



## BOLIVIA

### HIGHLANDS LLAMA TREK

DURATION	:	16 days / 15 nights (7 nights camping)
SEASON	:	May through October
DEPARTURES	:	Guaranteed with a minimum of 4 and a maximum of 12 participants
TRIP RATING	:	Strenuous Trek, Grade (IV) - This is a challenging program that includes an 8-day trek which averages 7 miles per day at elevations up to 16,400' and crosses 6 high passes (4 over 15,000') en route.
2007 DATES	:	Upon request any week during the season for a minimum of 4 travelers

#### INTRODUCTION:

The Bolivian highlands, surrounded by the imposing peaks of the Western, Apolobamba and Royal ranges, are home to numerous Aymara and Quechua Indian settlements, making the country's population the most indigenous in South America. The 100-mile-long Cordillera Real forms the eastern border of the highlands and contains twenty-two ice-clad peaks that are 19,000' or higher, creating the largest glacier complex in the Bolivian Andes. These mountains are so striking that early climbers called them the *Himalayas of the New World*, and ancient peoples worshiped them as gods. Designed for serious hikers, this inspiring trip features a rigorous, off-the-beaten-path trek following one of Bolivia's best high-altitude routes—offering not only fantastic hiking, but also a great introduction to the ancient and contemporary cultures of this captivating destination!

After spending two days visiting La Paz (11,930') and day-hiking beneath Illimani, the highest peak in the Cordillera Real, we'll drive across the Altiplano and explore the monolithic ruins at Tiahuanaco. We'll stay in the fishing community of Huatajata on the southeastern shores of Lake Titicaca and visit the traditional reed-boat builders and Kalahuta Island before continuing overland to the pilgrimage center of Copacabana. Here we'll drive along the lake to the Yampupata peninsula, then take a boat to the *Isla del Sol* for a scenic hike to the Aymara village of Challa and beyond. This will help us acclimate for our more challenging trek in the Royal Range. After exploring Inca ruins and holy sites on the island, we'll return to Huatajata and drive across the Cordillera Real to the trailhead for an 8-day trek near the community of Ancoma. Our remote route skirts the impressive eastern side of the range and provides excellent views of the glaciated peaks of Illampu, Ancohuma and Chachacomani, as well as panoramic vistas into the deep gorges that plunge from the highlands to the subtropical Yungas valleys. We'll pass isolated Aymara hamlets such as Coooyo, Chacapa and Palca (where we'll enjoy a well-deserved rest day) and perhaps observe large herds of llama and alpaca as we cross at least six high passes en route to Jichukota Lake. We return to La Paz and enjoy a congenial farewell dinner and Bolivian folk music show.

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### DAY-BY-DAY ITINERARY:

DAY 01: USA/LA PAZ

We'll depart the US this evening on an overnight flight to La Paz.

DAY 02: LA PAZ

We arrive in the early morning to **La Paz** where our staff meets us at *El Alto*, which at 12,850' is one of the highest commercial airports in the world. After collecting our luggage and passing through customs, we drive to the centrally located El Rey Palace Hotel for a short rest as we begin acclimating to the city's breathtaking 11,930-foot elevation. Midmorning, we begin a guided walking and bus tour of the city. Our first stop is the colorful Indian and witches market where we can purchase handicrafts such as alpaca sweaters, leather goods, or good luck charms to bring us health and prosperity. We then explore La Paz's colonial section with its steep cobbled streets, see the San Francisco and Murillo squares, stop at the Cathedral and tour the Archaeological Museum, where we gain insight into Bolivia's ancient cultures and see precious gold ornaments found at Lake Titicaca. Next, we drive to the Valley of the Moon at the lower end of the city and walk through bizarrely eroded sandstone formations. This evening our local guide will join us for a trip briefing at the hotel and a welcome dinner. (L,D)

