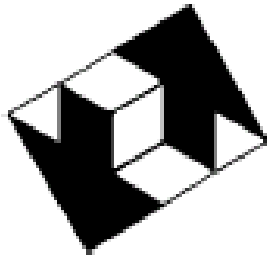


# **Arkansas/East Bolivia Partners of the Americas**



## **Traveler's Guide From Arkansas to East Bolivia**

**Compiled by Steven M. Neuse, 8/04**

Thanks for help from Sallie Abbas who compiled the North Carolina/Cochabamba guide. This document is based on their guide. Thanks also to the Arkansas Partners board who helped correct and/or add to a draft of this document.

<b>Conversions: Metric &amp; English</b>	
1 liter	=1.1 quart
100 grams (g)	=3.5 ounces (oz); 1 pound (lb)=454 g
1 kilogram	=2.2 lbs; 1 lb=0.45 kg
1 inch	=2.54 centimeters (cm); 1 meter=39.37 inches=1.09 yards
1 mile	=1.6 kilometers (km); 1 kilometer=0.6 mi.
1 hectare	=2.471 acres
50 F	=10 C; 68F=20C; 90F=32C

**Books with more information on Bolivia:**

van Lindert, Paul & Otto Verkoren, Bolivia in Focus (Latin American Bureau, 1994)  
 Morales, Waltraud, Bolivia: Land of Struggle (Westview, 1992)  
 Morales, Waltraud, A Brief History of Bolivia (Facts on File, 2003)  
 Painter, James, Bolivia and Coca: A Study in Dependency (L. Reinner, 1994)  
 Swaney, Deanna, Bolivia, (Lonely Planet, 2001)

**Websites** for getting acquainted with Bolivia in general, and East Bolivia in particular:  
[www.lanic.utexas.edu/](http://www.lanic.utexas.edu/) (in reality, this is the only general site you will need. It leads one to hundreds of sites regarding every conceivable Bolivian topic - the General Reference and Travel and Tourism sections are especially useful)

- [www.boliviaweb.com/cities/santacruz.htm](http://www.boliviaweb.com/cities/santacruz.htm)
- [www.boliviaweb.com/cities/trinidad.htm](http://www.boliviaweb.com/cities/trinidad.htm)
- [www.boviviaweb.com/cities/cobija.htm](http://www.boviviaweb.com/cities/cobija.htm)
- [www.lapaz.usembassy.gov/english/commercial/cc2004.pdf](http://www.lapaz.usembassy.gov/english/commercial/cc2004.pdf)

**Table of Contents**

General Information . . . . .	3	Religion . . . . .	8
Geography and People of Bolivia . . . .	4	Services(Elec, Tel, Post) . . . . .	8
East Bolivia . . . . .	5	Newspapers . . . . .	8
Passports, Visas, Customs . . . . .	5	Health . . . . .	8
Transportation . . . . .	6	Clothing . . . . .	9
Money Exchange . . . . .	6	Misc Travel Tips . . . . .	9
Customs You Should Know About . . .	7	Food, Drink . . . . .	10
Language Tips . . . . .	7	Places to Visit in East Bolivia . . . . .	11
Being a Good Guest in a Home . . . .	7	Hotels . . . . .	11
Gift Ideas . . . . .	7	Restaurants . . . . .	11

# Traveler's Guide

## **General Information-**

Area: 424,165 sq.mi. or 1,098,580 sq. km.  
(combined area of Texas and Calif.)

Population: about 8.6 million (7/03 est.)

Distribution of population: 58% urban, 42% rural

Capital: La Paz (political); Sucre (constitutional)

Major cities: La Paz (largest), Santa Cruz (2nd largest), Cochabamba (3rd largest), Potosí, Tarija

Flag: red, yellow, and green horizontal bands with escutcheon on yellow band.

Anthem: Himno Nacional de Bolivia (of course!)

National Flower: Cantuta (a red, yellow and green trumpet-shaped flower)

Government: Republic, a Constitutional Democracy with President, Vice-Pres., Congress consisting of the Senate and the House of Deputies

GDP per head: \$2500 (02 est.)

Time zone: One hour ahead during Daylight Savings Time and two hours ahead during CST.

Altitudes: Santa Cruz 416 m; Trinidad 237 m; Cobija 280 m.

Languages: Spanish; Quechua, Aymara, Guaraní (The last three are indigenous)..

