



Steph's Quick Budget Fact Sheet

Paraguay - Asunción

Quick Facts

- ✓ **Capital:** Asunción
- ✓ **Language:** Spanish, Guaraní & Hoch-Dietsch
- ✓ **Population:** ± 525,300
- ✓ **Sq km:** ± 128.1
- ✓ **Currency:** Guaraní (PYG, ₲)
- ✓ **Country code:** +595 (21)
- ✓ **Visa:** Fore some countries, [check here!](#)
- ✓ **Alarm codes:**
- ✓ **Vaccinations:** Hep-A / Hep-B / Typhoid / Yellow fever / DTP / Rabies / malaria & zika prevention (mosquito protection).



History Recap Over 1 Drink

1525: Portuguese explorer Gracia visits – '26: Italian Cabort – '37: Spanish begin colonizing the interior Paraguay. 1609: Spanish Jesuits begin Roman Catholic conversion. 1776: transferred from Vice-royalty of Peru to La Plata (Arg) → '08: La Plata... Par. revolt against Buenos Aires. 1811: Paraguay independent. '65-80: War Triple Alliance with Arg/Braz/Ur over sea access → Paraguay loses 90% male population & large tracts of land. 1932-35: Chaco War with Bolivia: wins territory. '45: Joins UN. '54: General Stroessner seizes power (coup): start 30+ years of dictatorship → '89: deposed by coup General Rodriguez → pres. '92: Democratic constitution. '93: Wasmosy pres. '98: Cubas pres (fraud) → resigns when vice-pres Arhana gets assassinated → Macchi caretaker pres. '02: State of emergency declared after violent street protests (demand: resignation of Macchi & end of free-market policies). '03: Frutos pres, Macchi put on trial for corruption (6 years jail). '04: Peasant land invasions demanding redistribution of agricultural land. 420+ killed in a fire at a shopping center in Asuncion. '05: Duarte pres. '07: State of emergency: outbreak dengue fever & later that year fire destroys 100,000+ hectares of forest and agricultural land. '08: Lugo pres. '09: deal with Brazil about energy cost of Itaipú hydro-electric plant. '12: vice-pres Franco takes over. '13: pres. Cartes.

Travel Seasons

| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|--------|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Spring | | | | | | | | | | | | |
| Summer | very | hot | | | | | | | | | | |
| Autumn | | | | | | | | | | | | |
| Winter | | | | | | | | | | | | |
| Budget | As Paraguay isn't a touristy place, there's no specific low or high season. | | | | | | | | | | | |

Altitude: 98m. Climate: Humid Subtropical (Cfa). It's not recommended to travel in summer: intense heat.

Bucket List For Free

☺ **Free museums:** Casa de la Independencia, Museo del Barro, Museo del Cabildo, Museo de Bellas Artes, Museo Etnográfico Andres Barbero, Centro Cultural de España Juan de Salazar, Museo Juan Sinforiano Bogarín, Museo de las Memorias, Museo de Historia Natural, Museo de Telecomunicaciones.

☺ **Sights:** Palacio de Gobierno, Costanera, catedral, Avenida Mariscal Lopez, Palacio Legislativo, Parque Un Guasu, Plaza de la Independencia, Manzana de la Rivera, Cementerio de la Recoleta, Panteon Nacional de los Heroes. Plaza de la Independencia & manv churches.

Worth The Extra \$€¥

👉 **Museums:** Museo de Arte Sacro, Planetario Buenaventura Suarez, Estación Ferrocarril.

👉 **Nature:** Parque Nacional Ybycui (*includes a free camping*), Eco Reserva Mbtobovi, Cerro 3 Kandu. Or **swim** at Rakiura water park.

☺ **Free nature:** Cerro Chorori, Cerro Koi, Cerro Lambaré, Reserva Ecológica Bañado San Miguel & Bahía de Asunción, Monumento Natural Macizo Acahay.

Budget Bites

⌘ Supermarkets: Super 6 (*also has cheap per-weight-buffet*), Delimarket, Citymarket, España, Hiper Luisito, etc.

⌘ Markets: Mercado 4, Mercado de Abasto, Mercado 1.

⌘ Local food: Chipa (cheese-bread), empanada (deep-fried meat pastries), asado (meat BBQ), sopa (salty cake).

⌘ Go vegan: Veganism is uncommon in Paraguay, but in the 'dieteticas' and bigger supermarkets many vegan products are sold, incl. cheap soy meat, soy burgers and soy milk. The capital has vegan restaurants like La Vida Verde, Be Okay and Alma Zen. Check all vegan options on [Happy Cow](#).

Mama Said

☠ Tap water is drinkable, but if you just arrived in the country you are better off with filtered water. In Filadelfia tap water is unfiltered rain water.

☠ Before going on long hikes, inform others about your whereabouts and indicated time of return.

☠ ATM's in Paraguay charge a rather high fee, so you're better off to cash-out high amounts.

☠ Zika exists in Paraguay and mosquito prevention requires a high amount of DEET. It's a risk to travel here when pregnant.

☠ Summer is serious in Paraguay. The heat will prevent you from doing any hikes or physical active activities. I strongly recommend to travel in winter.

☠ Loma San Jeronimo and Cerro Lambare are not safe for foreigners. Also, the slums, Chacaruita, are located right next to the 'touristic' center. Don't enter.

Next?

➔ In Paraguay: Encarnación, San Cosme y Damian, Concepción.

➔ International destinations close by: Bolivia, Argentina, Brazil.

Sleep Cheap

❖ There's a variety of relatively cheap hotels and *hospedajes*. You're better off not pre-booking, better rates can be negotiated once there.

❖ Ybycui National Park has free camping.

❖ Go [Couchsurfing](#) or [house-sitting](#)! Also check [WorkAway](#).

Festivals

☼ Carnaval: Feb.

☼ Dia de la Independencia: 15-May.

☼ Oktoberfest: Sep.

Nights Best Spent

Nightlife happens in Loma San Jeronimo! You can also check out Paseo Carmelitas or the clubs Coyote, Sequence and Velvet. Join the [Asuncion Pub Crawl](#)!

Free-Riding?

■ Everything within the micro centre of Asunción is walkable, but the heat can be devastating.

■ There is a wide network of city buses and they go everywhere. Destinations are displayed on the front. You can pay in cash. The inter-city bus terminal is located at Avenida Fernando de la Mora 2355 (& Avenida Rca. Argentina)

■ Airport: Silvio Pettirossi International Airport (ASU).

■ Hitch-hiking is possible but not very common here. However, people are friendly and curious to meet foreigners. Head to the Trans-Chaco highway to catch a ride to Ruta 9 (interconnecting Paraguay), and from there continue in the right direction.

Tip: Download the Triposo Paraguay 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