



## BOLIVIA

### CYCLING THE BOLIVIAN SALT FLATS & HIKING THE AMAZON BY BIKE, FOOT & MOTORIZED CANOE 12-DAYS

On this multi-sport adventure tour, we experience the unparalleled diversity of Bolivia, Latin America's most indigenous nation. A country that is undeniably rough around the edges and wild in spirit, Bolivia has become a top adventure destination with those seeking authentic, culturally rich adventures. On this Bolivian adventure vacation, we blend exhilarating days and dramatic scenery with lessons in culture and wildlife from indigenous guides. In Uyuni, the tour includes high altitude biking across the largest salt flat on the planet with an overnight in a hotel made entirely of salt. We then descend 2,100 m / 7,000 ft by bicycle, along a winding mountain road, through the mist and into the rainforest. Here, we immerse ourselves in Amazonian life, staying in jungle lodges and learning to spot wildlife as we canoe and hike with our knowledgeable indigenous guides. If we are really lucky, we may even spot a jaguar. At the end of this 12-day adventure odyssey across Bolivia, we will emerge from the jungle having gained an understanding of the region's sublime diversity and distinctive cultural heritage. This is the ultimate adventure vacation.

## Day 1

### LA PAZ

#### ARRIVAL

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Upon arrival to La Paz/El Alto International Airport a BikeHike representative will meet and bring you to your hotel in the center of the capital La Paz, just a few blocks from the President's Palace, located at 3,600 m / 11,800 ft above sea level. A cup of coca tea will come in handy to help you adjust to the high altitude.

Altitude at La Paz: 3,600 m / 11,800 ft  
Accommodation: Hotel  
Meals: none

## Day 2

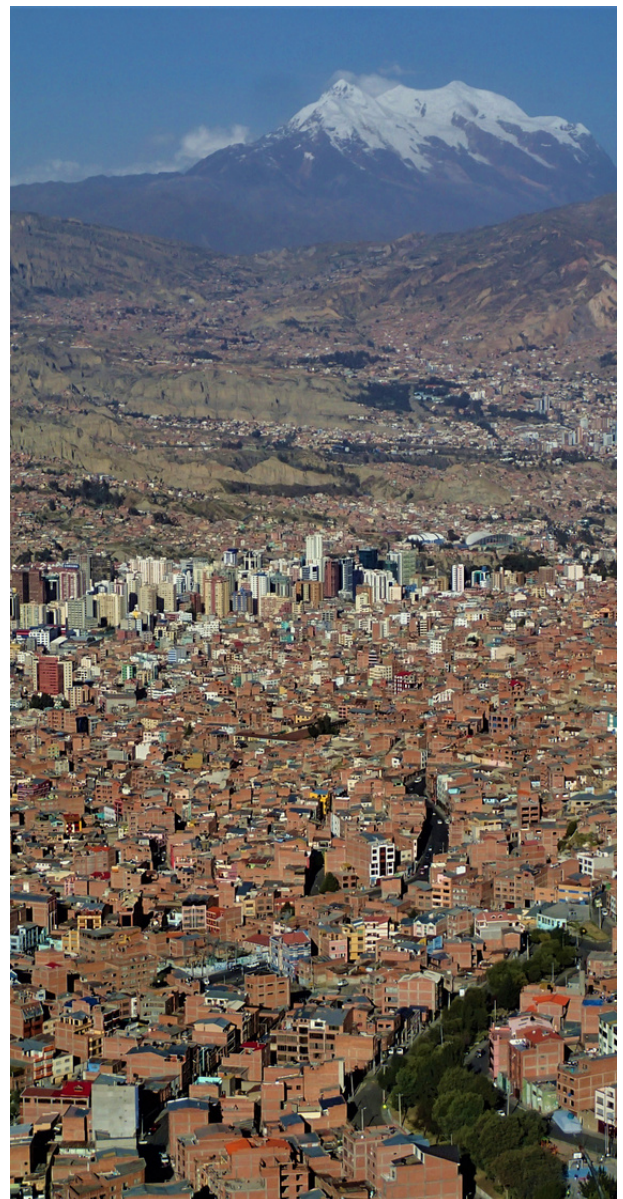
### LA PAZ

#### SIGHTSEEING

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Today we will do a half day city tour to ease ourselves into the high altitude. The remainder of the day is at leisure. Overnight at same hotel in La Paz.