Literacy: 87.2%

Holidays: New Year's Day Jan. 1; Carnaval (Sat., Mon & Tue preceding Ash Wed.); Holy Week before Easter; Father's Day (Mar 19), Bolivian Labor Day May 1; Mother's Day (May 27), Corpus Christi Day May 30; Bolivian Independence Day Aug 6. All Saints Day Nov. 1; Christmas Dec. 25

Religion: 95% Roman Catholic, Evangelical Methodist; indigenous religion with allegiance to Pachamama (Mother Earth)

Fiestas: Holy Week Semana Santa (week leading up to Easter), Carnaval (see

holidays above) .

Major Industries: agriculture, narcotics, smelting, petroleum, food and beverage, tobacco, handicrafts, clothing, tin mining, natural gas



### Bolivia's Geography and People

Landlocked Bolivia shares borders with Argentina, Brazil, Chile, Paraguay, and Peru. With an area of 424,000 square miles (1,099,050 square kilometers), Bolivia equals the combined area of Texas and California. Bolivia has three well-defined geographic zones--high plateau altiplano, temperate and semitropical valleys of the eastern mountain slopes yungas, and tropical lowlands llanos of the Amazon River Basin.

Lying between the main eastern and western ridges of the Andean Mountains, the altiplano is 500 miles (805 kilometers) long and 80 miles (130 kilometers) wide. At altitudes ranging from 12,000-14,000 feet (3,660-4,270 meters), it is one of the world's highest inhabited regions. Lake Titicaca, on the altiplano, straddles the

northern Bolivia-Peru border with an area of 3,500 square miles (9,060 square kilometers), depths of 700 feet (210 meters), and a constant surface temperature of 55°F (13°C).

The most agriculturally productive and populated part of the altiplano surrounds the lake. Inhabitants, mainly Aymara and Quechua Indians, have a subsistence agricultural and grazing economy; livestock include sheep, cows, goats, alpacas, llamas, and vicuña. Rich mineral deposits are found in nearby mountain areas (La Paz, Oruro, and Potosí). The yungas, regions of temperate and semitropical

valleys, lie east-northeast of the altiplano and vary in altitude from 1,600 to 9,000 feet (490 to 2,740 meters) above sea level. They are major agricultural producers of corn, barley, coffee, cacao, coca, citrus, and sugarcane. The major cities of Cochabamba, Sucre, and Tarija are situated in valleys southeast of La Paz.

The llanos cover more than two-thirds of Bolivia. Through them flow major tributaries of the Amazon: Mamoré, Beni, Ichilo and Madre de Dios Rivers. Except for the Santa Cruz Department, the llanos are sparsely populated and undeveloped but offer excellent potential for agriculture and livestock raising. Santa Cruz, Trinidad, Riberalta, and Cobija are the main lowland cities.

Bolivia lies entirely within the Tropics, but there are extreme differences in elevation--

from 300 feet (90 meters) along the Brazilian border to the 21,000 feet (6,400 meters) of the highest peaks--produce a great variety of climatic conditions. Coupled with soil diversity, this produces highly varied vegetation, from the sparse scrub grasses in semiarid highlands to lush rain forests with a variety of hardwoods (mahogany, South American oak, and cedar).

Bolivia is divided into nine departments: Cochabamba, La Paz, Santa Cruz, Oruro, Potosí, Tarija, Beni, Chuquisaca, Pando. Rural Bolivia is largely indigenous in culture. About 60% of Bolivia's people are Aymara and Quechua Indians, descended from peoples of Incan and Pre-Incan cultures. Recent economic problems have increased rural-urban migration.

Bolivians of Indigenous-European ancestry mestizo about 25%-30% of the population, work mostly in small businesses, factories, and government offices. The remaining 10%-15% of Bolivians are of European descent and fill most of the professional and managerial positions.

**East Bolivia:** East Bolivia is generally tropical, but there are differences in the vast area.

- **Santa Cruz** (in Santa Cruz Department) is a bustling, sprawling city with a population approaching 1.5 million. The present city of Santa Cruz was established in the late 16th century and quickly became an agricultural center producing rice, cotton, and sugar. In the mid-1960s with the completion of a highway to La Paz, and a railroad to Brazil, Santa Cruz's economy took off, and population exploded. In the last twenty years, The Santa Cruz area has continued its emphasis on agriculture and is now a

major producer of natural gas. Although in a tropical zone, both the temperature and the humidity are less stifling than further north. It rains little in the winter (*our summer*) but can pour for a long time during the summer making unpaved roads into a quagmire. In the winter, dust and smoke from burning sugar cane field waste often creates serious pollution. On occasion, during the winter, a chilling wind, the surazo, can be quite uncomfortable.

