



## SAJAMA, TREKKING AND COLOURED CHULLPAS



<b>Route:</b>	Live culture, ecotourism
<b>Duration:</b>	4 days / 3 nights
	Starts and ends in La Paz (or Oruro)
<b>Guide:</b>	Spanish-speaking
<b>Difficulty:</b>	Easy
<b>Comfort:</b>	Good



### DAY 1

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**. Dinner and accommodation in Tomarapi.

### DAY 2

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 lunch. 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

The third day we leave the Park early in the morning and head to Macaya village that is the entrance of **Río Lauca** route. There we have lunch. After that our local guide takes us for a visit to the archaeological area where you will watch the **Coloured Chullpas**, pre-Inca XII-century tombs. Then we walk to the lagoon where you can view the three species of **flamingos that live there**. About the middle of the afternoon we return to Tomarapi for dinner and accommodation.

### DAY 4

The fourth 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** around 06.00 pm. End of our round trip services.

### ADVICE

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



Sagárnaga Steret # 227  
La Paz - Bolivia

Tel.: (591) 2- 2140653 / (591) 72207682

[viajes@tusoco.com](mailto:viajes@tusoco.com)