



A CULINARY JOURNEY IN BOLIVIA

From the Lowlands to the Andes

11 days/ 10 nights

You arrive in **Bolivia** with an appetite for discovery. This is a country where cuisine is inseparable from geography, altitude, and memory — where recipes have been shaped by indigenous knowledge, colonial influence, and centuries of adaptation to some of the world's most dramatic landscapes. Traveling across **Bolivia** is not just a change of scenery; it is a gradual transformation of flavors, textures, and traditions.

Your journey begins in the tropical lowlands of **Santa Cruz de la Sierra**, where **Camba** culture celebrates abundance, fire, and conviviality. Here, food is bold and generous: open-fire **asado**, comforting **majao**, and freshly prepared **sonso** reflect the warmth of both climate and people. As you move westward to **Sucre**, **Bolivia's** constitutional capital, the cuisine becomes more complex and ceremonial. Dishes such as **picante surtido** or **mondongo** echo colonial kitchens and Andean ingredients, served in a city whose white façades and refined atmosphere speak of aristocratic pasts and revolutionary beginnings. In **Potosí**, once the epicenter of the Spanish Empire's silver wealth, food is survival and sustenance. High-altitude recipes like **kalapurca**, a hearty soup heated with hot stones, tell stories of miners, resilience, and the extreme conditions of life above 4,000 meters. The journey continues to **Uyuni**, where stark landscapes demand resourcefulness and creativity. Here, you taste **llama steak** and **cordero al palo**, flavors shaped by wind, salt, and silence, before venturing into the surreal wilderness of the **Eduardo Avaroa National Reserve**.

In **La Paz**, culinary tradition and innovation meet. You explore classic dishes such as **chairo**, while modern Bolivian cuisine reaches its pinnacle at **Gustu**, where ancestral ingredients are reinterpreted with contemporary finesse. Along the way, you discover **Bolivia's** most beloved street ritual: the **salteña**. Eaten mid-morning and guarded almost ceremonially by locals, this juicy baked pastry filled with meat, potatoes, spices, and a lightly sweet broth captures the essence of Bolivian cuisine — comforting, complex, and deeply rooted in daily life.

You will also enjoy a hands-on **cooking class** that allows you to work with native products, understanding their cultural significance from preparation to plate.

The journey concludes at **Lake Titicaca**, the spiritual heart of the Andes. On the **Sun Island**, ancient Aymara traditions live on through shared meals like **apthapi** and earth-baked **huatia**, connecting food, community, and cosmology. Whether you return to **La Paz** or continue onward to Peru, you depart with a profound understanding of **Bolivia** — not through monuments alone, but through the tastes that define its soul.

DAY 1 ARRIVAL AT SANTA CRUZ Camba cuisine and fire cooking

You arrive in Santa Cruz de la Sierra, **Bolivia's** most vibrant & tropical city, where warm temperatures, palm-lined streets, and an easygoing lifestyle define daily life. After checking into your hotel, you begin with a short orientation walk around Plaza 24 de Septiembre, the social heart of the city, surrounded by colonial-era buildings, cafés, and the cathedral. In the evening, your culinary journey begins with a traditional **Camba-style dinner**, a cuisine shaped by the fertile lowlands and a culture centered on generosity and open fire. At a local restaurant, you taste **asado**, slow-grilled over wood embers, accompanied by **majao**, a comforting rice dish mixed with dried beef and eggs, and **sonso**, a warm yucca-and-cheese preparation grilled until golden. These dishes reflect the agricultural abundance of eastern Bolivia and introduce you to a cuisine that is hearty, welcoming, and deeply tied to community gatherings. Overnight in Santa Cruz. (D)

**PRICE PER PERSON
IN DOUBLE OCCUPANCY
EUR 2.240.-**

Surplus single room EUR 420.-

DEPARTURES 2026

April through December.

FULLY CUSTOMIZABLE

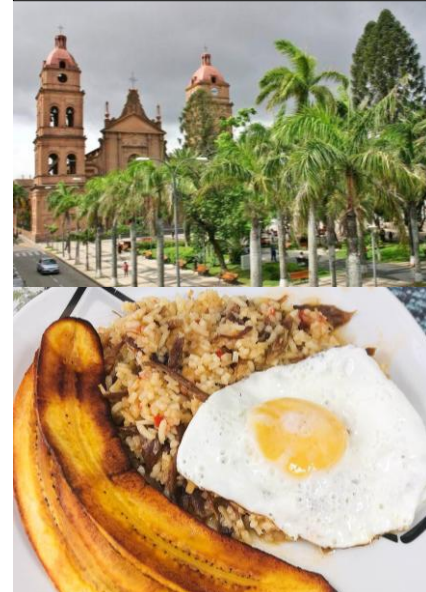
If you want to adapt the itinerary at your plans, please let us know.