- **Trinidad** (in Beni Department) has the same weather (and pollution) characteristics as Santa Cruz but it is hot and humid year round. It was founded by Jesuits in 1686 and moved to its present location in 1769. The population is about 80,000. Beni is mainly an agricultural department and has a large cattle industry. There are considerable ecotourism opportunities, including river travel and lake adventures.

- **Cobija** (in Pando Department) was founded in 1906 and had a booming economy until the rubber industry declined. Its population is now about 15,000 and depends to a large extent on Brazil nut crops and what is left of rubber cultivation. Like Trinidad, there are ecotourism opportunities and Cobija has an international bridge to Brazil. Pando is known as the wettest region in Bolivia.

### **Passport, Visas**

There is some debate about whether one should keep his/her passport in possession at all times. If you do so carry it in a secure location as passport theft is common. If you feel comfortable, leave your passport at your host's home or hotel safe and carry a copy of it (preferably notarized).. Visas are not needed unless you are planning on staying for several months. When you enter you automatically get a passport stamp for a 30-day stay.

**Customs (Aduana)** Give baggage checks to baggage handler (Note the number on his shirt) tip:\$1 (\$2 if exceptional service). \$1 is about 8 Bs. For current information concerning entry and customs requirements for Bolivia, travelers can contact the Bolivian Embassy at 3014 Massachusetts Avenue N.W., Washington, D.C. 20008, tel: (202) 483- 4410

### **Transportation**

Getting there: you'll likely travel on American Airlines via Miami to La Paz and then on to Santa Cruz. If you are going to Trinidad or Cobija, you will make connections to Lloyd Aero Boliviano (LAB), AeroSur, or Transportes Aeros Militares.

Confirm 72 hours before the flight, both in the United States and Bolivia. Be sure you have sufficient time in Miami to make your connection, a minimum of two hours, preferably more. Do not assume the travel agent will see to this; check it yourself. Do the same in Bolivia.

Baggage limit: American Airlines-three pieces: one of up to 70 pounds and 62 inches total dimension (length+width+height), one of up to 70 pounds and 55 inches total dimension, one carry-on of 45 inches total dimension. The three domestic airlines allow 20kg per person excluding carry on. In country delays and/or cancellations can be expected on occasion because of weather or equipment problems.

Arriving in Santa Cruz: You may have to show your baggage contents to the Aduana. Be sure to have your passport stamped with an entrance stamp at Migración. Missing this can cause a problem later.

Returning to US from East Bolivia: reconfirm 72 hrs before departure. Arrive at the airport 1 1/2 hrs before departure. An airport fee of \$20 is assessed, payable in Bolivianos or dollars. Also you'll need to present your passport to be stamped at the Migración window. They also require a photocopy of your passport photo and immigration stamp - prepare ahead! Finally, if you fly within Bolivia you will pay arrival and departure taxes each time you enter the airport.

### In country: taxis, radio taxis, buses, and micros

- Although one can wave down a taxi, it is far more reliable and safe to call by telephone for a radio-dispatched taxi. In Trinidad and Cobija, for the brave, there is also the option of taking a motorbike (moto) taxi, or even renting a motor bike for personal use.
- It's wise to verify or negotiate fares before getting in. It is helpful to know between what cross-streets your destination is located (in addition to the street and house number), so that you can advise the driver.
- Radio taxis may also be used for having something picked up and/or delivered -- food items from restaurants, dry cleaning, etc.
- You will find busses and the smaller van-like micros in Santa Cruz.

Street traffic: Santa Cruz streets are often clogged with fast moving traffic which rarely yields to pedestrians - watch out! While things are not as chaotic in Trinidad and Cobija you do have to be careful of fast moving motor bikes.

**Money Exchange** Current rate about 7.9 Bolivianos to 1 US dollar (7/04). On the Web you'll find a quick currency converter at [www.xe.com/ucc/](http://www.xe.com/ucc/). Regarding exchanging money - first ask local Partners

for advice. Most of the time you can exchange money or travelers checks at cambios which are in abundance. You may also change money at certain banks. Avoid street changers even if the rate is better - you may be getting counterfeit money. Also, avoid receiving worn-out money as it might not be accepted some places. Finally ask for small bills. You will also find ATM machines in most cities and at some of them you may use your Visa or MasterCard. Many places also accept American dollars as payment. However, torn or ink stained bills may not be accepted.

