



BOLIVIA – HIKING TOUR FOR ALPINE CLUBS AND NATURE FRIENDS

Accommodations:

La Paz (Basic-Hotel „Hostal Copacabana“ or Classic-Hotel „Walika Grand Salar Hotel“ - each in a double or triple room with private bathroom)

Sajama (only Basic-Hotel „Hostal Parinacota“ - simple twin or triple rooms with private bathroom)

Oruro (Basic Hotel according to availability or Classic-Hotel for example „Regal Hotel“ or „Hotel Virgen de Socavón“ each in a double or triple room with private bathroom)

Potosí (Basic-Hotel „Hostal San Marcos“ or Classic-Hotel „Hostal Santa Monica“ - each in a double or triple room with private bathroom)

Uyuni (Basic-Hotel „Castillo de Liliana“ or Classic-Hotel for example „Hostal La Magia de Uyuni)

Jeep-Tour (Accommodation in simple dorm rooms with shared bathroom – the Classic version includes shared rooms and if available with private bathroom)

Meals:

Breakfast and a communal dinner are included in the tour price. Dinner at typical restaurants includes two drinks of your choice. Wine and beer are in large bottles, which we share.

Please inform us about special dietary habits prior to the trip. We will try to fulfill your wishes in the best possible way. Vegetarian diet is unproblematic. Vegan and other eating habits are also possible. However, our goal - the presentation of the local cuisine - can not always be achieved in this case.

Hiking tours:

The extensive hiking program is included in the tour price. For the ascent of Tunupa, Licancabur and Uturuncu local guides accompany us. All tours are led by a trained trainer C - Hiking (Deutscher Alpenverein – German Alpine Club).

Transportation:

All transports are included. A large part we put back in our own minibuses. Only from Oruro to Potosí and on to Uyuni we drive with a public a bus. The route Uyuni - La Paz is covered by plane.

Entrees:

Entrance fees to the national parks and all entries according to the program are included.

Jeep-Safari:

Tour in jeeps (with a maximum of 4 tourists per vehicle) and full board. The food is served with water, cola or juice. Beer and wine - while supplies last. The chefs take special food habits into account.

What is not included?

Tips

Lunch (except on the jeep tour)

Day catering for the hikes (as part of the jeep tour a snack is served)

Drinks outside of the breakfast and the two free drinks for dinner

Travel cancellation insurance

International health insurance

All activities outside the program

Detailed itinerary



1. day

Arrival in La Paz, pick up at the airport and transfer to the hotel, afternoon city tour (Witches Market, Plaza San Francisco, Plaza Murillo)



Plaza San Francisco



Plaza Murillo

2. day

Trip with our own minibus from the hotel to Uni, hike from Uni through a canyon to Palca with beautiful rock formations. There is the possibility to eat something in the main square. Depending on the physical constitution of the group we get picked up there or we go back to Uni.

Difference in altitude: about 350 meters descent (optional up again)

Walking time: about 2:30 hours for the descent or about 6 hours (for the complete tour)



On the way to the canyon



In the Palca canyon

3. day

Trip with our own minibus from the hotel to the Palkoma Valley, there we take a hike. Depending on the constitution of the group, it is also possible that today we go to the pass "Cumbre Coroico" and from there we climb up to Cerro Saturno (5,004 meters). This tour is technically relatively easy.

Difference in altitude: about 500 meters up and down or depending on the constitution a bit more

Hiking time: about 6:00 hours

Option:

Difference in altitude: about 350 meters up and down

Hiking time: about 4:00 hours



Palkoma Valley



Palkoma Valley

4. day

Trip in our own minibus to Cumbre Coroico and climb up to Cerro Saturno (5,004 meters). With very good constitution of the group, it is possible to climb the Cerro Serranias Amillanis (5,108 meters). The ascent is very steep and in the summit area surefootedness and hiking experience is needed.

Difference in altitude: about 350 meters up and down

Hiking time: about 4:00 hours

Option:

Difference in altitude: about 800 meters up and down

Hiking time: about 6:30 hours



Climb to Cerro Saturno



Option Cerro Serranias Amillanis

5. day

Trip with our own minibus to Ovejuyo and hike in the Valle de Animas and climb as far as possible to the side summit of Cerro Altar Khala (4,958 meters), with very good ability there is also the possibility of the summit of Cerro Altar Khala (4,968 meters) in the form of a demanding round trip to climb.