DAY 03: ILLIMANI/LA PAZ

Leaving the city after breakfast, we'll enjoy the day's first golden light on the impressive peaks of Illimani (21,260'), the highest mountain in the Cordillera Real which looms over the southeastern end of the valley. We'll drive along the Valley of the Spirits, stopping to ponder the massive forces of erosion which have created the bizarre formations we observe as we make our way to the village of Huni (12,465'). From here, we continue our acclimation with a 5-mile hike, enjoying dramatic views of the impressive Huaricunca Canyon. After exiting the canyon, our route takes us gradually uphill through farmlands to the gold-mining settlement of Palca, where the rocks and river are still mined by hand. We'll enjoy a picnic lunch en route. Our vehicle will be waiting in town to take us back to the comfortable El Rey Palace Hotel in La Paz. The remainder of the afternoon is at leisure and dinner is on your own. (B,L)

DAY 04: LA PAZ/HUATAJATA

We'll leave the hotel this morning for a 65-mile drive across the highlands toward the southern end of **Lake Titicaca**, the highest navigable lake in the world at 12,505'. The towering pyramidal peaks of Huayna Potosi (19,975') and Condoriri (18,557') provide the backdrop for expansive views of the *Altiplano*, or high plain, as we head to the pre-Incan ruins of **Tiahuanaco**. We'll stop, en route, at the typical town of Tambillo and visit the 15th-century church overlooking the town's plaza. Then, we'll continue to Koani Pampa, where the Tiahuanacan people developed the largest potato growing center in the Andes using a technique called *Suka Kollo*, a system of cultivating plants in raised beds surrounded by water to moderate the freezing nighttime temperatures. Next, we'll join our guide for a walking tour of the main ceremonial center, which was built from some of the most imposing megaliths found among the pre-Columbian cultures of South America. Our visit will include the ritual platform of the Kalasasaya Temple; the 52-foot-high Acapana pyramid; the 45-ton Gate of the Sun whose surface is adorned with carvings of celestial bodies, indicating that it may have been used as a calendar to predict solstices and equinoxes; and the Puma Punku site where several other massive stone slabs, some weighing up to 120 tons, have been unearthed. Afterwards, we'll head northwest to the fishing town of **Huatajata**, located on the southeastern shores of the lake, where we'll check in to the Titicaca Hotel. **Driving time:** 4 hours. (B,L,D)

DAY 05: KALAHUTA ISLAND/COPACABANA

This morning we'll visit the San Pablo shop/museum to view historical displays from Thor Heyerdahl's Ra and Kontiki expeditions across the Atlantic and Pacific Oceans. Then we drive a short distance to the Huarina port and take a boat across the Huyñaymarka section of Lake Titicaca to visit **Kalahuta Island**, to learn more about this traditional Andean craft and to see the "*Chullpas*" or burial towers. We'll return to Huatajata for lunch, then drive for about 30 minutes to the Strait of Tiquina. Following a ferry crossing, we'll

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drive to the pleasant port town of **Copacabana** (12,600'), which has been a pilgrimage center since it was established by the Incas in honor of the Sun and his first children, Manco Capac and Mama Ocllo. After checking into the centrally located Rosario Del Lago Hostal, those who wish to can hike to the mountain shrine and lookout point on Calvario Hill for a commanding sunset view of the town and lake (and, perhaps, receive a traditional blessing complete with incense and beer from one of the deacons stationed there!). Dinner will be served either at the hotel or a nearby restaurant. (B,L,D)

### DAY 06: ISLAND OF THE SUN/ECOLOGDE

Rising early, we'll depart the city in a private vehicle for the 1½-hour drive along the Yampupata peninsula. Along the way, we'll enjoy the region's lovely landscapes as we pass small adobe fishing settlements, located on sapphire blue bays with sandy white beaches (an area reminiscent of the Greek Coast). Arriving at the tip of the peninsula near the community of **Yampupata**, we'll embark a small, partially covered motorboat for the excursion across Lake Titicaca to the southern end of the sacred **Island of the Sun**. A short staircase leading from the boat dock brings us to the two-storied ruins of **Pilko Kaina**. We'll follow ancient terraces still in use by local farmers, for a 30 minute walk, encountering a eucalyptus glade and the *Inca's Fountain*, which seems to have originally been a Tiahuanacan structure, but also shows later Inca influences. After exploring this site, we'll hike northeast along the spine of the island following an Inca trail that takes us to the basic, but comfortable, Ecolodge *La Estancia* near the Aymara community of the same name. Along our route, we'll enjoy views of the snow-covered peaks of the Cordillera Real, named by Spanish colonists after their kings, and the range's northernmost peaks, Illampu (20,875') and Ancohuma (21,085'). **Hiking distance:** approx. 3 miles or 3 hours. (B,L,D)

