

THREE PERFECT DAYS IN

La Paz

Day 1

- Walking Tour
 - I am assuming you have acclimated or came from a city that prepared you for La Paz's altitude. If you haven't you absolutely need to take a full day to get used to it or you will get sick or even end up in a hospital. With that warning, if you're good to go start your morning with a **free walking tour**.
 - If you don't like walking tours, here is a good route for you. Start at **Calle Jaen** for some colorful, street views. Then grab a juice at **Mercado Lanza** and explore **Plaza San Fransico**. Your next stop will be the Witches Market, making your way toward **Calle Sagarnaga**, a touristy hub of the city. From there can visit **Mercado Rodriguez** for more authentic market finds. Walk toward **San Pedro Prison** to see this crazy place from afar. Lastly, end your self-tour at **Plaza Murrillo**, admiring the **Presidential Palace, Cathedral, and Congress of Bolivia**.
- Lunch
 - Depending on your budget, find a restaurant based on the cuisine you like near **Plaza Murillo**. If you want something more authentic, head back to the Market Lanza for a good authentic meal.
- Teleferico Tour
 - This is technically not a real tour and you will have to plan the route yourself. **Teleferico** is the local cable car that offers the most incredible city views. There is a bunch of connected lines so just hop on the closest one and explore. If you're feeling particularly adventurous, head to **El Alto** market. It's very local and you probably won't find many tourists there either. Catch the colorful street art in **Chualluma neighborhood** from above
- Dinner
 - For dinner, why not splurge a little and enjoy a good dinner meal at **The Steakhouse**. A cheaper yet as good of an option is **The Local Dish** which has some traditional options. If you're looking for good vibes, go to **La Cueva** which is actually a Mexican spot.
- Night views
 - La Paz at night is just as impressive as it is during the day. Try to visit **Mirador Killi Killi** for some killer views during the early night. I would strongly recommend going there with someone or hiring a taxi driver for your round trip just to be safe in that area.

Day 2

- Breakfast
 - Grab a nice breakfast full of carbs to fuel you up for the day. Some good places include **Higher Ground** or **Cafe del Mundo**.
- Valle de la Luna & Chacaltaya
 - **Valle de la Luna** is a park with landscapes out of this world. A short 20-minute ride will get you to this stunning place. There are also ways to get there by public transport. There is a small entrance fee and you will spend about 2 hours there.
 - If you're well acclimated to the altitude, take a combined tour of the valley along with a stop at **Chacaltaya**, an abandoned ski resort on a big mountain. The views will be incredible and getting a chance to do a small hike at that altitude is a unique experience.
- Relax
 - Your tour will take up most of your day so when you return from the really high altitude, you will want to rest and take it easy for the day
- Dinner
 - For dinner, I suggest a couple of different places based on what your taste buds are feeling:
 - Find some great altitude carbs or Italian food at **Caffè Italia** or **Propiedad Pública**.
 - For a great Cuban dinner and cool atmosphere visit **Sabor Cubano**.
 - If for some odd reason you're missing American food, **Factory** will provide that for you.
 - Or if you're feeling extra boujee for your last night, try a dish at the famous **Gustu**.

Day 3

- Death Road or another awesome activity
 - If you're in decent shape, have biking experience, and aren't afraid of heights, biking the **Death Road** is one of the coolest things you can do in South America. Don't expect it to be too easy and be prepared for a couple of nervous moments.
 - **Valle de las Animas**: or Valley of the Souls is a really cool area you can hike. It's not very well marked so you will need to download an offline map or get a tour guide.
 - **Cholita Wrestling**: A more chill in-town experience that is a very unique thing to do in this city. Why not enjoy an afternoon of Bolivian ladies cheerfully wrestling one another.
 - **Urban Rush**: Another activity full of adrenaline that's a little strange but loved by many. You can jump off a building in a costume of your choice and have a cool picture taken for only \$30 or so USD.
- Dinner
 - For dinner, I got a couple of more places that you can visit in town:
 - Find amazing Brazilian food at **Paladar Coziñha Brasileira**.
 - **Pronto Dalicatessen** for some Italian.
 - A more upscale vibe with the stunning decor at **Restaurant 1700**.
 - Or **Tia Gladys** for some local low-key vibes.