



Uruguay, Paraguay and Bolivia

Departs 7th April 2025

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URUGUAY, PARAGUAY AND BOLIVIA

Wedged between Argentina and Brazil, the small nation of Uruguay is often overlooked by travellers on their tours of South America. This makes it the ideal place to experience everyday 'not made for tourists' moments. Whether it's strolling the cobbled streets of UNESCO listed Colonia, or sipping maté in the cosmopolitan capital Montevideo, the laid back culture welcomes travellers. Uruguay's boutique-style wine country is making its mark on the global map and must be enjoyed alongside delicious picada, a traditional snack.

Even further off the "gringo trail", at the heart of the continent, is the landlocked country of Paraguay. The capital, Asuncion, is the ideal place to learn about the history and culture of the region with its many museums and galleries. Yet just beyond the city, you may feel as though you have stepped back in time, visiting artisans' workshops set against a rural backdrop. It is a country of contrasts and one that not many of your friends will have visited.

Celebrated for its colourful history, fascinating customs, and jaw-dropping landscapes it's easy to see why Bolivia and travel are a match made in heaven. Over 60 percent of Bolivia's population is of indigenous descent, with a further 30 percent from mixed indigenous and European origins, making it the most indigenous country on the continent. There are wonderful Incan ruins to be explored, yet the Spanish colonisation can still be strongly felt: the "white city" of Sucre is a UNESCO listed site. The phenomenal Salt Flats are a photographer's dream and must-do experience in Bolivia. So too is the monumental Lake Titicaca, the world's highest navigable body of water at 3,800 metres, its waters reflecting the Andes ranges.

If you're looking for the things that South America is known for - ancient Incan ruins, colonial architecture, UNESCO listed sites, and epic landscapes - in the places lesser travelled, this is the trip for you.

Note. We usually include only breakfast and lunch. Dinner is rarely necessary, due to the generous cultural hospitality of our wonderful South American hosts.



**Departure, Monday 7th April
IN TRANSIT**

Depart Australia for Buenos Aires, the capital of Argentina (flights to be advised). Depending on flight schedules, the group may need to transit overnight at Santiago Airport, Chile (if so, we'll depart Australia on 6th April).

**Day 1, Tuesday 8th April
BUENOS AIRES**

On arrival at Buenos Aires Airport (time TBA), you'll be transferred to your hotel in the lovely suburb of Recoleta. There's a welcome dinner planned, hosted by your tour leader, at a local restaurant within walking distance of the hotel. *D*

**Day 2, Wednesday 9th April
BUENOS AIRES**

Breakfast at the hotel, and then the group will take a 3-hour walking tour around the neighbourhood of Recoleta, visiting some of the core sights, including the famous cemetery, Plaza Francia and the hydraulic-driven sculpture "Floralis Genérica". The afternoon is at your leisure (there's much to see and do near your hotel). Depart to a famous local restaurant in the evening to discover tango over a cabaret dinner show. *B/D*

**Day 3, Thursday 10th April
BUENOS AIRES – GAUCHO DAY TOUR**

Start with breakfast at the hotel and then head off for a day trip to the Pampas, which stretches south and west of


Buenos Aires, a region known for being the home of the gauchos, the famous cowboys with wide pants in Argentina. We will arrive at a "hacienda", a typical Argentine farm, to discover traditional music and dances and participate in a real Gaucho festival. At the welcome party, we will be served "empanadas" and Argentine wine, and later, we will have a delicious barbecue prepared in Argentine style. Lunch is included. We will witness a folk show with music and dancing, after which we will have the opportunity to admire the riding skills of the "gauchos". Return to Buenos Aires late in the afternoon. Dinner is at your leisure (if you can fit it in after lunch). *B/L*