### DAY 07: ISLAND OF THE SUN/HUATAJATA

To worship the sun, the Incas adorned the island's surface with gardens and fountains, sometime between the 12th- and 16th-centuries. According to legend, the *Isla del Sol* was the birthplace of the sun, the Tiahuanacan god Viracocha, and the first Incas - Manco Capac and Mama Ocllo, so it was a very important site. Only select Inca people were allowed to live here. Several sacred places are located at the northwestern end of the **Sun Island**, so we'll spend the morning hiking to and exploring this area and its ruins. Our visit might include the Sun Temple, the Labyrinth, and the Sacred Rock, where legends claim Manco Capac, founder of the Incan dynasty around 1200 AD, emerged. As we hike in the peaceful atmosphere of this mystical island, the sweet scent of the *koa*, or incense bush, drifts on the air. We return to Challa Bay, with its impressive views of the Cordillera. Because the mountains have such an important role in the daily life of the native people, the summit spirits, called *Apus*, are still worshipped today as gods. In the afternoon, we'll board our launch and cross the lake for the return drive to the Titicaca Hotel in **Huatajata**. **Hiking Distance:** approx. 6 miles or 5 hours. (B,L,D)

### DAY 08: ANCOMA CAMP

Leaving Huatajata early this morning, our scenic drive takes us across the Altiplano and through the market center of Achacachi. We'll arrive at the charming, colonial town of **Sorata** for lunch. Located at 9,185' in a warm valley, beneath the towering, glacier-clad summits of Illampu and its neighboring peak, Ancohuma, Sorata is described as having the most beautiful location in Bolivia. These two mountains, the most magnificent and challenging in the northern section of the Royal Range, together form an impressive massif with a succession of a dozen or more peaks all of which are 19,000 feet or higher in elevation. Following lunch, we'll continue driving along a rugged, winding dirt road with steep drop-offs, that crosses Tipuani Pass (15,255') and descends along the Jahuirra River valley toward the village of **Ancoma**, the starting point of our trek. We'll establish our camp near town. The residents of this area speak an Aymara dialect from the Altiplano. Local *arrieros*, or mule drivers, will join us with their pack animals to carry our loads. **Driving distance:** approx. 80 miles or 7 hours; **Camp elevation:** 12,630' (B,L,D)

### DAY 09: COCOOYO VALLEY CAMP

This morning we'll meet the rest of our camp staff and load our gear. Our pack animals may include mules, horses or a small herd of the fascinating Andean llamas for which the Bolivian highlands are renown. A

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semi-domesticated relative of the camel, the llamas in this region are accustomed to roaming free in the high valleys in small groups of 10-15 animals, led by a dominant male llama. Thus, they are much wilder than their North American cousins, so we won't be walking with our llama on a lead! Our trek begins gradually uphill as we climb toward our first pass, **Korahuasini**, at 14,435'. From the top we enjoy views of the northern faces of North Peak (19,850') and Illampu, and the crystalline waterfalls descending from their glaciers. Leaving the pass, our route descends into the **Cocooyo Valley**, filled with small flowers similar to those found in the eastern Yungas, where we'll establish camp near the village of the same name. **Trek length:** 7 miles or 6 hours; **Camp elevation:** 11,485'. (B,L,D)

### DAY 10: CHAJOLPAYA CAMP

Today we'll ascend along the wide Chacocota valley to **Sarani Pass** (14,435'), enjoying views of lovely waterfalls cascading from the snow-capped Villayos and Sarani mountains. From the pass, we'll have a close-up view of the northeast face of the Illampu massif, first climbed in 1928 after several unsuccessful attempts, by a strong Austrian team. The mountain's name means "*home of the gods*" in the local language and, according to legend, Viracocha (creator of the Andean universe) resided there. Our view includes a panoramic vista of the most important peak in this valley, El Calzada, as well as distant glimpses of Chiahorco and Negruni peaks. We'll descend into the valley of **Chajolpaya**, to set our next camp in a high, alpine-like meadow. **Trek length:** 6 miles or 5½ hours; **Camp elevation:** 13,450'. (B,L,D)

