Traverse of Bolivia's Cordillera Real

Trip Code: BOL

Version:

WALK & TREK	GUIDED GROUP	CHALLENGING
		8



HIGHLIGHTS

- Cross 8 high mountain passes, including two over 5,000 metres
- Explore the pre-Inca archaeological site at Tihuanaco
- Stay on the Isla del Sol and enjoy 3 days acclimatising beside Lake Titicaca
- Stunning views of Huayna Potosi (6,088m) and Condoriri (5,648m)

AT A GLANCE

- 12 days trekking
- Max altitude - 5350 metres
- Join at La Paz

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Stretching 120 kilometres from the Wara Warani in the north to the Chucura Valley in the south, the Cordillera Real is a truly impressive mountain range, with a host of high peaks, including 6 over 6000 metres. KE's 3 week trekking holiday, which explores the southern section of this 'Royal' range, is a genuine classic; keeping to high trails where possible and crossing several passes close to, and over, 5000 metres. During our 3 week walking extravaganza we'll enjoy a great diversity of scenery, including lovely alpine valleys with picturesque lakes, snow-capped Andean peaks and scattered indigenous Quechua villages. Before setting off on trek, we'll have time to explore La Paz, the highest capital city in the world, and spend time acclimatising beside the wonderful Lake Titicaca, where we'll visit Copacabana and even enjoy a night in an ecolodge on the Isla de Sol, famous for its Inca temples and pathways. Bolivia is the jewel in the crown of the Andean countries, with its spectacular landscapes, fascinating history and the friendliest people in South America.

Is this holiday for you?

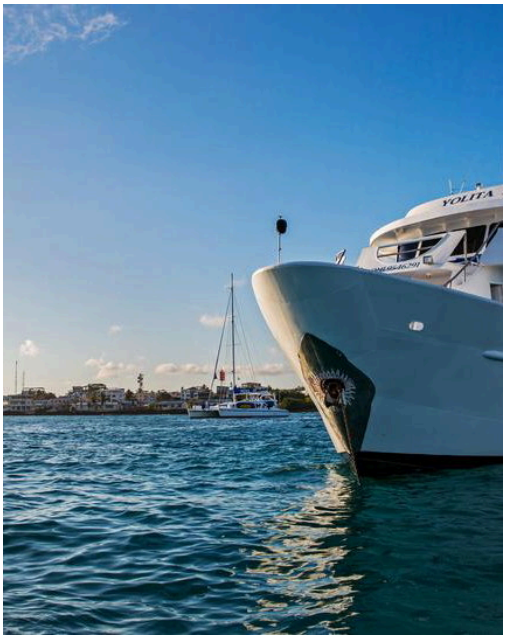
This is a reasonably long and continuous trek, with a considerable amount of ascent and descent. The complex nature of the route, linking high mountain valleys, gives this trek a great deal of character, but it also means that there are several passes to cross - almost one every trekking day. Having said that, we have allowed plenty of time to complete the route, with a couple of extra days being included within the schedule to allow for any contingency. This is an established trekking route, and we will be following a good trail throughout, with underfoot conditions ranging from Inca stone steps, to easy grassy tracks, to rocky passes and scree. All baggage and camping equipment is carried by pack-animals, so you will only need to carry your day pack each day.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Galapagos Islands Cruise

Create the perfect holiday-of-a-lifetime by adding an exploratory cruise of the stunning and unique Galapagos Islands

Needing little in the way of introduction, the Galapagos Islands are one of the most pristine natural environments left on Earth. Over 600 miles separate them from mainland Ecuador, meaning they have enjoyed splendid isolation and provide a habitat for a bewildering array of birds, reptiles, mammals and sea life you simply won't find anywhere else.

We have a variety of ships and itineraries and you can choose from two levels of service - Standard and Upgraded, many of which are more affordable than you may have thought. Itineraries are typically between 7 and 10 days which is the optimum length for visiting this natural paradise. During your cruise you will visit a number of the islands, each distinct and renowned in their own right. Sometimes these will be `dry` landings where you step onto a pier and at others you will make `wet` landings where you reach the island by small inflatable boats and step directly onto the beach. Every boat has a slightly different itinerary but all are focused on seeing as much of the amazing Galapagos wildlife as possible. There is also plenty of time for relaxation and for swimming and snorkelling from the boats. All of our itineraries begin and end in Quito and include the flight out to the islands.

