



Steph's Quick Budget Fact Sheet

Bolivia - Tarija

Quick Facts

- ✓ **Capital:** La Paz
- ✓ **Language:** Spanish & indigenous
- ✓ **Population:** ± 216,000 (2011)
- ✓ **Sq km:** ± 37,623 (dept.)
- ✓ **Currency:** Bolivianos (Bs)
- ✓ **Country code:** +591 (4)
- ✓ **Visa:** Fore some countries, [check here!](#)
- ✓ **Alarm codes:** 110 (police), 118 (ambulance), 119 (fire)
- ✓ **Vaccinations:** Hep-A / Hep-B / Typhoid / Yellow fever / DTP / Rabies / malaria prevention.



History Recap Over 1 Drink

1st: Aymara's. 1438-1527: Inca's in west. '32: Battle of Cajamarca against Inca's. '38: Spanish conquer (Vice-royalty Peru)→silver mining Potosí. Conversion to Christianity. 1770s: Revolt Tupac Amaru II against harsh treatment Indians→murdered. 1824: Bolivar liberates Bolivia. '25: Independent, Bolivar pres. 19th century: War of (Peru-Bol)Confederation. '79-'83: War of the Pacific: Bolivia lost coast & nitrate rich fields to Chile. 1903: Loses rubber-rich Acre province to Brazil. 20th century: Discrimination indigenous people →'20 rebellion indigenous. '32-'35: Loses territory to Paraguay in Chaco War. '41: Revolutionary Nationalist Movement (Marxist) →'52: National Revolution, peasants & miners overthrow military regime, Estenssoro pres.: social & economic reforms, improvement indigenous, nationalization mines. '64: Military coup, Barrientos. '67: US helps suppressing peasant uprising led by Che Guevara (= killed after betrayal). '69: Salinas pres. →deposed by army. '71: Banzer coup. '80: Garcia coup. US&Eur stop aid due to corruption and drugs trafficking. '81: Torrelio→resigns as economy worsens. '89: Zamora pres. '90:4mln acres rainforest allocated to indigenous. '93: Lozada pres. '97: Banzer pres. '01: Quiroga pres. '02. Lozada pres. '03: People killed in protests against taxes & gas export. Mesa pres. '05: Morales 1st indigenous pres. Gas nationalization.

Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Spring											warmest	
Summer	wettest											
Autumn												
Winter							coolest					
Budget												

Altitude: 1888m. Climate: Semi-arid (Bsh).

Bucket List For Free

- ☺ **Free nature:** Coimata waterfall, Tomatitas, San Lorenzo, El Rancho, San Andres, Tolomosa, La Angostura, Lago San Jacinto, San Luis, Cordillera Sama, Reserva Tariquia, Cabo Juan Wildlife Reserve (*with tour*).
- ☺ **Free museums:** Observatorio Astronomico, Museo Paleontologico y Arqueologico.
- ☺ **Sights:** Mirador Corazón de Jesús, Mirador de los Sueños, Mirador Papa Juan Pablo, Cementerio General, La Costanera. Plaza Luis de Fuentes. Catedral. Casa

Worth The Extra \$€¥

- There are several tour agencies, but they overcharge. Everything can be done independently.
- Dorada, Plazuela Sucre, Iglesia de San Roque.
- ☺ **If you're into bad wine:** Valle Concepción. Take a cheap shared taxi at Calle Corrado in between Campero & General Trigo and do a free tasting. *Bodegas: check photo tourist info.*
 - ☺ **Visit surrounding villages:** San Lorenzo, La Angostura, El Rancho, San Jacinto.

Budget Bites

- ⌘ Supermarkets: Urkupiña, Tarija, Molcar, Serka.
- ⌘ Markets: Mercado Central in city center. There are many other markets scattered around town and at night cheap street food is everywhere. A typical meal is about \$1.
- ⌘ Local food: Empanada, salteño, tucuman (all meat pastries), cuña (potato type), saice chapaco (pasta, potato, salad and meat), sopa de maní (peanut soup), guiso chapaco (meat soup), chanka de pollo (chicken soup), sabalo a la parilla (fish), ranga ranga (stomach & potatoes), arvejada (peas with meat, garlic & rice).
- ⌘ Go vegan: Surprisingly enough there are vegetarian restaurants in Tarija, Verde Que Te Quiero being my personal favorite with vegan options. Check the [Happy Cow](#). To stay in budget you can eat at the market and select the dishes without meat, fish and eggs (rice, vegetables, salad, cuña, sopa de maní).

Mama Said

- ☠ Tap water is drinkable, but if you just arrived in the country you are better off with filtered water.
- ☠ Before going on long hikes, inform others about your whereabouts and indicated time of return.
- ☠ Avoid the Campesino area, especially at night. In the evening it's better in general to stay in the touristic center.
- ☠ In the centre banks have fees for cash-out, further out not. Just saying.

Next?

- ➔ In Bolivia: Tupiza, Uyuni, Potosí, Sucre, Santa Cruz.
- ➔ International destinations close by: Argentina, Paraguay, Chile, Peru, Brazil.

Sleep Cheap

- ❖ Don't pre-book. There are many cheap accommodation options which don't have websites. For the price of a bed in a backpackers hostel you can get a private room elsewhere. Residencial Rosario Tarija is central, clean and low budget. La Cupula is a cheap hostel with campsite.
- ❖ Go [Couchsurfing](#)! Also check [WorkAway](#).

Festivals

- ☼ Carnaval: The whole month of Feb & beginning Mar.
- ☼ Abril en Tarija: Culture, month of Apr.
- ☼ San Roque: Religious, 16-Aug - 11-Sep.

Nights Best Spent

- ◆ Limbo Pub, Calle Lomo 839 in between Ramón Rojas & Sevilla
- ◆ Bunker, Calle Virginio Lema & Ramón Rojas.
- ◆ Feel, Calle Méndez 0458 in between 15 de Abril & Virginio Lema.

Free-Riding?

- Everything within the centre of Tarija is easily walkable, even though the locals will tell you it isn't. For destination further out public transport is recommendable.
- Bike rental isn't recommendable due to the recklessness of traffic. Accidents are likely.
- Privately-owned minibuses take you all over town and to the surroundings, the destinations displayed on the front window. They can be hailed down anywhere. The (nueva) terminal is located way outside of town (zona Torreccillas) and is reached by minibus. They charge a 2-bolivianos-tax on top of your ticket price.
- Airport: Capitan Oriel Lea Plaza Airport (TJA).
- Hitch-hiking is not common nor recommendable. People could pick you up but will very likely expect you to pay afterwards (an amount comparable to bus prices).

Tip: Download the Triposo Bolivia 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.

The Earth Becomes
My Throne