### DAY 11: CHACAPA CAMP

Today's hike is more challenging. We start with a steep climb toward **Sillasani Pass**. We may encounter traders and their llama caravans carrying goods along the ancient trade routes that run southwest, across the pass and beneath Calzada's peaks, down to the Altiplano. From the top of the first pass at 14,995', we hike another 30 minutes to a second, higher pass, **Kalachaca** (15,400'). Our descent is steep as we hike through the puna, or barren highlands, passing several small lakes. We may spot pairs of Andean geese, or *huallatas*, as they are called locally. These lovely white and black geese mate for life and are always seen in couples. We continue descending into the upper **Chacapa Valley** where we'll camp by a hamlet of the same name. **Trek length:** 7 miles or 6½ hours; **Camp elevation:** 13,950'. (B,L,D)

### DAY 12: PALCA CAMP

After crossing a small hill, we continue hiking along the Chojlla valley along a different trail to the high pass, **Kea Keani** (15,190'). Along our route, we may encounter a few of the isolated Aymara families that live scattered throughout this remote area. These *campesinos* have a hard life - the few crops that can be grown (potatoes and *chuño* or *oca*—both a type of tuber) and the animals they raise barely prosper in the extreme mountain climate. Often, the men have to leave their families to search for tin, which they sell in the mining center of Fabulosa - a two-day walk from here. We'll descend into the **Moroco valley** and continue to Palca where our next camp will be set on the eastern side of the 20,000-foot Chachacomani and Chiahorco peaks. **Trek length:** 8 miles or 7 hours; **Camp elevation:** 13,290'. (B,L,D)

### DAY 13: PALCA CAMP

We'll enjoy a well-deserved rest day in **Palca**. Those who prefer to can explore the cross-country trails in the area, hiking as little or as much as they wish. There will be plenty of time for contemplating the surrounding Andean landscape or watching high altitude wildlife such as caracaras, eagles, and vizcachas (an Andean rodent with short ears similar a rabbit but belonging to the Chinchilla family). We might also have the opportunity to meet and interact with some of the semi-nomadic Aymara shepherds that bring their sheep, llamas and alpacas to these high, seasonal meadows to graze. They usually stay in these valleys during the dry season and leave when the rains start (December through March) to re-establish their herds in the western valleys between the Royal Range and Lake Titicaca. During the rainy season, they might also go down into the lower Yungas valleys to cultivate crops such as corn or coffee in the more temperate climate. (B,L,D)

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### DAY 14: JANKOLAKAYA CAMP

Leaving **Palca** this morning, we'll continue walking for a couple of miles to the Putu Putuni valley, approaching more closely the twin peaks of the Chachacomani massif for excellent views and photo opportunities. At 20,180', this mountain is one of the six highest peaks in the Cordillera Real. The landscape is very dramatic with many steep ridges ending abruptly in deep gorges and valleys. Several small lakes serve as refuge for a variety of migratory birds as they make their way across the Andes. From here we'll hike over **Putu Putuni Pass** (15,585') and descend into the **Jankolakaya** valley. Our next camp is set beneath the glacier-clad summits of the Jankokota peaks - one of the most spectacular views of our trip! Tomorrow's sunrise on these peaks should be fantastic. **Trek length:** 6 miles or 5 hours; **Camp elevation:** 15,250'. (B,L,D)

