



Steph's Quick Budget Fact Sheet

Argentina - Puerto Iguazú & Brazil - Foz do Iguacu

Quick Facts

- ✓ **Capital:** Buenos Aires - Brasilia
- ✓ **Language:** Spanish - Portuguese
- ✓ **Population:** ± 82,200 - ± 265,000
- ✓ **Sq km:** ± 759 - ± 617.70
- ✓ **Currency:** Pesos (\$ARS) – Reales (R\$)
- ✓ **Country code:** +54 (3757) - +55 (45)
- ✓ **Visa:** [Check Argentina](#) – [Check Brazil](#)
- ✓ **Emergency codes:** 911 – 192 (ambulance) + 193 (fire) + 194 (police)
- ✓ **Vaccinations:** Hep-A / Hep-B / Typhoid / Yellow fever / DTP / Rabies / Dengue & Malaria prevention.



History Recap Over 1 Drink

1541: Spanish Núñez Cabeza de Vaca: discovered Iguazú falls → area inhabited by Guaraní (until 1880).
PUERTO IGUAZÚ: 1881: Corrientes Province (back then incl. Misiones), sold 13,000 sq km at current site of Puerto Iguazú → several owners. '82: Governor Rudecindo Roca established Iguazú Department. Growing tourism. 1901: 1st road. 1902: Settlement *Puerto Aguirre*. '34: Iguazú National Park established. '43: town renamed *Puerto Iguazú*. '85: Tancredo Neves Bridge to Foz do Iguacu.
FOZ: Until 1860: undisputed territory between Paraguay & Brazil → Paraguayan War: Brazilian. Military colony until 1897. 1910: Town status → "Vila Iguazu" → '14: city "Foz do Iguassu". '18: state appropriated the land. '39: Parque Nacional do Iguacu. '45: name change to Foz do Iguacu. '60s-'80s: economic boom, construction of Friendship Bridge & the Itaipu Dam.
 Name comes from the Guaraní "y" (water) & "ûasú" (big). Legend: A deity planned to marry a beautiful woman, *Naipí*, who fled with her lover *Tarobá* in a canoe → the deity sliced the river, creating the waterfalls and condemning the lovers to an eternal fall. The border between Brazil and Argentina runs through the Devil's Throat. Argentina has 80%, Brazil 20%.

Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dry												
Wet (hot)		hot	-test			coolest		driest			wet	-test
High season												
Budget												

Altitude: 167-180m. Climate: Humid Subtropical Climate (Cfa).

Bucket List For Free

- ☺ **To do in Puerto Iguazú:** Discover the surrounding rain forest. Visit the Mbororé Museum, Landmark of Three Frontiers and Moconá Falls.
- ☺ **To do in Foz do Iguacu:** Buddhist temple (bus 103 from terminal), [Itaipú Hydroelectric Dam](#) (tour free at Paraguayan side) and Omar Ibn Al-Khattab Mosque.
- ☺ Consider crossing the border to Paraguay. Don't believe what all blogs and locals say, there's plenty interesting stuff to do in Ciudad del Este (check my blog). Plus you can shop duty free.

Worth The Extra \$€¥

- 👍 **Argentina:** [Iguazú National Park](#) with its falls (cataratas). Reached per bus, car or hitch-hiking.
Other: [Honorio Rolón Parque Natural](#), [Güira Oga Center for Bird Rehabilitation](#), [Wanda Mines](#), [La Aripuca](#), [Jardin de los Picaflores](#), San Ignacio (Jesusit), Museo Imágenes de la Selva, [Bio Centro](#).
- 👍 **Brazil:** [Cataratas do Iguacu](#) (city bus 120).
Other: [Helicopter flight over falls](#), rafting, canyoning, abseiling, climbing, [Parque das Aves](#), [Dreamland Wax Museum](#), [Acquamania](#) or [Lago de Itaipu](#) waterparks.

Festivals

- ☼ Iguazú en Concierto: May.
- ☼ Festival de Turismo das Cataratas: June.
- ☼ Holi One: 17-Okt.

Budget Bites

- ⌘ Big supermarkets: Puerto Iguazú has only local markets and kiosks, around the central station are some cheap buffets. Foz has a Muffato, Makro, Big and Destro.
- ⌘ Argentina's local food: mainly meat-related... asado, chimichurri, empanadas, choripan. Brazil's local food also involves many dead animals: BBQ, moqueca, pão de queijo, acarajá, feijoada, cabidela, pastel etc....
- ⌘ Go vegan: in Puerto Iguazú Restaurant Dona Maria, Empanadaria Cataratas del Iguazú and Terra Wok y Grille have vegan options. In Foz you can go to Emporio Com Arte, Cheiro Verde, Miss Laura and Rockers Burgers and Beers.

Nights Best Spent

- ◆ [Cuba Libre](#) (Puerto Iguazú), Avenida Brasil y Paraguay.
- ◆ [Capitao Bar](#) (Foz), Avenida Jorge Schimmelpfeng 288.

Next?

- ➔ In Argentina: Oberá, Posadas, Corrientes. In Brazil: Cascavel, Toledo, Maringá.
- ➔ International destinations close by: Paraguay.

Sleep Cheap

- ❖ ARG: [Hostel Bambu](#), +543757425864, Av. General San Martín 4.
- ❖ BRA: [Tetris Containers Hostel](#), +554531320019, Av. Das Cataratas 639.
- ❖ Instead, go [Couchsurfing](#) or [house-sitting!](#) Also check [WorkAway](#).

Free-Riding?

- Both city centres are small enough to walk everything.
- Biking is only recommended outside town, related to the reckless local driving styles and (unfiltered) exhaust fumes.
- Taxis are expensive and are likely to charge you tourist prices. Negotiate prices up front.
- There's not really a clear system with city buses. They're privately owned and destinations are displayed on the front window and so is the price (pretty cheap!). It works in your advantage if you speak Spanish / Portuguese. Tourist buses (leaving from the terminal) are way more expensive. Puerto Iguazú terminal: Avenida Córdoba y Avenida Misiones. Foz terminal: Avenida Costa e Silva... but buses stop along the way too.
- Hitch-hiking is common and doable, but there's always a risk. In order to pre-arrange a ride & share gas costs, check [Carpooler](#) or the [Grativiajes](#) or [Viajar Causa Adicción](#) Facebook-page.
- Cataratas del Iguazú International Airport and Foz do Iguazú International Airport. The Brazilian is reachable by city bus, the Argentinean by minibus or taxi.

Tip: Download the Triposo Argentina or Brazil app for offline maps, landmark descriptions & more, or load Google Maps when you have Wi-Fi and leave it open, you will still be able to use it offline.

Mama Said

- ☠ Watch your bag, buy a lock. Avoid walking around alone at night.
- ☠ Take a cheap CITY BUS (no tourist bus) to go from Argentina to Brazil or the other way around, but get out at the borders for your passport stamps. The distance between both border checks is walkable!
- ☠ Exchange money in Argentina (their currency is very weak and unpopular abroad). In Brazil, the Muffato supermarket is recommended.
- ☠ If going to Paraguay, cross bridge by foot or bus, do NOT get into one of those vans offering the bridge transfer. They're notorious for robberies and even human trafficking.