

Traverse of Bolivia's Cordillera Real

Trip Code: BOL

Version:



WALK & TREK



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Cross 8 high mountain passes, including two over 5000 metres
- Explore the pre-Inca archaeological site at Tihuanaco
- Stay on the Isla del Sol and enjoy 3 days acclimatising beside Lake Titicaca
- Stunning views of Huayna Potosi (6088m) and Condoriri (5648m)

AT A GLANCE

- 12 days trekking
- Max altitude - 5350 metres
- Join at La Paz

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Stretching 120 kilometres from the Wara Warani in the north to the Chucura Valley in the south, the Cordillera Real is a truly impressive mountain range, with a host of high peaks, including 6 over 6000 metres. KE's 3 week trekking holiday, which explores the southern section of this 'Royal' range, is a genuine classic; keeping to high trails where possible and crossing several passes close to, and over, 5000 metres. During our 3 week walking extravaganza we'll enjoy a great diversity of scenery, including lovely alpine valleys with picturesque lakes, snow-capped Andean peaks and scattered indigenous Quechua villages. Before setting off on trek, we'll have time to explore La Paz, the highest capital city in the world, and spend time acclimatising beside the wonderful Lake Titicaca, where we'll visit Copacabana and even enjoy a night in an ecolodge on the Isla de Sol, famous for its Inca temples and pathways. Bolivia is the jewel in the crown of the Andean countries, with its spectacular landscapes, fascinating history and the friendliest people in South America.

Is this holiday for you?

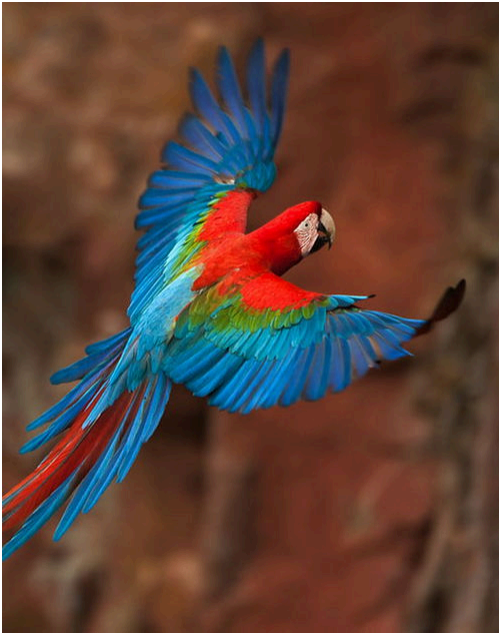
This is a reasonably long and continuous trek, with a considerable amount of ascent and descent. The complex nature of the route, linking high mountain valleys, gives this trek a great deal of character, but it also means that there are several passes to cross - almost one every trekking day. Having said that, we have allowed plenty of time to complete the route, with a couple of extra days being included within the schedule to allow for any contingency. This is an established trekking route, and we will be following a good trail throughout, with underfoot conditions ranging from Inca stone steps, to easy grassy tracks, to rocky passes and scree. All baggage and camping equipment is carried by pack-animals, so you will only need to carry your day pack each day.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Peru Rainforest Extension

Visit Tambopata National Reserve, a haven of pristine Amazon wilderness where the river provides access to an uninhabited and vast 2.5 million acre area, home to the Amazon's five top predators - Jaguar, Giant Otter, Black Caiman, Harpy Eagle and Anaconda. It is a short flight to Puerto Maldonado, and then a ride in a motorised canoe to our jungle lodge. Highlights are the macaw clay-lick, otters, monkeys and an array of colourful birds.

4 days from
US\$910 per person



Galapagos Islands Cruise

Situated over 600 miles from the mainland of South America, the remote archipelago of the Galapagos Islands needs little introduction. The Galapagos Islands are considered to be the crown jewels of the natural world, achieving near mythological status following visits by Charles Darwin. It was on his second visit aboard HMS Beagle in 1835 that Darwin's scientific studies introduced the world to the theory of evolution. The islands teem with life, much of which seem totally unphased and perhaps curious of visitors. Of the thirteen major islands, five have any form of human habitation. The environmental footprint is kept to an absolute minimum, allowing you, the visitor, a chance to explore the incredible biodiversity of these famous islands untouched by human development. Expect close encounters with blue-footed boobies, frigate birds, albatross, giant tortoises, seals, turtles and dinosaur-like lizards amongst many, many other examples.

7 days from
US\$5,105 per person



Machu Picchu and Cusco Extension

The ruins of Machu Picchu, rediscovered in 1911, after 500 years under dense vegetation, are one of the man-made wonders of the world. This itinerary also includes time for sightseeing in and around this former Inca capital of Cusco, which is renowned for the wealth of its Inca stonework and for its extravagant Spanish Colonial architecture. We then take the scenic train to Machu Picchu for a full day guided sightseeing tour of this incredible Inca city before returning to Cusco for a final evening.

4 days from
US\$880 per person

Holiday Information

What's Included

- An experienced English-speaking local tour leader
- La Paz Airport transfers (on group arrival and departure dates only)
- All land transport involved in the itinerary
- All accommodation as described the trip dossier
- Meals as described in the Meal Plan
- A full service on trek including food and all equipment (excluding personal equipment)

What's not Included

- Travel insurance
- Bolivian airport departure tax (if applicable)
- La Paz Airport transfers other than on group arrival and departure dates
- Some meals as detailed in the Meal Plan
- Tips for trek staff
- Miscellaneous personal expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in La Paz.