INCLUSIONS

- 15 nights in selected hotels
- 15 Breakfasts, 10 Lunches, 6 Dinners
- All excursions and transfers mentioned in the program.
- All tickets to museums and national parks
- Guide in English during the excursions.

NOT INCLUDED

- International flight to Santa Cruz, Bolivia and return from La Paz.
- Domestic flights (Sta Cruz-Sucre, Uyuni-La Paz, La Paz)
- Meals and drinks and other services not mentioned in the program.
- Tips for guides, drivers and porters.
- Personal expenses





DAY 2 SANTA CRUZ – SUCRE Colonial flavors

After breakfast, you fly west to **Sucre**, Bolivia's constitutional capital and one of South America's most elegant colonial cities. The cooler climate and whitewashed architecture immediately signal a shift in both geography and gastronomy. A guided city tour leads you through Plaza 25 de Mayo, Casa de la Libertad, and historic churches that tell the story of independence and Spanish influence. Lunch introduces you to **picante surtido**, a classic dish combining meats, potatoes, corn, and spicy ají-based sauces. This dish represents ceremonial cooking in the Andean valleys, where multiple ingredients are brought together in complex, deeply satisfying combinations. In the afternoon, you visit La Glorieta Castle, a whimsical aristocratic residence blending European styles, followed by the Dinosaur Park, where massive fossilized footprints connect Bolivia's culinary story to an even deeper geological past. Overnight in Sucre. (B) (L)

DAY 3 SUCRE Markets, ingredients and local traditions

Today you dive deeper into the foundations of Bolivian cooking. You visit local markets where vendors display native potato varieties, dried corn, chuño (freeze-dried potatoes), aromatic herbs, and ají peppers in varying levels of heat. As you walk through the stalls, your guide explains how altitude, climate, and indigenous knowledge shaped these ingredients long before Spanish arrival. Later, you experience a traditional **cooking demonstration** and tasting, learning how everyday dishes are prepared in Bolivian homes — from slow simmering sauces to stone-ground spices. The afternoon is free to enjoy Sucre's relaxed rhythm, perhaps stopping for a coffee or for something special like a **pucacapa**, a traditional Bolivian fried pastry, similar in concept to a salteña, filled with cheese, onions, and ají pepper. Crispy on the outside and savory inside, it's a popular street food enjoyed hot, often as a quick snack or light meal. Overnight in Sucre. (B) (L)

DAY 4 SUCRE - POTOSI Cuisine of the high Andes

Leaving Sucre, you ascend toward Potosí, once one of the richest cities in the world during the Spanish silver boom. At over 4,000 meters above sea level, cuisine here is designed to sustain and warm. A guided visit introduces you to Potosí's historic center and its dramatic colonial legacy. Lunch features **kalapurca**, a powerful Andean soup traditionally heated with hot stones, containing corn, meat, and spices. Originally consumed by miners and travelers, this dish tells the story of survival and adaptation in extreme conditions. The journey continues and after a short ride, you check into Hacienda Museo Cayara, a former colonial estate where thick adobe walls, antique furnishings, and candlelit corridors create an atmosphere steeped in history. Dinner is served on site, allowing you to reflect on the intersection of food, labor, and empire. Overnight at Hacienda Cayara. (B) (L) (D)

DAY 5 POTOSI - UYUNI Altiplano flavors

After breakfast, you leave Potosí and descend into the stark beauty of the Altiplano, the high plateau where the Andes stretch endlessly under a deep blue sky. The journey is as much about the scenery as the destination: rolling hills, salt flats peeking in the distance, and small highland villages hinting at centuries of history. Upon arrival in Uyuni, you check into the Palacio de Sal, a hotel constructed almost entirely of salt blocks harvested from the surrounding Salar de Uyuni. Staying here is like sleeping inside the very landscape, an experience that blends luxury with the raw magic of the Salar. After settling in, enjoy dinner featuring local specialties, perhaps llama or trout, accompanied by Bolivian bread and vegetables grown at the edges of the salt flats. Overnight at Palacio de Sal. (B) (D)

DAY 6 SALAR DE UYUNI – VILLA MAR Food in extreme landscapes with an apthapi.