### DAY 15: JICHUKHOTA LAKE/LA PAZ

This morning is our final trekking day. We face a steep ascent on a rugged path, across the highest pass of our journey, **Jankokota** (16,405'). On the way we'll encounter part of an Inca trail leading from the western side of the range to the low elevation jungles. These ancient trading routes were used to bring tropical fruits, coca leaves and gold back to the highland kingdoms. From the top of the pass, we enjoy our closest views of the Cordillera Real glaciers. Perhaps we'll spot a condor, the world's largest flying bird with a wingspan of up to ten feet, soaring above the valleys. Descending toward the Altiplano, we'll pass several small lakes and observe the peaks of the Condoriri massif, looming to the southeast. We'll arrive at **Laguna Jichukota** in the early afternoon, say goodbye to our arrieros and their pack animals, and board our private vehicle for the 3½ hour return drive to **La Paz** (11,930'). We'll transfer to the El Rey Palace Hotel and enjoy a farewell dinner this evening. **Trek length:** 7½ miles or 7 hours. (B,L,D)

### DAY 16: LA PAZ/USA

We'll be picked up at the hotel this morning and transferred to the airport where our guide will assist us with checking-in for our flight back to the **USA**. (B)

**NOTES ON THE ITINERARY:** Although we do our best to adhere to the schedule listed above, this itinerary is subject to change for numerous reasons beyond our control, including group acclimatization or pace, road, trail, lake and/or weather conditions. Bearing these factors in mind, the rest day on the trek may be scheduled for a different location, and our campsites could vary from the aforementioned places. Hiking distances and altitudes are approximate, and times indicated are NET hiking or driving times that do not include lunch break, rest stops, time to explore the area, etc. This program is suitable for physically fit participants accustomed to outdoor activities, minimum 12 years old. On **Day 11**, according to how the group feels as well as weather or trail conditions, we might take another, more spectacular llama trail that leads us even closer to the Negruni peaks and crosses only one high pass at 15,900'. In this case we would camp near the mountains at 15,200' and then descend to the Palca camp on **Day 12**.

<b>2007 LAND COST:</b>	\$3,865 p.p.d. (4-5 participants)
	\$3,565 p.p.d. (6-9 participants)
	\$3,315 p.p.d. (10-12 participants)
	\$ 465 Single Supplement

p.p.d.=per person based on double occupancy

### SERVICES INCLUDED:

- Comprehensive **pre-departure planning packet** and expert travel advice.
- All **in-country transfers** as scheduled (transfers on different days are additional). Ground transportation in spacious and comfortable private vehicles with professional drivers, boats and ferries where applicable.
- Local and return flight reconfirmation, **in-country airport check-in and luggage assistance**.

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- All **accommodations in standard-class (3-4 star) hotels** as listed (or at similar hotels) on a shared basis with private bath. Double beds for couples (primarily queen-sized) can be requested in advance, but cannot be guaranteed, as most hotels offer few rooms with double beds.
- Single Supplement includes single room and single tent on trek. Due to the small size of the hotels in the Bolivian highlands, the number of singles available per group are limited to 2. If you require single accommodations, making reservations well in advance is recommended.
- All **meals** indicated on the itinerary (B=breakfast, L=lunch, D=dinner); **Vegetarian diets accommodated** on request (advance notification required).
- All **guided tours** (as listed) conducted on a private basis by knowledgeable, English-speaking local guides (includes applicable entrance fees).
- **First-class trekking service** includes:
  - Experienced, licensed, English-speaking, Andean guide & assistant guide (provided for groups with 8 or more participants).
  - Expert camp chef & kitchen assistant, camp assistant & local horse handlers with their pack animals (handlers are treated & compensated well, horses/mules carry a maximum of 45 lbs. of an individual trekker's personal gear).
  - All group camping equipment: spacious 3-person all season Eureka K-2 or North Face VE-25 tents (shared by just 2 members), Thermarest™ sleeping pads, kitchen & dining tents, folding tables & camp stools and an environmentally friendly toilet tent.
  - All meals: we serve a variety of healthy food with fresh & native ingredients. A cup of hot wake-up tea is brought to your tent door followed by a hot breakfast, box or picnic lunch, and a 3 course served dinner.
  - First-aid kit.