**Day 4, Friday 11th April
COLONIA – MONTEVIDEO**

After breakfast, the group will be transferred to the port to take a ship to Colonia in Uruguay (passports handy). We will be welcomed by our guide on arrival. Colonia's historic centre is the last vestige of the Portuguese colonisation from the XVII century on the River Plate zone. Colonia was declared Patrimony of Humanity by UNESCO due to its well-conserved riches. We'll see the wall built by the Portuguese, and we can walk along its narrow paved streets near the guiding light. It's a very charming place. The group will have lunch at a local restaurant before departing to Montevideo by bus. Check in to the hotel in Montevideo. *B/L*





 **Day 5, Saturday
12th April
MONTEVIDEO CITY
TOUR**


After breakfast, depart for a tour of this lovely city. Over about 4 hours, we'll visit the most interesting places in

Montevideo, Uruguay's capital city. We can see the Old City's rich architecture, the Port Market, the downtown area and Independence Square. The tour continues to the "Legislative Palace" or Parliament House, the area known as "el Prado", the Battle Park, with the Centennial Football (soccer) Stadium, where the First Football World Cup was played and the monument known as "la Carreta" (the covered wagon), one of the symbols of Montevideo. Lunch is at a local restaurant. We'll visit the elegant residential areas on the waterfront, enjoying a panoramic ride along the riverside drive with beautiful and endless beaches. *B/L*

 **Day 6, Sunday 13th April
MONTEVIDEO — FD PUNTA DEL ESTE**

Today, we will start with a walk along the beaches of Montevideo and the Gold Coast. Stop in Piriapolis to admire the Hotel Argentino, an old building from 1920; then, we will visit San Antonio hill to enjoy a panoramic view of Piriapolis, its beaches and hills. From there, we will go to Punta Ballena to visit the famous townhouse and sculpture of Carlos Paez Vilaros, a Uruguayan painter. Enjoy a spectacular view of the beaches of Punta del Este and its surroundings. We will walk along Mansa Beach and the residential neighbourhoods of Beverly Hills, El Golf, Cantegril, and San Rafael, with their spectacular mansions and summer homes. We'll continue through Barra de Maldonado's colourful restaurants on the beach. Return along the Brava beach to the port and enter the Peninsula. Lunch is included at a local restaurant. Overnight in Montevideo. *B/L*



 **Day 7, Monday 14th
April
MONTEVIDEO WINE TOUR
— ASUNCION, PARAGUAY**

After breakfast, the group will depart for a wine tour and lunch with a visit to one of the country's classic

artisan wineries. We'll enjoy a tour of the facilities, vineyards and production buildings. We'll sample Uruguay's flagship grape variety, Tannat, which is often considered to be of higher quality than its origins in France. The visit ends with a fabulous, not-to-be-missed lunch at the winery. Then, the group will transfer to Montevideo airport for the flight to Asuncion, Paraguay. On arrival, transfer to Hotel La Factoria (or similar) where we stay three nights. *B/L*

 **Day 8, Tuesday 15th April
ASUNCION**

The day will start with breakfast at the hotel before we depart for a city tour of Asuncion. We'll visit Asunción's historical, art, and ethnic museums, including Casa de la Independencia, Casa Viola - Memory of the City, Museo del Barro - Centre of Visual Arts, House of Culture, and the elegant train station. In addition, we see the main galleries of painting and art, which are places to appreciate the best

examples of Paraguayan art. Lunch will be at your leisure before returning to the hotel. Dinner is at a local restaurant in town. *B/D*

 **Day 9, Wednesday 16th April
ASUNCION — GOLDEN CIRCUIT**


Today, we get to know the real Paraguay via the Golden Circuit. Visiting the towns east of Asuncion will allow you to appreciate beautiful landscapes, picturesque villages, and rich craftsmanship. We'll gain a deeper understanding of how historical events, such as the War of the Triple Alliance and the Franciscan church presence, have made a lasting impression on the culture of Paraguay. At Ita, the "Capital of Ceramics", we'll discover artistic pottery, Guaraní-Hispanic ceramics, vessels and artefacts, observed at the artisan's homes. At Yaguaron, we'll visit the Temple of the 17th century, a beautiful expression of Franciscan baroque art with gold-carved sculptures. At Caacupe, we view the Church and "Virgins Well", where you may refresh your wrists with holy water. Lunch is included at a local restaurant before returning to Asuncion. *B/L*

