



Tour Name

Food With Altitude

Tour City

La Paz

Tour Snapshot

Neighbouring Peru might be having a moment on the world foodie scene but this La Paz food tour is out to put Bolivia in the spotlight where it belongs. Join us for a Bolivian food adventure where you get to taste fresh organic fruits, fish straight from the famous Lake Titicaca and lots of tasty snacks you've never heard of. This being Bolivia and all, a chocolate stop is also an absolute necessity. Ready, set, EAT!

Highlights

- Be pleasantly surprised by Bolivia's delicious food scene
- Try a wide range of food from markets, local restaurants, and even fresh produce from nearby Lake Titicaca
- Learn all about the humble produce Bolivians turn into greatness in their traditional dishes
- taste and discover all kinds of intense chocolate flavors
- Take in the outstanding view from La Paz from a scenic viewpoint above the city

Inclusions: Local English speaking guide, all food described in the itinerary.

Exclusions: All other food or drink other than what's specified in the itinerary, local transport fees, and tip / gratuities for your guide.

Schedule details

- Duration: 3.5 hours
- Meeting point:
Plaza Murillo main square in front of the giant stone book statue
- Find the exact meeting point with what3words: [///wiggly.comedy.savers](https://www.what3words.com/#!/wiggly.comedy.savers)
- Starting time: 2.00 PM
- Ending point:
Plaza Murillo main square in front of the giant stone book statue

Full Itinerary

Be sure to come to this tour with an appetite – you'll need it! We'll begin our La Paz food tour at Plaza Murillo, where you'll meet your guide and head off to a local restaurant to dive right into some Bolivian cuisine. Here we'll try some traditional potato soup, a very common dish that has been warming the Bolivian people for years. We'll have a chat about the food and flavors of Bolivia, giving you an introduction to this often overlooked cuisine.

From here, we'll continue on foot to Camacho Market for a sweet bite – some fresh fruit salad. Here you can select from all kinds of colorful, organic fruits to create your own combination of sweet and tangy treats. But don't fill up too much! We'll be heading to a Chocolate shop, where we'll sample all kinds of different types of chocolate from Bolivia and learn about its production too.

As we continue to tour La Paz, we'll jump on some public transport and head towards a restaurant that serves fresh fish from nearby Lake Titicaca, as well as famous potato stew. To put it simply, you can't get more Bolivian than that!

Next, we'll walk off some of those calories by making our way back to downtown, passing through a few marketplaces along the way. For those of you who aren't already stuffed, there will be plenty of opportunity to nibble on some local snacks and drinks such as *api*, a pork dish called *chicarron*, and puffed cereal like *pasankalla*. With a local to shop around with you, you'll be able

to learn about all these traditional dishes, and won't miss out on all the delicious Bolivian food sold in these markets.

Before your La Paz tour comes to a close, we'll make one last stop to taste Bolivia's famous 'sultana tea', made from sundried, lightly-toasted cherries mixed with cinnamon sticks. This sweet drink will help you digest all that food you've been trying, and give you a little boost to fend off the food coma!

Finally, we'll finish up the tour in the best way possible – by watching the sunset over La Paz from a gorgeous scenic viewpoint overlooking the city. After you've taken some memorable photos, we'll return back to Plaza Murillo, arriving between 5 and 6pm, depending on group pace and crazy La Paz traffic.

Additional information

Inclusions: Local English speaking guide, all food described in the itinerary.

Exclusions: All other food or drink other than what's specified in the itinerary, local transport fees, and tip / gratuities for your guide.

Dress standard: It is recommended that you wear comfortable walking shoes and dress in layers, and bring a fleece for the cool evening hours. The weather is always unpredictable in La Paz, so bring a small umbrella or poncho in case of rain.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children below the age of 6 are not permitted on this tour.

Local contact

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