Difference in altitude: about 1,000 meters up and down

Hiking time: about 8:00 hours



Valle de Animas



Mururata and Illimani from Altar Khala

6. day

Trip with our own minibus from the hotel in La Paz to the town of Sajama near the Chilean border (journey time approx. 5 hours). In the afternoon you can walk to a lookout point and enjoy views of the highest mountain in Bolivia. Here are many of the famous Quenua trees that grow in this region to a height of 5,000 metres.

Difference in altitude: about 200 meters up and down

Hiking time: about 2:00 hours



Sajama from the lookout



Quenua tree

7. day

Tour with our own minibus from the hotel to the geysers. From here we walk around a mountain massif on a lonely lagoon circuit. Unforgettable views of the volcano Pomerape and later on the Sajama will remain unforgettable. The tour ends at the baths of Sajama, where there is an optional bathing possibility. Here picks up the minibus and brings us back to our accommodation.

Difference in altitude: approx. 1,100 meters ascent and descent

Hiking time: about 8:00 hours



Lagoon hike



We walk through lama herds

8. day

Travel by minibus to the thermal baths of Sajama and swimming. If you want to hike, you can hike from here to the base camp of the highest mountain in Bolivia. Our minibus will bring us back to the accommodation later. Depending on the arrangement with the group and the weather, it is possible to walk again before breakfast on the lookout point in front of the village and to see in the morning light, the two twin volcanoes Parinacota and Pomerape.

Difference in altitude: about 500 meters up and down

Hiking time: about 4:00 hours



Village Sajama with Parinacota and Pomerape



View from the thermal baths

9. day

Trip with our own minibus to Oruro (travel time about 4 hours). In the afternoon opportunity to walk in the city or together to Virgen de Socavón (statue of the saints). From up here you have a fantastic view of the city.

Difference in altitude: about 150 meters up and down

Hiking time: about 1:30 hours



Virgen de Socavón



Oruro

10. day

Ride with rented shared taxis or the bus from Oruro to Potosí (journey time about 5 hours). In the afternoon free time and sightseeing by your own.



11. day

Drive with several taxis to the starting point of our hike. It goes through the Kari Kari valley. At the end a small mountain lake awaits us. Depending on the constitution of the group we can run over a pass in the neighboring valley or go from here back to the starting point.

Difference in altitude: approx. 1,100 meters ascent and descent

Hiking time: about 8:00 hours



Kari Kari Valley



Lagoon in the Kari Kari Valley

12. day

In the morning opportunity to visit the mines or possibility to climb the Cerro Rico (4,800 meters). If you do not feel like climbing again, you can rest or watch the city. In the afternoon we leave and drive with taxis to the bus terminal and the bus to Uyuni (travel time about 4 hours).

Option:

Difference in altitude: about 800 meters up and down

Hiking time: about 6:00 hours



13. day

After breakfast we will be picked up by our team. Our things are stowed in the jeeps. First, we'll take a look at the railway cemetery before heading for the largest salt lake in the world, the Salar de Uyuni. We will cross it today and stop again and again to take pictures. In the afternoon we reach the small village of Coquesa (total driving time about 3 hours).



By jeep over the Salar de Uyuni



Evening mood in Coquesa

14. day

Climb the volcano Tunupa (5,207 meters) and visit mummies

Difference in altitude: approx. 1,300 meters ascent and descent

Hiking time: about 8:00 hours



15. day

We drive from Coquesa again over the salt lake to the island Incahuasi. The island stands out with its countless cacti from the Salar de Uyuni. While we prepare our lunch, we walk on a circular route over the island. They are indescribable contrasts. After lunch we drive to the southwestern end of the salt lake and leave the Salar de Uyuni behind us. Over dusty slopes it goes to San Juan (total driving time about 4 hours).

