



Steph's Quick Budget Fact Sheet

Bolivia - La Paz

Quick Facts

- ✓ **Capital:** La Paz
- ✓ **Language:** Spanish / Indigenous
- ✓ **Sq km:** 1861,2
- ✓ **Population:** 1,5 mln (incl. Altiplano)
- ✓ **Currency:** Boliviano BS
- ✓ **Country code:** +591 (02)
- ✓ **Visa:** Fore some countries, [check!](#)
- ✓ **Alarm codes:** 110 (police), 119 (fire), 118 (ambulance), 222-5016 (tourist police)
- ✓ **Vaccinations:** Hep-A / Hep-B / Typhoid / DTP / Yellow fever / Malaria prevention

History Recap Over 1 Drink

1st: Aymara's. 1438-1527: Inca's in west. Spanish arrived → 1532: Battle of Cajamarca against Inca's. Spanish colonial times: Bolivia 'upper Peru' / Charcas. Conversion to Christianity. 1548: La Paz founded by Mendoza: *Nuestra Senora de La Paz*. Gold discovered in Rio Choqueyapu. 1770s: Revolt Tupac Amaru II against harsh treatment Indians. 1809: Liberals of rebel armies under the command of Bolivar & Sucre: Battle of Ayacucho. 1825: Independent. 19th century: Peru-Bolivian Confederation → War of Confederation. 1879-83: War of the Pacific: Bolivia lost coast & nitrate rich fields to Chile. 20th century: Discrimination of indigenous people. 1898: Government in La Paz. 1941: Revolutionary Nationalist Movement (Marxist) → 1952: Bolivian National Revolution: include Aymara/Quechua population. 1964: Military junta overthrew president Paz Estenssoro → many presidents. Current: Morales (indigenous): nationalize gas fields.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Spring												
Summer												
Autumn												
Winter												
Wet												
Best												
Budget												

Altitude: 3650m.

Bucket List For Free

- ☺ 'Free' tip-based walking tour: [Red Cap Walking Tours](#). Departs daily at 11AM & 2PM in Plaza San Pedro.
- ☺ Visit churches for free: San Francisco & Catedral de Nuestra Senora de la Paz.
- ☺ Take a cheap *colectivo* to Valle de la Luna, 10km from La Paz.
- ☺ Watch the city life & sights at Plaza Murillo. Relax at the Parque del Monticulo.
- ☺ Cementerio General: Free morbid art & a sneak-peek at the true Bolivian culture.
- ☺ I put a spell on you: Visit the Witch Market.

Worth The Extra \$€¥

- 👍 Death Road. Prices vary. (Avoid Chacaltaya).
- 👍 [Sacha Runa](#): Shamism & ayahuasca.
- 👍 Museo de Arte Contemporaneo, Av. 16 Julio 1968.
- ☺ Almost free: For 3 boliviano's take up the *teleferico* to the Altiplano and enjoy spectacular views. There are 2 different lines.
- ☺ Climb the Illimani, Huayna Potosi or the Monte Chacaltaya. Do it yourself for free or book a guide.
- ☺ Take public transport to Tiwanaku: Ancient ruins.

Tourist Trap Alert

- ⊗ Cholita wrestling: Invented for tourists. Curious locals pay only a fraction of your price.
- ⊗ Urban Rush: Can be a lot of fun, but check first if you can even climb stairs in La Paz with this sickening altitude.
- ⊗ La Paz Tourist Bus: Just no. Take a local *collectivo* to not lose your dignity.
- ⊗ Work for a bed & food: This is dirt cheap in Bolivia. Unless you want to work for €5-8 per day, I wouldn't recommend it.

Nights Best Spent

- ◆ Senses Club, Av. Arequipa 8083.
- ◆ Pa'Goza, Av. 6 de Agosto/Rosendo Gutierrez 2299,
- ◆ Route 36 (illegal), ask the taxi driver.

... Seated Down

- ◆ Teatro Municipal, Genaro Sanjinés/Indaburo.
- ◆ Teatro Al Aire Libre, Av. del Ejército.
- ◆ Cine Center, Irpavi (Zona Sur).

Free-Riding?

- The bus system is used for long-distance travel. In the city (dirt cheap) *collectivos* are used. On the front you can find the destination.
- Taxi's are cheap, but can be very dangerous in Bolivia. Armed muggings are common. Only use official companies, let your hostel call a radio taxi. Never go in a cab with strangers. As a woman, go with men you know.

Tip: Download the free Triposo Bolivia app for an offline map, offline guide & more.

The Earth Becomes My Throne

Sleep Cheap

- ❖ Wild Rover Backpackers, +59122116903, Comercio 1476.
- ❖ Adventure Brew, +59122915896, Av.Montes 533.
- ❖ Go [Couchsurfing!](#)

Budget Bites

- ⌘ Streetfood is dirt cheap (less than €1). Try it at the Mercado Lanza (upstairs) or Mercado Camacho. Tasty: salteñas, tucumanas, choclo, llachas, anticuchos, saice.
- ⌘ Go to local restaurants and order *almuerzo* (lunch) or *menu del dia* for 7-12 bolivianos. 3-course meal.

Mama Said

- ☠ Don't trust an un-uniformed police. It's a scam.
- ☠ Watch your bag, buy a lock. Smartphones are popular.
- ☠ NEVER take an unofficial taxi or go in a cab with strangers. Let your hostel call one. Kidnapping, assault and robberies are a serious threat.
- ☠ Don't try to get into San Pedro prison. (Risks in blog).

Festivals

- ⚙ Alasitas: Festival of Abundance, 24-Jan.
- ⚙ El Gran Poder: Religious, May-June.

Knowledge I'm Taking Home

- 📖 Hable español: [ABC Spanish Tuition](#).
- 📖 Play guitar: Museo de Instrumentos Musicales.
- 📖 Dance salsa: [Sigue La Salsa](#).

Next?

- ➔ In Bolivia: Sorata, Coroico, Copacabana, Uyuni, Potosi.
- ➔ International destinations closeby: Peru, Brazil, Chile, Paraguay.