



Bolivia Expedition.



Hello team!

Epic Expeditions is in South America, baby!

Incredible mountain peaks. Vibrant indigenous culture. Great street food. Lonesome valleys. Snow-covered mountain passes. Bolivia has got EVERYTHING we look for and then some when choosing a new Epic destination.

While remaining not as popular as neighboring Peru and Argentina, Bolivia is an adventurer's dream destination - and the lack of crowds is exactly why we fell in love with this Andean nation.

Our Bolivia itinerary features a little bit of everything from world-class trekking and climbing to exploring hidden corners of bustling city markets.

This is the South America you want to get to know, and Epic Expeditions is here to take you there.

Buckle up and get ready for the adventure of your life.

Table of contents.

- 3** **VISA ARRANGEMENTS**
General information
- 3** **FLIGHTS**
When do I need to get there
- 4** **ACCOMMODATION**
What kind of accommodation to expect
- 4** **FOOD**
Daily Meals Examples and Snacks
- 5** **EXPEDITION SAFETY**
and Travel Insurance
- 6** **MONEY**
How much to bring and Tipping FAQ
- 6** **INTERNET ACCESS**
WiFi and SIM Cards
- 7** **MEETING THE PEOPLE**
Being Culturally Sensitive
- 7** **WEATHER CONDITIONS**
In Cities and During the Trek
- 7** **WHAT TO PACK**
Packing list and Porter allowance
- 9** **SPENDING EXTRA TIME**
Explore Bolivia beyond the Expedition
- 10** **FINAL NOTES**
Early client departure protocol, Liability Waiver and Paying the Balance

Getting ready to experience Bolivia

A few months prior to the trip, we will be sending you a number of Google forms and documents to return in order to collect the necessary information from you.

Please do your best to fill in and return these in a timely manner.

Visa arrangements - general information

For most nationalities including European citizens, there is a visa on arrival scheme that is free.

For Americans, it is also possible to have a visa on arrival, but at a cost of **\$160 USD**. To get the VOA as an American you need to print out the following documents and have them with you when you arrive at the airport in Bolivia:

- Your return flight ticket
- Your hotel reservation in La Paz (we will provide this to you)
- A color copy of your passport
- A credit card to pay the visa fee (no cash is accepted)

DOCUMENTS TO SUBMIT TO EPIC ASAP

- **Please submit a copy of your passport to us upon booking.**

Flights to Bolivia

Arrival Airport: El Alto International Airport (LPB)

Departure Airport: El Alto International Airport (LPB)

El Alto is the neighboring city to La Paz and is where the airport is located.

The most common connections to La Paz are from Bogota, Colombia - but several other South American cities have connections too. Occasionally, one can find direct flights from Miami, USA and Madrid, Spain.

If you arrive in La Paz in the days before the trip starts, you will need to pay for your own accommodation. We can help make hotel suggestions for you if you'd like or we can book you into the same hotel as our guides. The cost is around \$65 USD/night.

Airlines : Lantam or Avianca

Notes for early arrival:

We strongly advise all trip participants to arrive in La Paz 2-3 days before the start of the trip to begin the acclimatization process. The majority of this trip takes place above 4,000 meters - and we want you to give yourself the best chance to feel good by arriving early and getting your body use to the high altitude environment (La Paz is at 3700 meters).

When do you need to be there?

- To experience the full itinerary, you need to be in the hotel/meeting place and be rested by late morning on day 1. We will confirm the exact time and meeting place just prior to the start of the trip.
- The tour ends on day 14 and with the exception of breakfast and airport transfers, no services are included on this day, so it makes sense to try and leave by the evening.
- Checkout from the hotel is around 11 am.
- We stay as a group at the Hote Casa Fusion in the Sopocachi neighborhood of La paz.

Accommodation in Bolivia

We carefully chose a hotel in La Paz that fits our vibe! We opt to stay in the trendy Sopocachi neighborhood of La Paz to avoid all of the hustle and bustle of the touristy Old Town.

The hotel features all of the modern comforts including fast wifi, hot water, and a great cafe/bakery on site. The made-to-order breakfasts hit the spot as well.

For the rest of our Bolivia itinerary, we stay in cozy 4-season tents plus one night in a Mountain Hut before climbing Huayna Potosi.