**Day 10, Thursday 17th April
SANTA CRUZ, BOLIVIA**

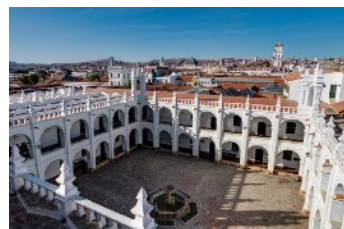
After breakfast, the group will transfer to Asuncion's international airport to take the Santa Cruz, Bolivia flight (to be advised). We'll be greeted at the airport and transferred downtown. Grab some lunch at your leisure and settle in at the hotel before meeting later for dinner. *B/D*

 **Day 11, Friday 18th April
SANTA CRUZ**

After breakfast, discover Santa Cruz's original urban structure. Circles Santa Cruz neighbourhood is laid out in concentric circular streets where church members were invited to build tents and summer cottages. A large tabernacle built in 1890 dominated the area at the hub of the streets. Santa Cruz the "Eastern Capital" of Bolivia, is the second most important city in Bolivia. Here, in the tall buildings and in the sumptuous suburban villas, live the magnates of tropical agriculture and the oil industry. Visit the most prominent places and monuments, such as the Old Quarter, which has raised sidewalks surrounded by arcades. The Main Square and the Cathedral of San Lorenzo are inside, first built in 1609. Later, we'll walk through La Recoba, the craft market. Lunch at a local restaurant. In the afternoon, a visit to Block One, located in the Main Square of Santa Cruz. Then, there's an opportunity to taste local pastries in a typical Santa Cruz coffee shop before returning to the hotel. *B/L*

 **Day 12, Saturday
19th April
SANTA CRUZ — SUCRE**

Transfer to Viru Viru airport for flight to Sucre. Discover Bolivia's official capital, considered among the most beautiful cities in Latin



America, declared a UNESCO World Heritage Site. The "white city" will welcome you with its unique warmth and hospitality, inviting you to walk around la Recoleta and its panoramic view over the city landscape. You will then visit the Cathedral, City Hall and the famous Casa de la Libertad, the cradle of the independent movement in Bolivia. After lunch at a local restaurant, stroll through

Bolivar Park and see Bolivia's Supreme Court. Overnight at the Parador Santa María (or similar). **B/L**


 **Day 13, Sunday 20th April**
SUCRE — JATUN YAMPARA — SUCRE

This morning, the group will depart towards Jatun Yampara, a centre of cultural revaluation of the Quechua Yampara ethnic group. The construction of the houses is very particular, and the inhabitants have kept the style over time. The community deals with agriculture, the elaboration of crafts and pottery. The peasants wear typical costumes: the men, the "montera", a leather helmet and the coloured poncho. The women wear characteristic hats and shawls. The visit takes place in the small houses and helps us share this community's daily life. We'll have a local-style lunch before returning to Sucre. **B/L**

 **Day 14, Monday 21st April**
SUCRE — POTOSI — UYUNI

Today involves a long but rewarding drive heading to Potosí. Discover the Santa Teresa Convent, part of the city's historical identity. Then, walk around the Main Square and surrounding streets, appreciating the beautiful fronts of San Lorenzo and San Francisco churches. Lunch will be provided at a local restaurant. Then, the group will head to Uyuni. **B/L/D**



 **Day 15, Tuesday**
22nd April
UYUNI

After breakfast, you'll visit the train "cemetery" and take a full-day excursion to the Uyuni Salt flat, the world's largest salt deposit

at around 10,000 km². This will surely be one of the most impressive and unforgettable tour experiences. Before arriving, we will have a quick stop at Colchani, a traditional salt refinement centre. Enjoy a buffet lunch in the middle of the Salar where the horizon seems unlimited. The immensity is overwhelming. Later, we'll visit Incahuasi Island (formerly Fish Island), which is covered with petrified algae and giant cacti and has a panoramic view of the surroundings. **B/L**

