

# TREKKING ON MOUNT SAJAMA



**Route:** Live culture, ecotourism  
**Duration:** 3 days / 2 nights  
**Starts and ends in La Paz (or Oruro)**  
**Guide:** Spanish-speaking  
**Difficulty:** Easy  
**Comfort:** Good



## DAY 1 TOMARAPI

At 08:30 a.m. we pick you up at your hotel in La Paz and head to the centre of Parque Nacional Sajama: the **Tomarapi community hostel** where you will find all modern comfort and talented community-based cooks and guides. After lunch we have a walk along Huaña Khota lagoon in order to watch the **vicuñas** and we venture to wander in the proximity of the **geysers**. Late in the afternoon we go for a bathe in the enjoyable Manasaya **hot springs**. If we are lucky, maybe we can watch some local fauna species such as **puma** (cougar), **viscacha**, **suri** (Andean ostrich). Dinner and accommodation at the Tomarapi hostel.



## DAY 2 SAJAMA

After second day's breakfast, we go for a walk into the **queñua woods**, the trees that grow **at the highest altitude in the world**. We slowly climb to the Tomarapi high mountain camp located on the **snow-covered mountain slope** at a 5,000 meters altitude. From there you will enjoy a panoramic view on Parque Nacional Sajama. There we have dinner. In the afternoon on our way back we take a break at some **pre-Inca ruins**. We reach the hostel at 5:00 p.m. Dinner and accommodation at the Tomarapi hostel. If we are lucky we will view some local fauna species such as **puma**, **vizcacha**, **suri** (Andean ostrich).

## DAY 3 CURAHUARA DE CARANGAS

The third day morning we have a walk through the **bofedales** (swamps) where the community-based families breed **llamas and alpacas**. After lunch we say goodbye to Tomarapi and return to La Paz. On our way back we stop in **Curahuara de Carangas** and visit its colonial church, known as the Altiplano "**Sistin Chapel**". We reach **La Paz** at 06.00 pm. End of our round trip services.



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## ADVICE

We recommend our visitors to take warm clothing, comfortable walking shoes, a hat, sun-block cream and sunglasses.