Note: prices are based on twin-sharing rooms and tents.

Single supplement: You can book a single tent and hotel room for the duration of the trip for an extra fee of \$500 USD

Food in Bolivia

Food in Bolivia is a big part of this trip! We have hand-selected a few top restaurants. La Paz for you to try, along with a few secret street food stalls in the busy market.

Along our trek, we do our very best to provide freshly cooked meals, prepared by our talented chef team.

Here is what to expect for meals along the trek:

DAILY MEALS - EXAMPLES

Breakfast: fried eggs, cereal, jam, sweets, bread, cheese, milk, tea, coffee, fruit

Hotel/City Lunch: Soup course, rice, veggies, meat, chicken, french fries, salad, pasta, tea.

Trekking Lunch: We serve a proper packed lunch. Example: pasta with meat and salad. Rice, beef, potato stew, sandwiches or traditional savory pastries.

DINNER: LARGER MEALS, SOUP COURSE RICE, STEWS, GRILLED MEATS, BREAD, SALADS, SWEETS. ALWAYS, ALWAYS HOT TEA!

Please let us know early on if you have any diet restrictions/preferences. If you are vegetarian/vegan, you might want to consider bringing some of your own food (for snacks/breakfast stuff), as it can be difficult to cater to individuals in a big group, though we always do our best.

PERSONAL SNACKS

If you have done some hiking or group travel before, then you know how important snacks are! While Epic does provide some snacks and hearty meals, it is always a great idea to bring some of your favorite trekking/travel snacks from your home country.

- It is possible to find snacks in La Paz that are similar to those one might find in the Western world. We suggest bringing your favorite assortment of snacks and chow down during trail breaks. Gummies, nuts, jerky, energy gels, Cliff bars, granola bars, dark chocolate, superfood powder, bliss balls, etc.

Expedition safety

STAYING SAFE ON THIS TOUR

- You may have guessed, this adventure tour carries a certain amount of risk since we are traveling and trekking DEEP into the mountains in a developing country. This is not your average holiday per se. There will be no cocktails on the beach.
- Guest Safety is Epic's #1 priority and our experienced ground team does everything within their power to set our group up for a safe adventure.
- The name of the game is security and safety first and being mindful of injury prevention.
- In case of emergency, your Epic trip leader is equipped with a satellite communication device, which can contact outside emergency first responders from any place in Bolivia.

ALTITUDE IN BOLIVIA

During this trip, you are going to get high - and no - not from any famous South American powder.

Pretty much this entire itinerary including La Paz, are at high altitudes. Altitude sickness is a common issue, so it's important to:

- Allow time for acclimatization by resting upon arrival for 2-3 days.
- Stay hydrated and avoid strenuous activity for the first few days.
- Consider medication for altitude sickness if you have a history of related problems.

Travel insurance for Bolivia

- We recommend that you use [World Nomads](#) or [Safety Wing](#) or [Global Rescue](#)
- Make sure the insurance company chosen provides coverage for activities like trekking up to 6,000 meters.

MEDICAL CONSIDERATION

Vaccination can be a contentious issue and ultimately down to the decision of an individual, there are some vaccinations that are recommended for travel to Bolivia so please consult with a travel clinic for further advice.

[General Information on health considerations](#) while traveling in Bolivia

Money In Bolivia

The official currency of Bolivia is the *Boliviano*

ATMs are common in the larger urban areas, like La Paz and El Alto. We also recommend that you bring some foreign cash (for tips). USD, Euro, and British Pounds are all fine. Cards seem to work everywhere in Bolivia as well.

As to how much money you should bring, here are some costs for you to take into account...

- Souvenirs vary in price from a couple of dollars to hundreds, depending on what you are buying and how good you are at haggling.
- Soft drinks and water are about \$1 to \$2.
- A meal will set you back between \$5-10
- **Money Recommendation for this trip:** If you take out the equivalent of 300 USD in Bolivianos, you should have more than enough to get meals on your own, get souvenirs, buy beer, pick up snacks, and extra drinks and meals in La Paz.

When we return to La Paz at the end of the trip, you will have a chance to get out more cash should you need it (for shopping, tipping staff, last-minute purchases, etc).