Altitude at La Paz: 3,600 m / 11,800 ft  
Accommodation: Hotel  
Meals: Breakfast



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## Day 3

### UYUNI - PULACAYO MINES - COLCHANI BIKING

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We have a very early start this morning, with a drive back to the airport for our flight to Uyuni, located just outside the world's highest and largest salt flats. As soon as we arrive, we will drive through the beautiful Andean mountains and get on our bicycles to ride 10 km / 6 mi on a rolling paved road to the historical mines of Pulacayo. We will also see the last train that Butch Cassidy & Sundance Kid robbed before we continue on a biking tour of the mining town. We will then cycle (mainly downhill) 20 km / 12 mi towards Uyuni along the oldest railroad in Bolivia. We'll enjoy a box lunch in this amazing high plateau landscape and then continue pedaling on a paved road to the Train Cemetery. Uyuni was and still is the train capital of Bolivia. Afterwards, we'll transfer 45 minutes to the village of Colchani, where the inhabitants work extracting salt for commercial use. We'll arrive at our hotel located by the salt flats in time to enjoy the sunset. Then it's dinner and overnight.

Biking Distance: 30 km / 18 mi  
Accommodation: Hotel  
Meals: Breakfast, Lunch, Dinner

## Day 4

### SALT FLATS AND INKAWASI ISLAND BIKING

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After breakfast, we return to our bikes and cycle 50 km / 30 mi on the salt flats towards the island of Inkawasi. Here we'll go for a walk amongst coral reef and huge cacti plants. After we have had our box lunch, we'll continue another 20 km / 12 mi, either by bike or by car, towards the impressive Volcano Tunúpa. We'll take in the sunset over the salt flats before dinner and then overnight in a hotel made of salt.

Biking Distance: 70 km / 42 mi  
Accommodation: Hotel  
Meals: Breakfast, Lunch, Dinner



## Day 5

### TUNUPA

#### BIKING

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In the morning, we'll walk among llamas and alpacas to visit pre-Inca ruins in the village and then drive 25 minutes up the slopes of the volcano to visit ancient mummies. Then, we'll return to our bicycles pedaling back towards the village of Colchani. Lunch is served out on the salt flats. In the afternoon, we'll shuttle to Uyuni airport for our flight back to La Paz. Overnight will be at the same hotel as the first night. Tonight we'll enjoy a traditional Bolivian dinner!

Biking Distance: 50 km / 30 mi

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner



## Day 6

### LA CUMBRE-COROICO BIKE RIDE

#### BIKING

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We'll rise early, enjoy breakfast at the hotel and then transfer 45 minutes to La Cumbre, the starting point for our amazing 70 km / 43 mi downhill bike ride along paved and dirt roads towards the town of Coroico. In the past, the road was nicknamed the World's Most Dangerous Road. A new highway is currently being used for trucks and buses, which have made it much safer and enjoyable for bikers to cruise down the spectacular road. We will have a box lunch along the way. We'll then shuttle back to La Paz and arrive back to the hotel in the early evening. Dinner is on your own this evening.