 **Day 16, Wednesday 23rd April**
COLCHANI — UYUNI — LA PAZ

After breakfast, transfer to the airport for the flight to La Paz. Upon arrival, we'll transfer to the city centre and have lunch at a local restaurant. During the afternoon, the group will tour La Paz and its Prado walk, surrounded by skyscrapers. You will visit San Francisco Church, the jewel of the Baroque, with its incredible altar worked entirely in gold foil. You will then continue to Plaza Murillo, La Paz's main square, to admire the Cathedral, Government Palace, and historical centre. **B/D**

 **Day 17, Thursday 24th April**
LA PAZ — TIWANAKU — COPACABANA

Today, the group will depart to Tiwanaku, Bolivia's main archaeological site, a UNESCO World Heritage Site. Arrive and visit the local museum, which shows a great collection of stone-carved objects and monoliths. Next, the archeological site where the most important Tiwanaku culture buildings, such as Akapana, a pyramid-shaped

construction of seven-stepped terraces, can be seen. The Kalasasaya temple houses the famous "Puerta del Sol" (Gateway of the Sun) and some other statues representing priests. And finally, the Semi-subterranean temple with its rectangular sunken court, about two metres below the normal level, decorated with many tenon-heads attached to the retention walls. Lunch at a local restaurant before we continue to Huatajata to visit the Andean Roots Eco Village and the Altiplano Museum. Experience an audiovisual visit to the Mystic World of the Kallawayas. By night, we'll visit the Native Observatory Alajpacha. Dinner at the hotel. **B/L/D**



 **Day 18, Friday 25th April**
HUATAJATA — MOON ISLAND — SUN ISLAND

After breakfast, board the hydrofoil cruise to Moon Island and visit the Inca temple "Iñaq Uyu", an ancient house of the famous Virgins of the Sun. There's a wonderful view of the Andean Mountains and Lake Titicaca. Continue to Sun Island to visit the archeological remains located in the south side of this mystic place. Visit the ancient ruins, Pirkokaina "palace" and Sacred Inca Fountain. Enjoy a "llama" trek to the hotel. Lunch at Posada del Inca Hotel. Your afternoon is at leisure to explore the bucolic surroundings. Dinner at the hotel. **B/L/D**



Note: the island is free from motorised traffic, which is part of its remote charm, but you must be fit enough to walk at least 45 minutes at a high altitude during this part of the trip. Slow and steady wins the day!

 **Day 19, Saturday 26th April**
SUN ISLAND — COPACABANA — LA PAZ

Morning at leisure before walking the Inca stairs to the lake. Lunch at a local restaurant, then take the Hydrofoil cruise to Copacabana, Bolivia's most important religious sanctuary. Visit the Main Square and church and find the famous Virgin of Copacabana. Then depart to La Paz by road. **B/L**

Day 20, Sunday 27th April
DEPARTURE

After breakfast, the group will head home after an amazing journey through these fascinating countries. All flights are to be confirmed. **B**

Day 21, Monday 28th April
IN TRANSIT

Day 22, Tuesday 29th April
ARRIVE HOME

A note about altitude sickness: *this trip visits destinations at high altitudes, with seven days at over 3,500m elevation. It is common for travellers to experience effects due to altitude, regardless of age or physical health. Some pre-existing medical conditions are known to worsen severely at high altitudes. Please discuss any pre-existing medical conditions with your doctor and check your suitability for this trip before deciding to travel.*



Icon indicates a day where there is **moderate physical exertion**. A basic level of fitness is required: eg. A trek over 'mostly flat' terrain or climbing several flights of steps without the support of handrails or elevators.



Icon indicates a day where there is a **particularly active section**. A good level of fitness is required: eg. A longer trek over non-groomed, uneven terrain, or ascending to reach a panorama. May also include exposure to higher altitude. **An alternate activity may be offered if you choose to sit out an active section.** Please call - we are happy to discuss each tour in more detail.