TIPPING STAFF

Epic staff including our ground team in Bolivia go above and beyond for guests before, during, and after the trip to make sure that everyone has the best possible trekking experience imaginable. So how do you show your guides some love? Well, besides bringing coffee, tipping is the next best option.

Note: Tipping is 100% optional and should reflect your overall experience with our staff. No guest is required to tip, however we have received many questions regarding tipping in the past which is why we include this info in this information pack. Below we have included the industry standard recommendation to offer our staff some additional compensation based on your overall experience and keeping in mind the length of the trip. Show your staff some love!

Tipping recommendations (in USD)

- Lead Epic Guide: \$100- \$130
- Local Bolivian climbing Guide: \$100-130
- Cook team: \$50

SIM cards & internet access in Bolivia

There are two main mobile operators in Bolivia: Entel and Tigo.

You can purchase a local SIM card at various shopping points in La Paz or at the airport in El Alto at the start of the trip if you would like to have local data on your phone for the trip duration. Note that in the mountain areas, there is no cell signal save from when you happen to be on top of one of the peaks.

In case of emergencies, your guide also carries a satellite communication device so that we are never out of contact.

Meeting the people & being culturally sensitive

Though Spanish is spoken by pretty much every Bolivian (they learn it in school) - there are many other languages spoken here too. If you can speak a bit of Spanish you will find the Bolivian accent clear, and easy to understand and the people exceptionally warm and welcoming.

Bolivia is home to the largest indigenous peoples population in South America - which means that dozens of indigenous languages are spoken across the country! The most prominent languages other than Spanish being Aymara, Quechua, Chiquitano, and Guaraní. Bolivian Sign Language, which is closely related to American Sign Language, is also used. The 2009 Constitution declares both indigenous languages and Spanish as official languages of the state. It lists 36 specific indigenous languages as official, though some are now extinct. Spanish and Quechua are mainly spoken in the Andes region, Aymara around Lake Titicaca in the Altiplano, Chiquitano in the central Santa Cruz department, and Guaraní in the southeastern area near the borders with Paraguay and Argentina.

ABOUT THE GUIDES

Each trip group is accompanied by one Western Epic trip leader, as well as a team of Bolivian ground staff. For the days when we attempt mountain peaks, we have a ratio client - mountain guide ratio of 2:1.

For more information on our guides and trip leaders, check out our [meet the team](#) page on our website

Weather conditions in Bolivia

The best time to visit Bolivia is between May and September.

La Paz (3700 meters)- Pleasant days, chilly nights. Highs between 16-20 C, and lows between 7 - 12 C. Rain and clouds in La Paz can be common

Condoriri Base Camp (4700 meters)- Sunny mornings, cloudy afternoons - likely to freeze at night. Highs between 10-15. Lows between -5 and 5 C.

During the Trek: If the weather is sunny, it is perfect for trekking weather in May. Highs between 5-15 C during the day. It is possible to experience 3-4 seasons in one day!

What to pack for Bolivia

Porter allowance for the trek: Each client can bring one large duffel bag. There are no weight restrictions since we transport all of the group luggage by vehicle.

It's extremely important that you bring the right gear for the trip. In case you forget something, there are outdoor shops in La Paz, though prices for outdoor gear in Bolivia are no less than those in Europe or the USA.

The weather will be cold and, especially when we are camped above 4,500 meters - it will be below freezing at night. You will want to be comfortable so it's worth spending money on decent-quality warm gear. It is always best to be prepared for a variety of climates and temperature fluctuations.

TEST ALL OF YOUR PERSONAL GEAR BEFORE COMING TO Bolivia. Please take the time to go out on an overnight backpacking/camping trip at least once before coming on this trip so that you know how your gear performs in the mountains.

****Please note that the following items can be rented in Bolivia free of charge:** crampons, helmet, ice ax, 6000-meter boots (bring your own if you have them), harness.