After an early breakfast, you set out to explore the Salar de Uyuni, the world's largest salt flat, its dazzling white expanse stretching to the horizon. Walking and photographing this surreal landscape, you pause for a traditional **Andean picnic** known as **apthapi**, a communal meal featuring potatoes, corn, cheeses, charque, and other regional ingredients. The picnic embodies the spirit of sharing and connection that is central to Andean culture. In the afternoon, you continue south toward Villa Mar, passing volcanic terrain, high-altitude lagoons, and desert-like valleys. You arrive at Hotel Mallku Cueva, a unique mountain refuge built into natural rock formations along the Ruta de las Lagunas. The lodge blends rugged highland landscapes with cozy interiors, offering warmth, private bathrooms, and a convivial dining area. Surrounded by Andean vistas, the hotel provides a perfect base for exploring nearby trails, flamingo-filled lagoons, and high-altitude plateaus. Dinner introduces regional highland proteins such as **llama steak**, lean and flavorful, or **cordero al palo**, whole lamb





slow-roasted over open fire. These dishes highlight how Andean cuisine relies on hardy animals and simple preparations to express pure, elemental flavors. Overnight at Mallku Cueva. (B) (L) (D)

DAY 7 VILLA MAR – PARQUE ABAROA - COLCHANI

After breakfast, you spend the day exploring Parque Nacional Eduardo Avaroa, one of Bolivia's most spectacular natural reserves. The park is a study in contrasts: vividly colored lagoons, steaming geysers, rock formations sculpted by wind, and flamingos dotting the high-altitude lakes. You learn how the region's extreme conditions shaped local cuisine and traditions, connecting environment and sustenance in ways that are still relevant today. In the late afternoon, you return to Uyuni city, where the evening is free to relax, stroll, or enjoy a casual dinner at one of the local restaurants offering regional specialties. The high desert sunset and clear night skies provide a striking backdrop for reflection on the last few days' adventures. Overnight in Uyuni. (B) (L)

DAY 8 UYUNI – LA PAZ

After breakfast, you take a short flight from Uyuni to La Paz, leaving the high-altitude deserts and salt flats behind. Upon arrival, you check into your hotel and take a short break. The dramatic cityscape, perched between deep valleys and steep mountains, sets the stage for the next phase of your journey — exploring Bolivian flavors and culture in the country's bustling capital. Lunch features **chairo**, a traditional Andean soup combining meats, vegetables, and chuño, offering a comforting taste of La Paz's everyday cuisine. Then, you begin a guided city tour exploring colonial streets, bustling markets, and modern neighborhoods. A ride on the teleféricos offers spectacular views over the city's dramatic topography. In the evening, your dinner at Gustu Restaurant showcases Bolivia's **culinary renaissance**, where indigenous ingredients are elevated through contemporary creativity and refined technique. Overnight in La Paz. (B) (L) (D)

DAY 9 LA PAZ Cooking class

Breakfast at the hotel. This morning you have time at leisure for private activities, going back to the market area for shopping and try some of the wonderful local dishes, or try another ride on the teleféricos. At the given time, you participate in a **hands-on cooking class**, learning how to prepare classic Bolivian dishes using native ingredients and traditional techniques. The experience bridges ancestral knowledge with modern presentation. Overnight in La Paz. (B) (D)

DAY 10 LA PAZ – EL ALTO - LAKE TITICACA Cholet experience

After breakfast, transfer to El Alto, the vibrant highland city just above La Paz. Here, explore the famous Cholets, striking multi-story buildings adorned with bold colors, geometric patterns, and murals celebrating Aymara culture. These architectural wonders are more than residences; they are statements of identity, creativity, and pride. Walking among the cholets, you marvel at how contemporary design fuses indigenous symbolism with modern flair, turning the cityscape into an open-air cultural gallery. From El Alto, continue toward Lake Titicaca, the highest navigable lake in the world. Short stop in Copacabana, the charming lakeside town known for its colonial church before boarding a boat to Sun Island (Isla del Sol). Upon arrival, you check in at a family-run lodge, a welcoming property that blends rustic charm with local hospitality. Here, you experience an **authentic huatia**, a traditional Andean feast cooked underground with hot stones. Layers of potatoes, corn, vegetables, and meats are covered with earth and left to slowly cook in the warmth of the stones, resulting in tender, smoky flavors infused with the essence of the highlands. Sharing this communal meal, you connect with centuries of Andean culinary tradition, as the preparation itself becomes part of the ritual. As the sun sets over Lake Titicaca, the surrounding mountains and waters create a serene backdrop for reflection. The evening is yours to relax, watch the stars, and absorb the profound sense of place that makes Sun Island both a spiritual and gastronomic highlight of your journey. Overnight on Sun Island at the family-run lodge. (B) (L)

DAY 11 COPACABANA

Returning to the mainland, you visit Copacabana, where lunch features freshly prepared **trucha**, **lake trout grilled or fried** simply to highlight its delicate flavor. The afternoon is free to enjoy the lakeside atmosphere and reflect on the journey. Here, you have the decision to continue to Peru or come back to La Paz. We will help you with pleasure to book your further journey. End of our services. (B) (L)

(B) Breakfast (L) Lunch (D) Dinner

