

COMMUNITY-BASED TOURISM

MANANTIALES DE SOLA



Route: Ecotourism, Live culture
Duration: 3 days / 2 nights
Starts and ends in Tarija
(or Cochabamba or La Paz)
Guide: Spanish-speaking
Difficulty: Average
Comfort: Good



DAY 1

At our arrival in San Pedro de Sola, at a 30 minutes ride from Tarija city only, we meet the villagers who will explain us about the running of their organization in order us to know how community-based tourism works in San Pedro de Sola. After lunch we go for a walk along the paths surrounding the village where we can watch local flora (shrubs, medicinal plants, sown fields) the Horse Stone (*PiedraCaballo*) and Inca rock paintings. On our way we will see several crystalline water pools where you can have a bath. We stay overnight at the San Pedro de Sola community hostel.

DAY 2

After second day's breakfast, we go for a walk to Vinchalamirador from where you have a panoramic view on Tarija city. On our way we will visit the fox hunting (trap) and also some Inca ruins. Lunch at the hostel and in the afternoon you can horse ride (optional).

DAY 3

In the morning we invite you on a walk to other miradors that provide different views on the Tarija valley and the village. In the afternoon we will enjoy a cultural show of regional dances such as *zapateo*, *chapaqueada*, and typical seasonal music performed with regional instruments such as *erque*, *caja*, violin, etc. You can also have some famous *patero* (foot-pressed) wine.

ADVICE

We recommend our visitors to take comfortable clothing, walking shoes and a small rucksack for personal belongings.



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