PACKS & BAGGAGE

- 80-100 Liter duffel bag
- Daypack roughly 30-40 Liter with rain cover

SPECIALTY EQUIPMENT

- Trekking Poles
- Headlamp
- Grayl Filter Bottle
- Gaiters
- Summit Socks
- Heavy weight Gortex Gloves with fingers
- 2 climbing slings 60cm or safety cord
- 3 Locking Carabiners
- Belay Device (ATC climbing device)
- Helmet *
- Crampons *
- 2 Technical Ice Ax *
- Harness *

ESSENTIAL PERSONAL GEAR

- 0F \ -17C Sleeping Bag
- Inflatable Camp Pillow
- Inflatable Sleeping Pad

OTHER PERSONAL GEAR

- Dry Bags (optional)
- Polarized Sunglasses
- Personal First Aid Kit
- Power Bank
- Chargers/Phone Cable

TOILETRIES

- Toothbrush, Toothpaste
- Sun Cream (50 spf+)
- Spf Lip Balm
- Biodegradable Soap
- Deodorant
- Wet wipes
- Fast Drying Microfiber Travel Towel

BOOTS & FOOTWEAR

- Trekking Boots
- 6000-meter Boots **
- Camp Shoes Down Booties
- Trainers/Tennis Shoes optional

CLOTHING LAYER SYSTEMS

- Rain Shell Pants
- Hard Shell/Rain Jacket
- Fleece
- Base Layer Top
- Base Layer Bottoms
- Sun Hat and Beanie
- Buff and Bandana
- Lightweight warm Gloves
- Trekking Shirts
- Trekking Pants
- Synthetic Multisport Pants
- 4 Merino Trekking Socks
- Underwear / Bras
- Mid weight Down Jacket
- Heavy Weight / Hi Loft Down Jacket (optional)

* Items can be rented free of charge.

** We do recommend bringing your own 6000 meter boots if you have them.

Spending extra time in Bolivia

Our Bolivia itinerary is action-packed with great stuff, but if you have extra time, there is no shortage of things to do in Bolivia.

Uyuni Salt Flats: Discover the Wonder of Salar de Uyuni: The World's Largest Salt Flat. Salar de Uyuni, located in southwest Bolivia amid the Andes, is the world's largest salt flat. This expansive area, spanning nearly 11,000 square kilometers.

The Death Road: Although pretty touristy, The Death Road is basically a long, steep road that you can bomb on a bicycle for 64-km (3,500 meters of descent!).

Other climbs: If you did not get enough mountain time during our trip, there are many other peaks to think about. Illimani, Sajama, and Illampu are classics.

The Bolivian Amazon: Not too far away from La Paz by car is the start of the Bolivian Amazon. You can get to the Amazonian highlands from La Paz in about 2-3 hours.

Early client departure protocol

In the event that a trip participant needs to leave the planned trip itinerary early due to illness, injury, family emergency, personal reasons, or simply because they want to, etc then there are a few things to note:

Should a trip participant choose to leave the planned itinerary early for any reason, from the moment they leave the tour, all expenses from that point onwards are the responsibility of the trip participant. This includes, but is not limited to, hotels/accommodation, transportation, emergency helicopter evacuation, internal flights (even if we have purchased you a flight for the trip you are attending), meals, airport transfer, guide services - everything that is normally covered by Epic Expeditions during your tour is no longer covered once a trip participant decides to leave.

Once the decision has been made to leave the tour, the trip participant must sign an "Early Departure Waiver Form" - formally releasing Epic Expeditions of any further obligations to fulfill our tour/guide/transport/logistics services.

That said, in an emergency situation or in case of severe illness, Epic Expeditions staff will do everything within our means to aid the trip participant until they are in a safe/stable condition. When possible, Epic staff can also help you book new accommodation, flights, transport, etc when possible - but all of these expenses are for the trip participant to pay.

Point being, our staff will always be available to the best of our ability to facilitate the logistics of your departure, should you choose to leave the trip early.

Liability waiver

All tour participants will be required to sign an industry-standard waiver releasing Epic Expeditions from liability related to any aspect of this trip. Waivers are usually issued on day 1 of the tour at our first team briefing. If you would like to request a copy of the waiver in advance, please email us.

Paying the balance

Final balance payments will be due approximately 3-4 months before the tour begins. If you have a balance owing we will advise you of how and when to pay this. Please remember that deposits are non-refundable.

If you would like to pay the balance sooner, please email us!

Any questions? Email us at contact@epicexpeditions.com

Again, we are very excited to get to meet you in person in Bolivia soon!