Biking Distance: 70 km / 43 mi

Accommodation: Hotel

Meals: Breakfast, Lunch

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## Day 7

### AMAZON JUNGLE

#### HIKING

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We rise early for breakfast then a shuttle to the airport for our 40 minutes flight to the charming jungle town of Rurrenabaque. Upon arrival, we'll go directly down to the river Beni to catch our motorized canoe and go up the river into the Madidi National Park. After lunch, we'll hike 7 km / 4 mi, led by our local indigenous guide, to our camp in the primary forest. If we are lucky we might spot howler, spider and Tamarin monkeys, wild pigs or even a jaguar on the way! Upon arrival to the camp site, our chef will prepare a delicious dinner over the open fire. In the evening, we'll go for a hike in the light of our headlamps. Tonight, we'll sleep at the camp. The campsite has a roof and we'll sleep on a ramp 2 feet / 0.6 m above the ground, tucked in under a mosquito net. It is sure to be a very memorable night as you fall asleep surrounded by the sounds of the jungle.

Hiking Distance: 7 km / 4 mi

Accommodation: Tent

Meals: Breakfast, Lunch, Dinner

## Day 8

### AMAZON JUNGLE

#### HIKING

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Very early this morning, just as the sun is starting to rise, we'll head out for a 6 km / 3 mi hike to a lookout point, in hopes of finding green and scarlet macaws in their nesting area. There are very few places in the world to be able to view flocks of scarlet macaws flying in the sky, but here in the Bolivian Amazon it is possible. Afterwards we'll return to our camp where our camp chef will have a hot-cooked breakfast awaiting us. In the afternoon we'll build a bamboo raft and float down the river back to the jungle lodge where we started our hike from yesterday. This lodge is rustic, and electricity is on a generator, giving us a true sense of being on a jungle experience. After we're settled in our local Tacana indigenous guide will take us on a hike educating us about the flora and fauna in the area and how his people use nature to construct homes and for medicinal purposes.

Hiking Distance: 6km / 3mi

Accommodation: Jungle Lodge

Meals: Breakfast, Lunch, Dinner

## Day 9

### THE PAMPAS - WETLANDS

#### MOTORIZED CANOE

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This morning we will cruise two hours by motorized canoe down the River Beni to the town of Rurranaabaque. Here we change our mode of transport to vehicle for a 2.5 hour drive into the wetlands region, known as the Pampas. We'll drive through cattle breeding land where there is a strong possibility of spotting sloths, capibaras (the world's largest rodent), wood storks, jabirus and more along the way. Upon arrival, our canoe will be waiting to take us 10 minutes down the River Yacuma to our comfortable lodge. The region is a paradise for bird watchers so don't forget your binoculars! After lunch, we will take our canoe to search for either pink dolphins or anacondas, depending on how high the river is flowing, and in the late afternoon we will fish for piranhas, enjoying the sunset over the Pampas. Dinner and overnight at the lodge.

Accommodation: Jungle Lodge  
Meals: Breakfast, Lunch, Dinner

## Day 10

### THE PAMPAS

#### MOTORIZED CANOE

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After having breakfast, we will head out in search of cayman, turtles, dolphins and more. We will also keep an eye out for anacondas and visit different places in the Pampas to find birds we haven't encountered during the previous days. We also have time to go swimming, hopefully with pink dolphins! Dinner and overnight at the lodge.

Accommodation: Jungle Lodge  
Meals: Breakfast, Lunch, Dinner



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## Day 11

### AMAZON - LA PAZ

#### TRANSFER AND FREE TIME

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Early this morning we'll head back by canoe and car to the town of Rurrenabaque for our morning flight back to La Paz. Then, we will check in at our hotel and have some free time, before heading out for our last dinner together in Bolivia.

**Accommodation:** Hotel

**Meals:** Breakfast, Dinner

## Day 12

### LA PAZ

#### DEPARTURE

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Today you will be transferred to La Paz International Airport for your flight home.

**Meals:** Breakfast



## TRIP INCLUSIONS

### Trip Includes

All accommodation (twin shared), meals as indicated, all internal transportation excluding domestic flights, equipment and English-speaking guides.

### Not Included

International airfare, Domestic airfare (La Paz - Uyuni - La Paz and La Paz - Rurrenabaque - La Paz), visa fees, airport departure taxes, gratuities, meals not included and items of a personal nature.

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