



## Active Adventure in Bolivia – 7 Days

### Description

BOLIVIA EXPEDITIONS











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Perfect for outdoor enthusiasts and hikers, this 7-day itinerary showcases Bolivia’s best national park as well as two of its most culturally vibrant cities. You’ll begin with guided tours of Santa Cruz de la Sierra and Cochabamba before heading to Torotoro National Park for three days of caving, hiking, and swimming underneath waterfalls. Finish the trip in Bolivia’s exciting capital of La Paz.

Difficulty



Condition



## Travel Program

Day 1: Arrive in Santa Cruz de la Sierra

Welcome to **Bolivia!** You’ll arrive in **Santa Cruz de la Sierra**, a city of 1.5 million inhabitants. Considered Bolivia’s commercial center, it’s located at a staggering 1,312 feet (400 meters) above sea level. You can relax at the hotel and go for a dip in the pool before embarking on a guided city tour in the afternoon. You’ll learn about how the city was founded by the Spanish in the 16th century and visit **Plaza 24 de Septiembre**, the central square, home to the stately **Metropolitan Cathedral**.

### Overnight

Hotel

### Driving

4x4 Vehicle

## Hiking/Tour

Easy trek

## Meals

B/L/D

Day 2: Go on an Architecture Tour in Cochabamba

This morning, a driver will pick you up and take you to the airport for a short flight to **Cochabamba**. In the afternoon, you will head off on a guided architecture tour to visit the **Plaza 14 de Septiembre**, a leafy plaza commemorating Cochabamba's independence from colonial rule. You'll also visit Cochabamba's own **Metropolitan Cathedral of Saint Sebastian** and the **Portales Palace**. The palace, which dates back to the 1920s, features a design inspired by the **Vatican City** and gardens inspired by the palace gardens at **Versailles**. In the evening, head out to a local restaurant to try a few Bolivian dishes.

## Overnight

Hotel

## Driving

4x4 Vehicle

## Hiking/Tour

Easy trek

## Meals

B/L/D

Day 3: Enjoy a Caving Excursion

Leave Cochabamba this morning for an expedition to **Torotoro National Park**, a must-see destination for adventure lovers and natural history enthusiasts. On the four-hour journey to the park, you'll be able to see incredible landscapes outside your window, from high desert plateaus to green riverways. When

you reach the small town of **Torotoro**, you'll check in to the hotel and have lunch. Then you will set off to visit the **Umajalanta Cavern**, a long, deep cave featuring stalagmite and stalactite rock formations and several waterfalls.

This outing is suited to adventurous travelers—be prepared to get wet and dirty as you crawl through dark and narrow spaces! A helmet and headlamp will be provided for you. Alternate activities may be arranged for those who prefer not to go caving.

### **Overnight**

Hotel

### **Driving**

4x4 Vehicle

### **Hiking/Tour**

Easy trek

### **Meals**

B/L/D

Day 4: Explore Torotoro National Park

You will spend all day hiking through Torotoro's vibrantly hued mountains, underground tunnels, and the impressive Torotoro Canyon. At the bottom of the canyon, you'll find a lagoon that's perfect for a midday dip. Closer to the village, you will walk alongside large, well-preserved dinosaur footprints. After you're finished exploring, return to your hotel to relax.

### **Overnight**

Hotel

### **Driving**

4x4 Vehicle

### Hiking/Tour

Easy trek

### Meals

B/L/D

Day 5: Hike to El Vergel Canyon

Today is your last day in Torotoro National Park. You'll enjoy a half-day hike, descending more than 100 steps to the bottom of **El Vergel Canyon**, where you'll be rewarded with lush greenery, local wildlife, small waterfalls, and cool temperatures. You may spot more dinosaur prints here, too. After your hike, you'll have lunch in Torotoro before a driver picks you up and drives you back to Cochabamba for the night.

### Overnight

Hotel

### Driving

4x4 Vehicle

### Hiking/Tour

Easy trek

### Meals

B/L/D

Day 6: Discover La Paz on a Walking Tour

Make your way to the airport this morning to board your short flight to **La Paz**. A local guide will meet you at the airport in La Paz to take you on a tour around the city. You will visit the famous **Witches Market**, where you can purchase medicinal herbs, and stop at the **San Francisco Cathedral**, one of

the oldest cathedrals in the city. You'll see the main square, **Plaza Murillo**, continuing onward to the southern neighborhoods and a fascinating geological anomaly called **Moon Valley (Valle de la Luna)** because of its bizarre, moon-like surface. End with a cable car ride, taking in panoramic views of La Paz.