### NOT INCLUDED:

- US domestic nor International flights.
- Bolivian airport departure taxes (\$20 when leaving the country).
- Two (2) meals at about \$15-20 each.
- Tours, excursions, accommodations or services not indicated on the itinerary.
- Tips to the tour guides & drivers, plus main trekking staff (trekking guide, assistant, chefs & handlers).
- Alcoholic beverages nor items of a personal nature; such as clothing, equipment, laundry & phone calls.
- Sleeping bag & other personal gear.
- Expenses incurred in preparing for this program such as, but not limited to, non-refundable airline tickets or traveler's insurance, nor additional expenses resulting from flight delays, schedule changes, cancellations, or missed connections.

We strongly recommend all travelers take out some form of **Travel Insurance** —plan information and an application are sent upon receipt of your deposit (sooner if requested). Policies with **Travel Insured International** can be purchased online through our website at [www.southwindadventures.com/insurance.html](http://www.southwindadventures.com/insurance.html). **If you or a family member has a pre-existing medical condition**, you need to purchase this policy within 14 days of booking your trip to qualify for reimbursement of non-refundable trip costs in the event that a recurrence of the pre-existing condition forces you to cancel your trip (some restrictions apply). For more information or to purchase Southwind's recommended travel insurance plan, please visit our website.

**ANDEAN GUIDE: Carlos Pujazón** - is an excellent climbing and trekking guide. Active in mountaineering for more than 20 years, he has led Southwind groups for the past 14. He has successfully climbed more than 23 Andean peaks, including Aconcagua in Argentina and Huayna Potosi in Bolivia, and knows most of the trekking routes in the Cordillera Real as well as Peru's Blanca, Vilcanota and Vilcabamba ranges. Carlos is well-trained in mountain rescue and safety and has a charming, relaxed personality.

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**WEATHER:** Much of this trip will take place in regions where the weather can change suddenly, so it is best to be prepared for all possibilities ranging from intense sunshine to rain, cold, snow and wind. Normally conditions during the months of May-November are clear, dry, and cool. Nights are **cold** (ranging from 20-35°F depending on the elevation) while the days are pleasantly warm (60-70°F). The months of June, July, and August can be expected to be the coldest with nighttime temperatures falling to as low as 20°F at the Jankolakaya Camp (15,250'). During the transitional months of May and October we may experience more variable weather patterns with a general build up of afternoon clouds and short rain, hail or snow showers which can last all day or through the night. Rain all day is less likely, but still possible during any of the other months in the dry season.

**ESTIMATED AIRFARE:** The Land Cost for this trip DOES NOT INCLUDE the USA-La Paz-USA flights. Round-trip airfare from Miami is about \$60-900 p.p. depending on the carrier that you use. American Airlines is currently the only airline offering nonstop or direct service to La Paz. Continental, Delta and Lan Chile fly into Lima where you can catch a connection to La Paz (this alternative may require an extra night in Lima and connections can be unreliable). Upon receipt of your deposit, Southwind will send you more information about booking your flights to match your land itinerary.

☞ Southwind will need your flight schedule within 45 days of your departure to arrange your transfers. We recommended that you **DO NOT** purchase any airline tickets until your trip is guaranteed to operate. Southwind sends out a trip confirmation letter once a trip is guaranteed or you may call to check the status of your departure.

**HOW TO SIGN UP:** Submit Southwind's Trip Reservation form along with a \$500 per person per trip deposit (payable by check or credit card) to make a reservation. Both the form and deposit may be completed securely online at [www.southwindadventures.com](http://www.southwindadventures.com) by clicking on "Book a Trip" at the top of our homepage. Or you may print the Trip Reservation Form and mail/fax it to our office with your deposit. If you prefer, you may call us at 1-800-377-9463 to make payment arrangements (**your deposit will be charged and your reservation confirmed once we receive your Trip Reservation Form**).

Due to the demands of this trekking expedition, we recommend making reservations at least 4 months in advance. Once your trip is guaranteed to operate, you will receive a comprehensive pre-departure packet.

**Land Balance:** Final payment is due at 60 days by Visa, Mastercard, Discover or check. American Express balance payments are due 90 days in advance. An invoice is sent with your pre-departure packet. Rush Service: A rush fee of \$150 per person will be applied to your invoice for reservations placed 45 to 21 days before departure.

Cancellation Fees and other policies are outlined under Terms & Conditions on Southwind's website (click Book a Trip>Terms & Conditions).

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