### **Customs you should know about:**

- The pace of life in Bolivia tends to be a bit less rushed. This can translate into what we call Hora Boliviana ("Bolivian time"), or non-punctuality. Someone invited to arrive at 7pm may show at 8pm.
- Abrazos: a greeting which starts with a handshake then an embrace, often with a back pat, followed by a handshake. Greetings and goodbyes are more of a "big deal" in Bolivia.
- Women friends often greet with a kiss, perhaps one on each cheek.
- Women friends may walk arm in arm down the street; men often do arm on other man's shoulder.
- The family usually waits until the father starts to eat.
- If someone invites you to something, they expect to pay. It is impolite to come back with "Oh no, let me pay".
- Be careful about using hand gestures. Using "thumbs up" is an appropriate way of expressing approval; using our OK sign (rounded fore-finger and thumb) is definitely not.

### **Language tips:**

Refer to rural Indians not as indios (an

insult) but as campesinos (peasants) Macho (male) and hembra (female) are used for gender designation in animals, not people. For boy babies, use hombrecito, or niño; for girl babies, mujercita or niña. For children, it's muchacho for boy, muchacha for girl.

### **Being a good guest in a home**

Usually toilet paper is not flushed, but is placed in a wastebasket near the toilet. (The systems are not built to handle paper waste and can get clogged up easily). Check with your host on this. The presence of a wastebasket near the toilet answers the question for you.

Laundry: often done by the lavandera (washer woman). The visitor should offer to pay.

Showers-water for showers may be heated by a special unit which is located just above the shower head (often called a Lorenzetti). Ask host how to operate it; and don't worry, you won't be electrocuted! Water is often in short supply; be conservative by taking short showers.

Take some photos of your family and community to show to your Bolivian hosts and friends, perhaps in a little photo album.

**Gift Ideas** (for giving to Bolivian hosts, families, and household help): small photo book or postcards from AR, decorative mug or coffee cup, pins with AR design, printed T-shirts, pocket calculator (solar), small dolls, tiny watercolor sets, stickers, pocket knife, little bottles of nice lotion or fragrance, magic markers, flashlights, fishhooks & flies (if you know your host likes to fish), jams & jellies, M&M chocolates, potpourri, or an Arkansas specialty (such as something from the Ozark Smokehouse, the Bluebird Factory, or the House of Webster). Razorback curios are especially appreciated since so

many Bolivians have graduated from the University of Arkansas.

**Religion:** Catholicism is the primary religion, although there are a number of Protestant denominations represented: Methodist, Baptist, etc.

### Services

**Telephone:** long distance calls may be made from ENTEL offices or from the home, if they have opted for international service (many do not, as it costs extra). You may call the operator to have your call placed; they will call you back when the connection has been made. Use MCI AT&T, or Global Spectrum long-distance cards for near immediate connection to the U.S. Direct-dial in-country is possible between La Paz, Cochabamba, Oruro, Santa Cruz, Sucre, Potosí, Trinidad, Cobija and Tarija. Telephones are sometimes balky; you may have to dial more than once.

It's ringing: -----

It's busy : --- --- --- ---

Telephone Area Code - Country : 591; Santa Cruz 03; Trinidad 046; Cobija 0842.

Bolivia has become much more internet friendly in the last few years. Internet cafes abound and many host homes now have email access. Also, if your project involves a university, you can probably ask to use their internet access for email..

**Newspapers:** Santa Cruz: El Deber, El Mundo. . The English language weekly, The Bolivian Times comes out on Fridays and is available in kiosks and book stores. So too are international versions of Time, Newsweek, and The Miami Herald.

**Electricity:** 220 volts. The electrical outlets

are different from ours, so take an international adaptor. Transformers may or may not be available in hotels; not usually in homes. A little one for a shaver, curling iron is available from Radio Shack. Some appliances to travel with (hair dryers, etc.) may be obtained that are switchable from 110 to 220. Take an electric socket adaptor; the sockets have two little round holes. Some sockets will accommodate both kinds of plugs

**Postal:** You may purchase stamps at the central Post Office for sending postcards and letters

### Health

- Inoculations needed: Your t e t a n u s / d i p h t h e r i a , measles/mumps/rubella, and polio vaccines should be up to date; inoculation against Hepatitis-A; malaria (by tablet before, during, and after trip) and yellow fever if you are going to the tropical areas e.g., Cobija) For children, be sure their Measles/MMR immunization is up-to-date
- Diarrhea: Take Immodium tablets with you. Don't drink tap water; drink bottled water, sodas, beer, etc. It is a good idea to clean the bottle or can top, if you're drinking directly from it and make sure the seal on your new bottle of water is unbroken. If you ask for a drink with ice (hielo), ask if it is from purified water and take an affirmative answer with a grain of salt.