### **Overnight**

Hotel

### **Driving**

4x4 Vehicle

### **Hiking/Tour**

Easy trek

### **Meals**

B/L/D

Day 7: Depart Bolivia

It's time to say goodbye to Bolivia! A driver will pick you up at your hotel after breakfast and make sure you get to the airport on time for your international flight back home. Safe travels!

### **Overnight**

Hotel

### **Driving**

4x4 Vehicle

### **Hiking/Tour**

Easy trek

## Meals

B/L/D

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4x4 Vehicle

## Hiking/Tour

Easy trek

## Meals

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## Overnight

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### Driving

4x4 Vehicle

### Hiking/Tour

Easy trek

### Meals

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### Overnight

Hotel

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4x4 Vehicle

### Hiking/Tour

Easy trek

### Meals

B/L/D

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**Driving**

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**Hiking/Tour**

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B/L/D

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**Overnight**

Hotel

**Driving**

4x4 Vehicle



## Hiking/Tour

Easy trek

## Meals

B/L/D

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## Hiking/Tour

Easy trek

## Meals

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## **Driving**

4x4 Vehicle

## **Hiking/Tour**

Easy trek

## **Meals**

B/L/D

Included meals: B=breakfast; L=lunch; D=dinner

## **What's Included**

### **Included**

- Services and meals included in the aforementioned program
- Accommodation and feeding as mentioned in the program
- Guide in English or Spanish language
- Entries and contributions to the places visited
- All services are private except for the boat trip on Lake Titicaca, which will be shared only with our clients and only if they have the same route

### **Not included**

- Early check-in, late check-out
- Services and food not listed in the itinerary, hotel extras, and personal expenses
- Everything not mentioned in the program
- Airport taxes on the Uyuni/La Paz route
- Tips
- Air tickets

## **What to Bring**

What to Bring or take fo Day Hiking and Technical Equipment for Climbing Expedition

This equipment list is compiled to provide you with adequate help when choosing your equipment for a climb. Most items are required. Please consider each of them and make sure you understand the function and exclusive use for mountaineering, before substituting or removing items from this list. Please note that this list has been carefully annotated by the organizer. Remember that mountaineering, climbing or mountain expeditions tours is an extreme, risky sport, therefore everything related to it is of great attention.

### Equipment Trekking

- ✓ Hiking backpack for hiking 50 to 60 liters
- ✓ Light gloves for hiking or (Optional Mittens waterproof)
- ✓ Medium weight socks
- ✓ Sleeping bag (-15° to 20°C)
- ✓ Small daypack for one day hiking 30 liters
- ✓ Weather-appropriate clothing (think moisture-wicking and layers)
- ✓ Hiking boots or shoes
- ✓ Medium weight parka with fiber fill or down
- ✓ Rain poncho (or rain gear)
- ✓ Long-sleeved shirts
- ✓ Fleece or Wool sweater and/or trousers
- ✓ Lightweight pants
- ✓ Cotton short-sleeved shirts or t-shirts
- ✓ Water bottle for hiking or trekking
- ✓ Strong waterproof duffel bag
- ✓ Flashlight with spare batteries and bulb
- ✓ Towel for personal hygiene each participant First-aid kit
- ✓ Regular and long underwear

- ✓ Knife or multi-tool
- ✓ Light cap and wool hat
- ✓ Sunglasses with UV certification, Sun block, lips
- ✓ The rest of the list Essentials as appropriate for your hike
- ✓ Grooming and personal hygiene kit
- ✓ One Hiking Buff per person

[See More](#)

### Equipment Mountain

- ✓ 3 Locking carabiners, we recommended per person
- ✓ We recommend 2 ice screws for each client
- ✓ 1 Daisy Chain (Life Line) per each person
- ✓ 2 Ice axes (per person) technical, we recommended GRIVEL company
- ✓ 1 ATC descender (Rappel), this is very necessary for technical mountains
- ✓ 2 Cords for prusik, very important (Size Cord 6 mm x 10 m. long)
- ✓ Gloves(Good gloves) for expeditions over 6000meters
- ✓ Harness for climbing
- ✓ Sleeping pad / Mattress, we recommend with air or inflatable mattress
- ✓ Crampons, we recommended GRIVEL company
- ✓ Walking sticks – Trekking Poles (optional), a pair per person, we recommended GRIVEL company
- ✓ Down Jacket for expedition
- ✓ Very important to have personal clothing such as pants and jacket with GOROTEX certification
- ✓ First aid kit, for high mountains, because we as guides cannot medicate clients
- ✓ Backpack Capacity 60 liters, it is better to have a bigger backpack to go comfortably to the high

camp, because here you have to carry all your personal things

✔ Gaiters or Leggings, now modern boots already have built-in (Incorporated), but better to have an extra pair