Please contact us for details on availability, itinerary options and pricing. *(Sample itinerary detailed below)*

You might also want to consider our 10 day **Galapagos Islands Adventure,** for a more active and immersive experience of these diverse islands. This shore based trip stays in cosy small hotels and guesthouses, allowing us to experience the beaches and wildlife in the early mornings and evenings when the main tourists have disappeared on their boats. Alternatively, if you are looking for something a more luxurious why not spoil yourself on one of our Galapagos Cruises aboard the luxury Monserrat Motor Yacht.

Book this trip as a stand alone tour or in addition to any of our Latin America holidays.

7 days from
¤9,223,372,036,854,776,000 per person



Machu Picchu and Cusco Extension

Discover the magic of Peru's ancient heart on this unforgettable 4-day extension to Cusco and Machu Picchu. Hidden for centuries beneath dense mountain vegetation and brought to international attention in 1911, Machu Picchu is one of the world's most extraordinary archaeological treasures.

This itinerary begins in Cusco, the former capital of the Inca Empire, a fascinating city celebrated for its remarkable Inca stonework and elegant Spanish colonial architecture. You'll have time to explore the city and its surroundings before heading into the beautiful Sacred Valley of the Incas, home to impressive archaeological sites, traditional Andean villages, vibrant handicrafts, and colourful local markets.

The journey continues with a spectacular train ride through the Andes to Machu Picchu, where you'll enjoy a guided sightseeing tour of the breathtaking Inca citadel. After taking in one of the most iconic sites in South America, return to Cusco for a final evening in this captivating historic city.

This extension starts and ends in Cusco.

4 days from
¤9,223,372,036,854,776,000 per person

Holiday Information

What's Included

- An experienced English-speaking local tour leader
- La Paz Airport transfers (on group arrival and departure dates only)
- All land transport involved in the itinerary
- All accommodation as described the trip dossier
- Meals as described in the Meal Plan
- A full service on trek including food and all equipment (excluding personal equipment)

What's not Included

- Travel insurance
- Bolivian airport departure tax (if applicable)
- La Paz Airport transfers other than on group arrival and departure dates
- Some meals as detailed in the Meal Plan
- Tips for trek staff
- Miscellaneous personal expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in La Paz.

Airport transfers are provided for all clients.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

Where there is a wide range of dining options available it makes sense to leave the choice of what to eat and how much to spend to you and we have therefore not included in the holiday price, meals other than breakfasts, while staying in hotels in La Paz and Copacabana.. All breakfasts, 15 lunches and 13 dinners are included. We recommend you budget between US$15 to US$25 per meal including wine for none included meals. Whilst on trek all meals are provided.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

A wide range of restaurants is available in La Paz and in Copacabana on Lake Titicaca. On trek, the food is a mixture of local and international dishes, cooked for us by highly trained trek cooks. The emphasis is on a high carbohydrate diet with foods which we have found to be easily digestible at high altitude. Breakfasts include fresh fruit, porridge, pancakes or eggs; with plenty of bread and jam, and tea or coffee. Lunch is normally a picnic consisting of fresh fruit, salad plus bread, cheeses, cold meats, avocado with juices, tea and coffee. Dinner will be a three course meal of a variety of dishes freshly prepared by the trek cooks.

Accommodation

During this trip the group will spend 3 nights in a comfortable hotel in La Paz, 3 nights in comfortable hotel accommodation in Copacabana beside Lake Titicaca and 1 night in ecolodge accommodation on the Isla del Sol. Whilst on trek there will be a total of 10 nights camping and 2 nights in a refuge in shared dormitories. With exception of the Refuge all accommodation is based on twin sharing. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. Please note single tent hire does not include single rooms in hotels. For the 7 hotel nights, single rooms are available for a supplementary cost. Additional hotel nights in La Paz are also available.

Group Leader & Support Staff

The group will be accompanied by an professional English-speaking local leader plus a local guide and a full trek crew including cook, camp staff and baggage animals.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

We estimate that US$400 will be sufficient to cover your personal spending including the above mentioned non-included meals. This amount should also cover tips for the muleteers and other trek staff (we recommend US$80 - 100). It is not necessary to purchase local currency (Bolivianos) before you travel. Credit and debit cards can be used to obtain cash at ATMs in La Paz .If you are bringing your travel money with you, we recommend that you do this in the form of cash US dollars, as you will be changing the majority of your money on the day of your arrival. Note that travellers cheques can sometimes be difficult to exchange and normally have a poorer rate than cash. Credit cards can also be used to purchase some goods and at some restaurants in La Paz.