Difference in altitude: about 100 meters up and down

Hiking time: about 1:00 hours



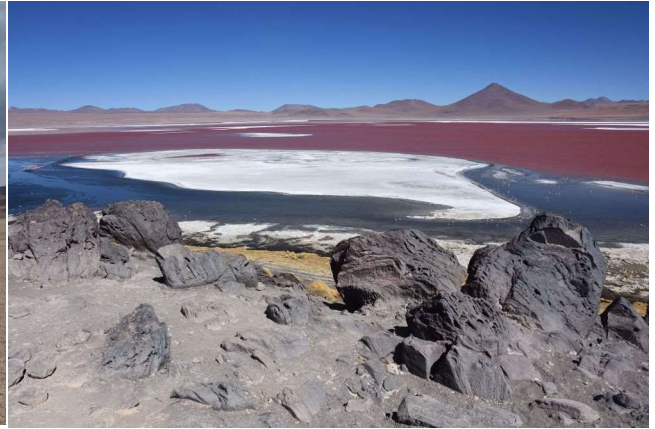
Isla Incahuasi



On the Salar de Uyuni

16. day

From San Juan we drive again over dusty slopes past several lagoons and with some luck we can watch flamingos. Again and again we get out of the jeeps and walk a few meters back. In the afternoon follow the Árbol de Piedra (the stone tree), the Laguna Colorada, geysers as well as the Laguna Verde and the Laguna Blanca. In the immediate vicinity of the border we stay overnight. At the only accommodation far and wide there are only shared rooms with shared toilet. A shower is not available here (travel time in total about 6 to 7 hours).



17. day

Climbing the Licancabur (5,930 meters). The shapely volcano is by far the most difficult hike on our tour in Bolivia. Already at 2 o'clock in the morning we get up. After breakfast, the Jeeps drive us to the mountain (travel time about 1 hour for round trip). There must be a very big height difference of 1,300 meters. The view will remain unforgettable. Up here is also the highest crater lake in the world.

Difference in altitude: approx. 1,300 meters ascent and descent

Walking time: about 8:00 to 10:00 hours (depending on physical constitution)



Licancabur



View from the Licancabur

18. day

In the morning we can do a little walk in the immediate vicinity of the property. After lunch, the jeeps drive us to Quetana - the starting point for tomorrow's 6,000m climb (journey time about 3 hours)

Difference in altitude: about 350 meters up and down

Hiking time: about 4:00 hours



19. day

Even before sunrise, the drivers drive us to a maximum height of 5,600 meters. Together with a local guide, we climb very slowly up to the summit of Uturuncu. The view from up here is fantastic. The descent is via a gravel field. After lunch in Quetana we continue to Villamar (driving time about 3 hours).

Difference in altitude: approx. 400 to 500 meters ascent and descent

Hiking time: approx. 5:00 hours



Our destination - the volcano Uturuncu



On the top – 6.008 meters

20. day

In the immediate vicinity of Villamar, the interesting rock formations "Italia Perdida" and "Valle de Rocas" await us. Also, a visit to the Laguna Negra is a treat. After lunch we drive back to Uyuni (total time about 4 hours).



Laguna Negra



Valle de Rocas

21. day

Our Jeep drivers pick us up after breakfast at the hotel and take us to the airport. From there it goes back to La Paz. Our already known minibus drives us to the hotel. The afternoon is at leisure.



Return flight to La Paz



View on the city

22. day

Depending on the return flight, our own minibus or taxi will take us to the airport. From there we fly back.

Fitness:

The journey requires a very good basic condition. For this reason, we recommend setting up your condition two months before the start of the journey.

Character of the trip:

The journey is designed so that the hikes increase over time in terms of difficulty and length. So there is the possibility that you can acclimatize optimally. However, the risk of altitude sickness should not be underestimated. In case of an emergency, we will try to organize the fastest possible transport to a hospital. Please keep in mind that there are no rescue helicopters available in Bolivia as known from the Alps. A rescue is organized with the help of local guides and people. On the Jeep safari oxygen bottles are on board.

Medical history:

Our guides should know if you are taking medication and / or are suffering from a pre-existing condition. In an emergency we can save your life.

Important instructions:

RUNAKAY TRAVEL tries to accomplish all mentioned program point. Unfortunately it happens that the weather or other reasons (for example road blockades) make a change of the travel procedure necessary. For this we ask you for your understanding.

Please also note the travel advice of your Foreign Ministry.

After your booking and sending the travel confirmation we expect the payment of 20% of the travel price. We request the missing amount at least one month before the start of the journey.

Please note the minimum number of participants during the journey. If we have not reached the necessary number of persons until 2 months before the start of the journey, we will personally contact you and discuss the further procedure.

The trip presented here is only suitable for people who already have experience with hikes in the high mountains. Before sending the travel confirmation, we will personally speak whether the trip is suitable for you.

The information was compiled on 22.05.2019 for you.