[See More](#)

Dressing appropriately for the mountains can make the difference between a pleasant trip and a really uncomfortable one. Clothing must provide the right degree of temperature, perspiration and be well ventilated. Preferably cotton clothing should be avoided, as in humid conditions they absorb body heat.

In general, the weather conditions in the Andes of South America can vary from day to day and even throughout the day. Therefore, clothing must be versatile.

Please do not hesitate to contact us with any questions you may have regarding the necessary equipment.

[? If you need to rent mountain equipment click here:](#)

## Prices & Dates

FROM/TO

PRICE (USD)

TRAVEL STATUS

01 APR 2026 / 19 APR 2026

\$ —



[Join Now](#)

- Single Supplement (I want my own room and tent) – \$000 on request.

**Please note:** Insurance for emergency evacuation is required for this trip. [Call for more details.](#)

- » Additional dates available upon request
- » Rates may vary from July 26th to 31th for the national holidays

**Prices (per person):**

<b>1 PAX</b>	<b>2 PAX</b>	<b>4 PAX</b>	<b>6 PAX</b>	<b>8 PAX</b>	<b>10 PAX</b>	<b>12 PAX</b>	<b>14 PAX</b>
— USD	— USD	— USD	— USD	— USD	— USD	— USD	— USD

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## Deposit for reservations

— USD (– EUR) ? Full payment 40 days before. No refund if you cancel less than 30 days!

● \*Available

**Trip-code:** Number ?BOL-000

**Duration:** 1 day

**Participants:** Minimal: 2 Maximal: 15

**Members:** We don't have an open group to join – We can open a new group – [Contact us!](#)

**Country / Location:** Bolivia

**Mountain Guide:** Eric Raul Albino Lliuya

**Other dates / additional info:** [Contact us!](#)

*3% early bird discount when booking 6 months prior to departure 2024*

### Legend Booking-information:

**EZZ** Single room supplement

? On this trip, places are still available.

? On this trip, only a few places left.

? This trip is sold out / closed.



## Eric Raul Albino Lliuya

Expert guide certified by AGOMP

General Sales Manager of Peru Expeditions

- **WhatsApp:** [+51 943 081 066](https://wa.me/51943081066)
- **E-Mail:** [office@peru-expeditions.org](mailto:office@peru-expeditions.org)

[Read more](#)



#### **Hans Honold | Certified Mountain and Ski Guide**

For a trip with a Professional Certified Mountain Guide from abroad with your own language that you speak, please request us to get in touch. We have guides working for our company from all over the world who are members of IVBV/UIAGM/IFMGA Certified Guides.

- **Tel:** [+49\(0\)7344 929144-0](tel:+49(0)7344 929144-0)

[More information](#)

BOLIVIA EXPEDITIONS

SAFETY

CLUB

It is very important to have accident coverage for trekking and climbing mountains, more if you go a technical mountains over 6 thousand meters, we oblige and recommend buying travel insurance with our partner Global Rescue, you get the peace of mind that the finest medical, security evacuation, field rescue, intelligence and telehealth.

- **Tel:** [+1 \(617\) 459-4200](tel:+16174594200)

[More information](#)

Only \$1000 deposit to book

Pay over time, interest free

No booking fee, no change fee

24/7 support

## Accommodations

Scroll through our exclusive accommodations for this trip below. Although very unlikely, we will be able to make substitutions when necessary. The comfortable accommodations that guests stay in every night offer comfort, the level that these options are are 3 stars and some hostels in some towns of first class quality to make your stay very pleasant.