- The local water is likely contaminated with many disease-causing organisms. All water consumed must be boiled at a rolling boil for 20 minutes, then filtered to remove any debris. Filtering alone does NOT make water safe to drink. Make sure any ice cubes have been made with boiled water; freezing does NOT kill germs. Alcohol does not kill parasites.

Where boiling is impractical, iodine tablets or chlorox may be used. These both impart a taste to the water. Fruits and vegetables to be consumed raw should be thoroughly washed in water to which iodine (1 tablet or 6 drops) or chlorine has been added. Don't use anything containing dipyrone; this has been banned in the U.S. Chloramphenicol is a dangerous antibiotic, may be sold under names Quemcetina or Cloraon-Recto-Bi

Don't buy antihistamines with methapyrilene (thenylpyramine or thenylene)[chem name N-Dimethyl-N (2 Pyridyl)-N-(2 Thenyl)Ethylene diamine]

Chagas disease: the illness is caused by a protozoan carried by some vinchuca bugs (large dark-colored insect about 1 inch long) If bitten, you won't necessarily get the disease, but try to catch the bug alive for analysis. The bite is most often near the eyes because the tissue is very soft. It produces a hard area about the size of a quarter.

Cholera is present in Bolivia. Visitors who follow proper precautions about food and drink are usually not at risk.

Medical Facilities: Medical care in large cities is adequate but of varying quality. Doctors and hospitals usually expect immediate cash payment for health services. U.S. medical insurance is not valid in Bolivia. The Medicare/Medicaid program does not provide payment of medical services outside the United States. In some cases, medical insurance with specific overseas and medical evacuation coverage has proven useful. Rely on your hosts for suggestions concerning physicians.

General: Take copies of prescriptions, extra pair of glasses or contact lenses. Take lotion and lip balm for the dry season. While you may be avoiding some beverages in the interests of health, don't

forget to drink enough liquids to avoid some dehydration! Carry a bottle of water with you.

**Going to the Altiplano**: If you are planning a stop-over or side-trip to the altiplano (La Paz), be aware of special health considerations. Altitudes range from 10,000-to 12,500 in the La Paz area. Altitude sickness and over-exposure to ultraviolet rays are ever present threats to health. For information about visiting the altiplano go to one of the sites previously mentioned on Lanic.

**Clothing**: Remember the seasons are opposite, since Bolivia is in the southern hemisphere. However, you will need a jacket during the winter only in Santa Cruz. In the rest of East Bolivia, wear cool cottons. Take comfortable footwear; you'll likely do more walking than in the US. Wear conventional, respectable clothing. For women, dresses and skirts are good. Shorts are generally not. Slacks are worn by South American women; although young women wear jeans, older women usually don't.

Take a bathing suit for going to a pool or spa. You may wish to plan on giving away some clothing you bring (makes room for some purchases!). Also, be sure to bring an umbrella.

### **Miscellaneous Travel Tips**

For security, remember passport precautions, and the same precautions with your camera. Watch luggage. Leave good jewelry at home - better yet don't wear any jewelry. Keep valuables in a money belt or something hidden.

Women: if you carry a handbag, hold it in front of you.

Men: don't put your wallet in your back pocket.

Take business cards.

Take lots of dollar bills, for tips, etc. For changing money, \$20 bills are good.

Pack for 5 changes.

It's good to have pocket tissues or TP with you for public rest rooms. Public restrooms cost about 1B. They will often include a piece of TP. Cleanliness of the facility cannot be expected!

Other items to consider taking with you: hair dryer (convertible--that works on 220 volts), small flashlight, swiss knife (only in checked luggage), gallon zip-lock bags, soap & towel, TP, Kleenex, money belt, tampons, and notebook.

### **Bring a good small dictionary you can tote around with you.**

Information on guarding valuables and protecting personal security while traveling abroad is provided in the Dept. of State pamphlet "A Safe Trip Abroad", available from Superintendent of Documents, U.S. Govt. Printing Office, Washington, D.C. 20402. Also available (same address) is the Dept. of State publication "Tips for Travelers to Central and South America."

These documents are also on line.