Airport transfers are provided for all clients.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

Where there is a wide range of dining options available it makes sense to leave the choice of what to eat and how much to spend to you and we have therefore not included in the holiday price, meals other than breakfasts, while staying in hotels in La Paz and Copacabana.. All breakfasts, 15 lunches and 13 dinners are included. We recommend you budget between US\$15 to US\$25 per meal including wine for none included meals. Whilst on trek all meals are provided.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

A wide range of restaurants is available in La Paz and in Copacabana on Lake Titicaca. On trek, the food is a mixture of local and international dishes, cooked for us by highly trained trek cooks. The emphasis is on a high carbohydrate diet with foods which we have found to be easily digestible at high altitude. Breakfasts include fresh fruit, porridge, pancakes or eggs; with plenty of bread and jam, and tea or coffee. Lunch is normally a picnic consisting of fresh fruit, salad plus bread, cheeses, cold meats, avocado with juices, tea and coffee. Dinner will be a three course meal of a variety of dishes freshly prepared by the trek cooks.

Accommodation

During this trip the group will spend 3 nights in a comfortable hotel in La Paz, 3 nights in comfortable hotel accommodation in Copacabana beside Lake Titicaca and 1 night in ecolodge accommodation on the Isla del Sol. Whilst on trek there will be a total of 12 nights camping. All accommodation is based on twin sharing. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. Please note single tent hire does not include single rooms in hotels. For the 7 hotel nights, single rooms are available for a supplementary cost. Additional hotel nights in La Paz are also available.

Group Leader & Support Staff

The group will be accompanied by an professional English-speaking local leader plus a local guide and a full trek crew including cook, camp staff and baggage animals.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

We estimate that US\$350 will be sufficient to cover your personal spending including the above mentioned non-included meals. This amount should also cover tips for the muleteers and other trek staff (we recommend US\$80 - 100). It is not necessary to purchase local currency (Bolivianos) before you travel. Credit and debit cards can be used to obtain cash at ATMs in La Paz .If you are bringing your travel money with you, we recommend that you do this in the form of cash US dollars, as you will be changing the majority of your money on the day of your arrival. Note that travellers cheques can sometimes be difficult to exchange and normally have a poorer rate than cash. Credit cards can also be used to purchase some goods and at some restaurants in La Paz.

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and trek staff and muleteers. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. We recommend that you give a tip to your local staff if you feel that their services have met your satisfaction. This is best done from the group as a whole rather than from individual group members. As a rough guide we suggest you allow a total of US\$80 - 100 (converted to local currency) for these tips. Lots of small denomination notes are useful as we need to change pack animals and their drivers every few days. Your trek leader will advise on how much and when to give these tips.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffel bag and a daypack. Your bag on trek will be carried by pack animals and should not weigh more than 15kg. It is possible to leave extra baggage at the hotel in La Paz. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011* you will have to apply for a visa rather than the Visa Waiver Programme (* a full and up to date list of countries can be found on the US government website [here](#).)

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

Visa Bolivia

UK passport holders do not require a visa for short stays. USA passport holders do require a visa.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Bolivia is the Boliviano.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing holiday, getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Our treks can be physically demanding, but more as a result of altitude and terrain than distances walked. We would suggest that you adopt a weekly exercise regime. Running and swimming are good for developing aerobic fitness and better stamina. You should gradually increase your exercise leading up to departure, and in the month before setting off, we suggest that you try to fit in a number of long walks in hilly country.

Climate

Bolivia's dry and sunny winter season lasts from the end of April to October, and during this period the weather can be expected to be excellent for trekking and climbing. The days are relatively warm, up to a maximum of 20 degrees centigrade - although it can feel warmer than this in the strong sunlight. Night-time temperatures will drop to around freezing point above 3500 metres, and above 4500 metres the temperature can vary from 20 degrees centigrade to minus 20 degrees centigrade during a 24 hour period.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- *Trekking and Climbing in the Andes*. Val Pitkethly and Kate Harper.
- *Bolivia - a Travel Survival Kit*. Lightbody.
- *Eight Feet in the Andes*. Dervla Murphy.
- *South American Handbook*.
- *Latin America Spanish phrasebook* - Lonely Planet.

Maps

BOCR Liam O'Brien. 1:135,000 Cordillera Real.

This map covering the entire route can be Purchased in La Paz.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag whilst trekking should be no more than 15 kgs.

You must bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper

- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 to 40 litres
- Head torch with spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 2 x 1 Litre (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sleeping bag (comfort rating -15°C) *
- Thermarest or similar sleeping mat *
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)
- Small padlock

Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), Diamox, painkillers, plasters (band-aids) and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

The following items are optional:

- Trainers or similar for traveling and camp use
- Spare laces
- Shorts
- Thermal baselayer - leggings
- Scarf or neck buff
- Sleeping bag liner
- Trekking poles
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

*Available for hire/rent through KE Adventure Travel

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in La Paz. A transfer from / to La Paz Airport is included.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are for the itinerary based on UK flights from London (Heathrow) to La Paz. Outbound flights will depart from the UK in the afternoon, arriving early morning the following day (day 1 of the itinerary). Return flights will depart La Paz in the evening of the last day of the itinerary, arriving in the UK the morning of the following day.

Why Choose KE

Why KE

Our carefully planned itinerary ensures you have enough time to acclimatise properly, in the most stunning of surroundings! We've a full 5 days to acclimatise in La Paz and beside Lake Titicaca, before setting off on trek to trek across one of the most stunning ranges in the Andes. We are also now proudly supporting a social enterprise initiative with a walking tour of La Paz, guided by 'Los Lustras', the city's shoe-shiners to gain a unique and insightful perspective on this fascinating city.

Please Note This document was downloaded on 21/11/2024 and the trip is subject to change