***\*These exact accommodations are not guaranteed. In some cases, alternative accommodation of similar quality and location can be used.***

[See All](#)

- [????](#)

## **Parador Santa Maria La Real**

- [Sucre](#)

- [?????](#)

## Hotel Samary Pueblo

- [Sucre](#)

- [???](#)

## Hotel Santa Teresa

- [Potosi](#)

- [??](#)

## Hotel Museo Cayara

- [Potosi](#)

## Albergue Ecológico Tomarapi

- [Sajama](#)

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## Hoteles Taykas

- [Uyuni](#)

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- [????](#)

## Eco Hotel Flamencos Altiplano

- [Potosi](#)

- [????](#)

## Hotel Luna Salada

- [Colchani](#)

- [???](#)

## Hotel Cristal Samaña

- [Colchani](#)

- [????](#)

## Hotel Palacio de Sal

- [Colchani](#)

## Maps & Downloads

### DOWNLOADS

- [Weather Forecast](#)
- [Location on Google Maps](#)
- 

## Videos

<https://www.youtube.com/watch?v=bmlim4aQh70><https://www.youtube.com/watch?v=Qgrgs4KpW2A>

## Frequently Asked Questions

What our travelers or clients always ask questions before joining our trips, tours & expeditions, read all the information provided here.

### Suggested FAQs

#### [What experience and how fit do I need to be to climb this mountain? Is this program suitable for children or older people?](#)

**For our mountain climbing trips:** If they are easily accessible mountains: For easy-climb mountains, well, you don't need much experience, but if you already want to climb mountains above 6,000 meters and the conditions become more difficult, we recommend if you already want to go through mountains above 6,000 meters, have a basic or intermediate course for a good preparation. It is very important to be physically, technically and psychologically prepared.

**Regarding the preparation of children:** Everything will depend on which mountain you want to climb with your children, once you are clear on which of our tours or mountains you want to go with your children, we can give you some advice or see how to prepare them before going with them.

**Regarding older people:** It all depends on the condition of experience and how well the person is in health, on many occasions older people are the best to walk in the mountains because they have more experience, so it is always good to ask and find out about their experience of older participant. If you have any other questions, please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

#### [Will I need to bring any technical equipment of my own? Is it possible to rent equipment, and if so, what would be the approximate cost of that?](#)

In all our trekking or mountaineering trips we do not include personal equipment in our prices, so you have to have your own equipment: Personal equipment (such as boots, ice ax, crampons, harness, sleeping bag, mat, Goretex, etc. ) and also within each page of the trips that we sell is a small list so you can see it on our website.

Our company can also rent the materials that you would need for your trip, see the list here on our website: <https://peru-expeditions.org/equipment-rental/> . **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

#### [Are there any other special requirements such as permits/insurance/vaccines that I need to consider before the tour?](#)

**Safe and effective vaccines are available that provide strong protection against serious illness, hospitalization and death from COVID-19.** Billions of people have been vaccinated against COVID-19. Getting vaccinated is one of the most important things you can do to protect yourself against COVID-19, help end the pandemic and stop new variants emerging.

We also recommend having accident insurance, we always recommend. We are **Partners –Global Rescue**. If you have any other questions about the trip we can schedule a date for a calling via WhatsApp. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### [What experience do I need to have? How fit do I need to be? Is this program suitable for children or older people?](#)

To do long-distance hiking you need to at least train or do some tours such as visiting lagoons to get the experience and feel comfortable with what you do, it is always good before doing a long-distance hiking tour to test yourself so as not to be with the problems of altitude sickness during the trekking, and if you travel with children it is good to first train them before taking them, if they are accompanied by an adult of legal age, they must do a good acclimatization before going on the long-distance tour or with high altitude camps If you want to know or learn more advice, we can schedule a call via WhatsApp to clarify your doubts. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### [How far in advance should I start training and what kind of training do you suggest?](#)

The preparation is according to what type and what technical level you want to go and climb a trek or mountain, the preparation will always gain experience little by little.

For this type of demanding or technical climbing sports, it is recommended to do some summits above 5 thousand meters beforehand and have good knowledge of high mountain technical equipment such as the use of technical ice axes, ice screws, correct use of crampons, and of course all the technical material. For more information, we can schedule an appointment to be able to explain in more detail everything about the mountain equipment and the preparations prior to joining our outings. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### [What is the average distance and altitude gain that we will hike each day?](#)

Every day we have active walks around approximately 4, to 5 sometimes 6 hours of walking, everything is according to your pace and physical condition of each person, in each of our travel programs you will find more detailed information, and if If you need more information about each day of the travel program, we can schedule a call via WhatsApp to clarify your doubts or questions, for this please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### [Will there be porters to help to carry group and personal equipment?](#)

**In our trips, either hiking or mountaineering:** Depending on the type or destination of the trip that you are going to book, in some parts of the treks you go with mules or donkeys or sometimes with horses, and within the mountain trips, the approach camps are also They go with mules or donkeys, but there are some stretches where pack animals can no longer reach. In this part, our logistics is fully supported by the porters.

