ✓ Salar de Uyuni (the world's largest salt flat at 10,582 km²);
- ✓ Tunupa inactive volcano (volcán apagado Tunupa);
- ✓ Colors Lake (Laguna Colorada);
- ✓ Avaroa Reserve (Reserva Avaroa).

Tourist attractions in Santa Cruz Department

In the city of Santa Cruz de la sierra:

- ✓ The main square September 24 (la plaza principal 24 de Septiembre);
- ✓ Botanical Garden (Jardín Botánico);
- ✓ Zoo Municipal;
- ✓ Religious Art Museum (museo de Arte Religioso);
- ✓ Regional History Museum (museo de Historia Regional);
- ✓ Contemporary Art Museum (museo de Arte Contemporáneo);
- ✓ Museum of Natural History - Noel Kempff Mercado (Museo de Historia Natural Noel Kempff Mercado);
- ✓ Ethno-folkloric Museum (Museo Etnofolklorico);
- ✓ Germán Busch Museum (Museo de German Busch).

In the department of Santa Cruz:

- ✓ Guembé Biocentre (Biocentro Gûembé);
- ✓ La Rinconada;
- ✓ Ibagá Guazu Park (Parque Ibagá Guazu);
- ✓ Palmar Sandbanks (Las Lomas de Arena del Palmar);
- ✓ City of Samaipata (ciudad de Samaipata);
- ✓ Amboró National Park (Parque Nacional Amboró);
- ✓ Centro El Fuerte de Samaipata (archaeological site and UNESCO World Heritage Site);
- ✓ Jesuit Missions (Misiones Jesuíticas);
- ✓ Pantanal;
- ✓ Noel Kempff Mercado National Park (parque Noel Kempff Mercado).

Tourist attractions in Chuquisaca Department

In the city of Sucre:

- ✓ The Square May 25 (la Plaza 25 de Mayo);
- ✓ San Felipe Church (iglesia de San Felipe);
- ✓ San Lazaro Church (iglesia San Lázaro);
- ✓ San Francisco Church (iglesia San Francisco);
- ✓ La Recoleta Church Museum (iglesia La Recoleta (museo));
- ✓ Metropolitan Cathedral Museum (Catedral Metropolitana (museo)).

Note: The UNESCO declared Sucre Cultural Heritage of Humanity.

In the department of Chuquisaca:

- ✓ Glorieta Palace (Palacio de la Glorieta);
- ✓ Dinosaur Tracks (Huellas de Dinosaurios);
- ✓ Jatun Yampara.

Tourist attractions in Oruro Department

In the city of Oruro:

- ✓ Carnaval de Oruro.

In the department of Oruro:

- ✓ Poopo Lake (Lago Poopo);
- ✓ Coipasa Salt Flat (Salar de Coipasa);
- ✓ Sajama National Park (Parque Nacional Sajama);
- ✓ Las Termas de Obrajes (thermal waters contain many medicinal properties are enjoying a good bath);
- ✓ Pampa Ahullagas (here it is Atlantis according to scientific theory J. M. Allen);
- ✓ Cala Archaeological Site (Zona arqueológica de Cala Cala).

Tourist attractions in Beni Department

In the city of Trinidad:

- ✓ The Cathedral (La Catedral).

In the department of Beni:

- ✓ San Ignacio de Moxos;
- ✓ Beni Biological Station (Estación Biológica del Beni);
- ✓ Lake of Suarez (Laguna Suárez);
- ✓ Rurrenabaque.

Tourist attractions in Tarija Department

In the city of Tarija:

- ✓ Luis de Fuentes Square (Plaza Luis de Fuentes);
- ✓ The Metropolitan Cathedral (La Catedral Metropolitana);
- ✓ Franciscan Library (La Biblioteca de los Franciscanos);
- ✓ Golden House (La Casa Dorada);

- ✓ Beatriz Castle (el Castillo de Beatriz);
- ✓ Archaeological Museum (museo Arqueológico);
- ✓ Paleontological Museum (museo Paleontológico);
- ✓ Mineralogical Museum (museo Mineralógico);
- ✓ Franciscan Convent (convento Franciscano);
- ✓ San Roque Church (iglesia de San Roque);
- ✓ University Museum (museo Universitario).

In the department of Tarija:

- ✓ San Lorenzo;
- ✓ Rincón de la Victoria;
- ✓ Chorros de Jurina (waterfalls).

Tourist attractions in Pando Department

In the city of Cobija:

- ✓ Los centros de producción de goma (natural rubber production).

In the department of Pando:

- ✓ Lake of Bay (el lago Bay);
- ✓ Las Cachuelas (a rapid is a section of a river where the river bed has a relatively steep gradient causing an increase in water velocity and turbulence);
- ✓ Tahuananu River Lagoons (Lagunas del río Tahuananu);
- ✓ High forest (el monte alto).

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