Guidance on Tipping

Tips are the accepted way of saying ‘thank you’ to your local guides and trek staff and muleteers. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. We recommend that you give a tip to your local staff if you feel that their services have met your satisfaction. This is best done from the group as a whole rather than from individual group members. As a rough guide we suggest you allow a total of US$80 - 100 (converted to local currency) for these tips. Lots of small denomination notes are useful as we need to change pack animals and their drivers every few days. Your trek leader will advise on how much and when to give these tips.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffel bag and a daypack. Your bag on trek will be carried by pack animals and should not weigh more than 15kg. It is possible to leave extra baggage at the hotel in La Paz. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions*. This must be done online via https://esta.cbp.dhs.gov, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US$40 *(as of 30/09/25).* Travellers who have not registered before their trip are likely be refused boarding.

*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK citizens will require an ETA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD$7 and you should apply for it at http://www.cic.gc.ca/english/visit/eta-start.asp. Other nationalities should consult their local embassy or consular office

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: http://london.usembassy.gov/niv/apply.html)

Visa Bolivia

UK passport holders do not require a visa for short stays. For other nationalities, please refer to your own Government website to check current requirements.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Bolivia is the Boliviano.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing holiday, getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Our treks can be physically demanding, but more as a result of altitude and terrain than distances walked. We would suggest that you adopt a weekly exercise regime. Running and swimming are good for developing aerobic fitness and better stamina. You should gradually increase your exercise leading up to departure, and in the month before setting off, we suggest that you try to fit in a number of long walks in hilly country.

Climate

Bolivia's dry and sunny winter season lasts from the end of April to October, and during this period the weather can be expected to be excellent for trekking and climbing. The days are relatively warm, up to a maximum of 20 degrees centigrade - although it can feel warmer than this in the strong sunlight. Night-time temperatures will drop to around freezing point above 3500 metres, and above 4500 metres the temperature can vary from 20 degrees centigrade to minus 20 degrees centigrade during a 24 hour period.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Trekking and Climbing in the Andes. Val Pitkethly and Kate Harper.
- Bolivia - a Travel Survival Kit. Lightbody.
- Eight Feet in the Andes. Dervla Murphy.
- South American Handbook.
- Latin America Spanish phrasebook - Lonely Planet.

Maps

BOCR Liam O`Brien. 1:135,000 Cordillera Real.

This map covering the entire route can be Purchased in La Paz.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag whilst trekking should be no more than 15 kgs.

You must bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Base-layer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 to 40 litres
- Head torch with spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 2 x 1 Litre (we encourage re-filling water bottles rather than single use plastic)

- Water purification tablets
- Sleeping bag (comfort rating -10°C) *
- Thermarest or similar sleeping mat *
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)
- Small padlock
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), Diamox, painkillers, plasters (band-aids) and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

The following items are optional:

- Trainers or similar for traveling and camp use
- Spare laces
- Shorts
- Thermal base-layer - leggings
- Scarf or neck buff
- Sleeping bag liner
- Trekking poles
- Travel clothes

- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

Equipment hire / rental: Items marked * can be hired locally. The contract for any hire equipment will directly be between our local agent or hire shop and the client and not with KE Adventure Travel. However, any hire equipment required can be reserved in advance through the KE office. The approximate price** for hire equipment is given below.

- Sleeping Bag $120
- Thermarest $70

** The above prices are approximate and for guidance only. KE Adventure Travel cannot accept any responsibility for changes to the price of hire equipment.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in La Paz. A transfer from / to La Paz Airport is included.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are for the itinerary based on UK flights from London (Heathrow) to La Paz. Outbound flights will depart from the UK in the afternoon, arriving early morning the following day (day 1 of the itinerary). Return flights will depart La Paz in the evening of the last day of the itinerary, arriving in the UK the morning of the following day.

Why Choose KE

Why KE

Our carefully planned itinerary ensures you have enough time to acclimatise properly, in the most stunning of surroundings! We've a full 5 days to acclimatise in La Paz beside Lake Titicaca, before setting off on our trek across one of the most stunning ranges in the Andes. We are also now proudly supporting a social enterprise initiative with a walking tour of La Paz, guided by 'Los Lustras', the city's shoe-shiners to gain a unique and insightful perspective on this fascinating city.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change