**Who are the porters?** They are people from the area who were born and live in the heights of the towns, they are very strong and are very acclimatized, the reason is that after the tourist season ends they dedicate themselves to agriculture and livestock for that reason they are people They are used to the altitude and have lived in nature all their lives and they are happy to be in the mountains together with our expeditions. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### [How will accommodation and meals be handled during the trek?](#)

**About accommodation or meals during the tour:** Well, depending on the type of tour, when the tour is a classic cultural tour or a city tour, we eat during the route in tourist restaurants and sleep in category hotels that the client has requested.

**If the tour is with camps and trekking:** During the activity, logistics we include the service of Breakfast, Lunch, and Dinner with traditional and typical meals of the region where you are going to travel with us, during the night we stay in tents, and we have a special tent for the kitchen and another for the dining room.

**If the trip is at altitude or in the mountains:** We bring special high mountain food, It are quicker meals to cook and we provide complete logistics such as Breakfast, Lunch and Dinner, and we sleep in special 4-season high mountain tents, with the best tents. If you have any questions or concerns, we can schedule an appointment via Whatsapp to clarify all your doubts and give you better information so that your trip is an unforgettable tour.

### [What is the guide-to-client ratio to climb this mountain?](#)

**In mountains above 5000 meters:** A local guide takes a maximum of 3 clients = Ratio 3pax = 1 local guide

**In technical mountains:** In large-big mountains we manage the travel policy, a guide and a maximum of 2 clients = Ratio 3pax = 1 local guide. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### [What is the best time of the year to climb this mountain?](#)

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### [Do I have what it takes to succeed on this expedition?](#)

In the interest of the team's enjoyment and success, we work with every single guest to ensure they are properly prepared and ready for this expedition. We pride ourselves on vetting every member to make sure that the team can bond and succeed together. It really sucks to be grouped with members that are much faster, or much slower, than you are. No one wants to be the weakest link on a trip like this. By setting expectations and a solid training plan, we work to insure maximum cohesive success. Use this trip as an exercise motivator, and we will succeed together with style.

### [How can I get to the trailhead/meeting point?](#)

For the pick-ups of each trip, depending on the place or the trip that you are going to make with us, the meeting point is always at our office, in one of our trips we pick you up where you are staying or staying, or in some cases a representative of our company will pick you up and then ship you to your transport to continue with your destination of the tour or trip you have booked with us. If you wish to request more information, do not hesitate to contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

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### [What happens in the event of bad weather?](#)

About the meteorological conditions of the climate, we try to organize the trips of each tour in the best season to have the best views and enjoy the selected trip but sometimes even in good season we can have bad weather, in this case on hiking or treks trips the complications are minimal, but when this

happens during high-altitude climbing expeditions, the complications can become very difficult, that is why the bosses or leaders of the local guides must always make the most correct decision for the safety of our passengers, so we always recommend listening to the best advice from the local guide assigned for each tour. If you have any other questions please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

### [Can I join a group?](#)

We as a local company and connoisseurs of tours have departures on different dates. The best thing to do is to join a travel group to take care of your budget, and of course you can join our groups, but on trips like mountaineering we recommend going in small groups. To join a group, ask us for the dates and we will send you the necessary information to be able to join any of our trips.

**Why go in a private trip:** For trips whether trekking or high mountains, going privately is the most recommended option, but the costs are more expensive. So, if one joins a group, the prices will be more reasonable. In the mountains, the only disadvantage is if you are in a wall with another partner and if one of the participants gets tired or gets sick. In this case, you have to abort or cancel the summit and return together. For more information, contact us. We can schedule a call via WhatsApp to clarify all your questions.

In a mountain, for example, if 3 people go and one of the participants falls ill on the route, for security reasons they have to cancel or abort the summit or return all together. The same in a technical mountain if the climbing partner gets sick they all have to return, for these reasons sometimes it is better to go private only because for a single person the costs are more expensive for the same reason that the trip would already be private .

For more information please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

#### **Date Created**

2026/02/11

#### **Author**

admin