### **Food, drink**

Bolivians have what is sometimes called a continental style breakfast: tea or coffee and bread with marmalade and butter. The midday meal (almuerzo) is the big meal of the day, beginning often with a soup course. It is common to have tea at between four and five in the afternoon, with pastries, cakes, cookies. Evening meals are served late, sometimes as late as nine pm.

East Bolivian fare you might like to try:

**Fish:** surubí (catfish), pacú, dorado, piranha.

Parillada/asado: grilled beef - all imaginable parts (and then some!)

Pollo al spiedo: Chicken grilled on a spit

Tatu: Armadillo grilled on a spit.

Plantain & Yuca: starches cooked like potatoes.

**Fruit:** all measure of tropical fruits are found in East Bolivia (in Santa Cruz go to the Mercado los Pozos for samples.)

Empanadas/salteñas: meat, chicken, or cheese pies with a variety of ingredients including vegetables, raisins, olives, onions, etc.

Llaucha paceña: a doughy cheese bread.

Chupe: a thick meat, vegetable, and grain soup, usually well seasoned.

**Beverages:** Maté (a tea like beverage, Maté de Coca (coca leaf tea), and Bolivian Coffee (you can buy the bean in Arkansas) are popular hot drinks. Paceña, Ducal, and Tropical Extra are popular beers. The national liquor is a grape brandy called singani, usually drunk as a sour or chuflyay (singani, 7-up, and lime juice). Finally, you can always find the ubiquitous Coca Cola, Sprite brands almost anywhere.

### **Specifics about East Bolivia**

#### **Places to Visit**

Santa Cruz (ask your host for directions and travel arrangements)

- Plaza 24 de Septiembre to see the sloths hanging from the trees.
- The zoo is one of the finest in South America with a wide range of South American fauna.
- The Folklórico Museum at Arenal Park - history of Santa Cruz and lowland culture artifacts.
- The House of Culture on the main plaza with a collection of Bolivian art.
- Artecampo is a good market for local and regional artisan items.
- Rio Paray has an interesting collection of rustic food and beverage stands on the riverbanks.
- The Sand Dunes of Palmar, about 45

minutes out of Santa Cruz makes for a nice outing.

- Don't miss the church and markets at Cotoca, a near suburb.
- A trip to Samiapata and its nearby pre-Incan ruin El Fuerte are well worth the 2 hour trip. The town is rustic and tranquil and the views from the surrounding hills are stunning.

### **Trinidad**

- The main plaza with its interesting mélange of sloths, carvings, and statues of pink dolphins is a nice place to relax and catch the rhythm of the city.
- A few miles away at the Almacen or Barador ports, enjoy the sights of the Río Mamoré, a major Amazon tributary and enjoy eating fried fish (including piranha!) at one of the restaurants at river's edge.
- If you want a quick getaway visit to a rain forest, travel about an hour to a European-run dairy farm, La Estancia.

### **Cobija**

- Walk the town to see the old tropical wood houses scattered throughout.
- If you're around August 18-27 visit the annual artisan fair near the Río Acre.
- You can cross the Acre to the small Brazilian town of Brasiléia for a walk-around.

**Hotels** (mid-range or inexpensive-most of the time you will be staying with families, but just in case)

### ● **Santa Cruz:**

- Hotel Lido (AC)
- Hotel Bibosi (Fan)
- Gran Hotel Santa Cruz (AC)
- Hotel Tropicana Inn (AC)
- Hostal Canota (AC)

### ● **Trinidad**

- Hotel Aguani (AC)
- Gran Moxos (AC)
- Mi Residencia

### ● **Cobija**

- Residencial Frontera (Fan)
- Residencial Cocodrila (Fan)

### **Restaurants**

#### ● **Santa Cruz**

- Cuerpo y Mente (vegetarian)
- Kivón (ice cream, light meals)
- Babilonia (Middle East)
- El Fogón (parillada)
- La Ramada and Los Pozos markets
- Los Apostoles in Cotoca (pizza)
- Supermercado Santa Cruz (just like back home)
- El Rincón Salteño (a peña - folk music)

#### ● **Trinidad**

- Carlitos (parillada)
- Kivón (ice cream, light meals)
- Pescadería el Moro (fish)
- Tapacaré at Laguna Suarez (fish)
- Mercado Municipal

#### ● **Cobija**

- Pescadería Danielita (fish)
- Heladería Tucano (ice cream)
- Cabaña de Momo (parillada)
- Downtown Market

###