

# BOLIVIA



... A five-day stop in  
Bolivia on the  
way to Peru  
October 2021



## Isla del Sol – a first stop

I flew with my travel companion from Club100 and Stockholm via Amsterdam and Lima to La Paz. After a long stop-over (6 hours in Lima) and a time difference of 6 hours we finally arrived at our destination in the early morning. After a total travel time of 30-hours we made it through customs where we had to produce a Health Affidavit, a Currency Declaration form, a Proof of International Insurance Covering Covid-19, a PCR-test as well as a Vaccination Certificate

A third friend, who joined our Bolivia tour in La Paz, had already been in the country for five days. He had organized our program with help of a local tour company. We were picked up at the airport and then we immediately set off for **Copacabana and Lake Titicaca**.

After a 3 hour-drive we arrived at Copacabana where we changed vehicle and had breakfast. We also tried the local coca leaf tea which helps keeping you awake. This was much needed after our long flights across several time zones.

We stopped first at a place with floating villages and trout farming. Then we continued to catch a private boat to the small Island of the Moon. We hiked across the Island and saw **the old Inca ruins of the Temple of the Moon – Isla de la Luna** - that once was completely covered with silver. Next to this ruin we had lunch at a small restaurant. We had an amazing view with snow clad mountains in the far distance and treated ourselves to a good meal with various local dishes - including the aforementioned trout.





## Chacaltaya



From here we continued by boat to the much larger **Island of the Sun – Isla del Sol**. Here we visited the old water well and more Inca ruins including the Temple of the Sun. After yet another boat ride we got to our small hotel on the tip of the island. This turned out to be a very simple establishment, and it was clear they had not had any guests in a long time. After dinner and a long shower (there was practically no water) we completely exhausted went to bed. I managed to sleep until 04:30 which was quite good.

Got up early in order to catch the sunrise at 05:30 - and it was quite spectacular. After breakfast we were transported by a small taxi-boat and then by a van back to Copacabana. We had some time to stroll around the picturesque village with colorful women dressed up in their local outfits.

Next stop on our itinerary was a **glacier lake near the mountain Chacaltaya**. We first had to change car in La Paz to a 4WD. We drove on a very scenic mountain road with snow-clad mountains all around us. The glacier lake was located at an altitude of 4 750 meters above sea level. We had to trek the last 250 meters, which was very tough at this altitude. One of us got a headache, which is very common at these altitudes. Especially when there has been no time for acclimatization.

We returned to La Paz at around 6 PM after yet another full day's program. We checked in at the nice **boutique hotel Casona** in the absolute center of town. We went out to grab some Chinese food and then after a quick shower went to bed.







## La Paz

I woke up at 05:30 AM again but felt that I had had enough sleep. We went for a full day city-tour around La Paz. We had told our guide exactly what we wanted to include in our tour, but he did not seem to understand or care. We were not happy with him at all. We took a walk through the more picturesque streets of the city, visited the main cemetery, went to the Witch Market in El Alto and took a ride on the teleférico. We also managed a short stop outside the notorious San Pedro prison, which was not open to visitors any longer.

We had lunch at one of the absolute **top restaurants in town - Restaurant Popular**. We managed to get seats in the bar only, as it was required to book tables ahead. This was an amazing experience with really good food at very reasonable prices.

When we returned to the hotel, we noticed there was some kind of celebration going on at the nearby Plaza San Francisco with people dressed up in traditional costumes singing, dancing and playing instruments. A good opportunity for taking pictures.

Visited Swedish expat Elin in her Café on Calle Sagarnaga. She recommended the **restaurant Gustu** restaurant for dinner. This was also a very good foodie experience with creative and superb dishes. The cost was a mere 25 EUR per person, all included. A similar visit would have costed at least 150 EUR or more back in Sweden. On a side note, we learned that Gustu has some connections with the famous Noma restaurant in Denmark.







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