

**Bolivia: Llamas, Quinoa and Andean Food Sovereignty**  
**March 10 - 19, 2012**

**SAMPLE ITINERARY**

**Sat, March 10**

- Arrival in La Paz, hotel check-in and acclimatization (La Paz is at 12,500 feet above sea level!)
- Orientation briefing

**Sun, March 11**

- City tour of the El Alto and La Paz foodshed, with market visits and traditional food tastings
- Optional cultural evening

**Mon, March 12**

- Meeting with Bolivian NGO FOBOMADE (the Bolivian Forum on Development and the Environment) for a presentation on food sovereignty in Bolivia, GMOs and social movements
- Vegetarian lunch with traditional foods
- Meeting with Bolivian NGO PROINPA to discuss Andean agro-biodiversity, peasant agriculture and climate change adaptation

**Tue, March 13**

- Travel to Santiago de Okola, highland farming community on the shores of Lake Titicaca (3,810m)
- Help prepare traditional foods with host families and come together for communal lunch ('aphapi') with community members
- Discussion of local agriculture, agro-biodiversity and climate change with a local farmer and participate in productive activities TBD (fishing, tending animals, etc)
- Dinner with families and communal bonfire

**Wed, March 14**

- Optional early morning hike up Sleeping Dragon Mountain
- Andean textile workshop with local weavers
- Lunch with host families
- Visit the exquisite baroque church of Carabuco and travel back to La Paz
- Evening presentation on lithium development in the Uyuni Salt Flats

**Thu, March 15**

- Travel south through the stunning Altiplano, from La Paz to Jirira, in the department of Oruro, on the Northern edge of the Uyuni Salt Flat.

- Stop in Challapata to visit a quinoa processing plant of ANAPQUI, the National Association of Quinoa Producers
- Traditional Andean meal in Jirira

**Fri, March 16**

- Visit quinoa farms with an expert guide and discuss quinoa production with local producers
- Witness quinoa processing from start to finish: harvesting, threshing, winnowing, washing and cooking
- Excursion to Thunupa volcano, with spectacular views of the Uyuni Salt Flats

**Sat, March 17**

- Visit with llama and alpaca producers and discuss the history and challenges of camelid production in the Altiplano
- Discussion of llamas, quinoa and food sovereignty in the Southern Altiplano with special guests

**Sun, March 18**

- Travel back to La Paz with a stop for lunch in the city of Oruro
- Closing discussion and final group dinner

**Mon, March 19**

- Departure flights from La Paz (El Alto International Airport)