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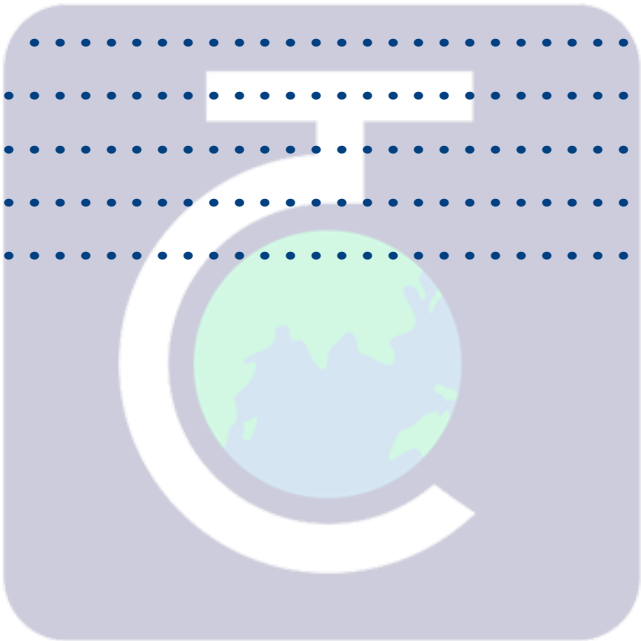
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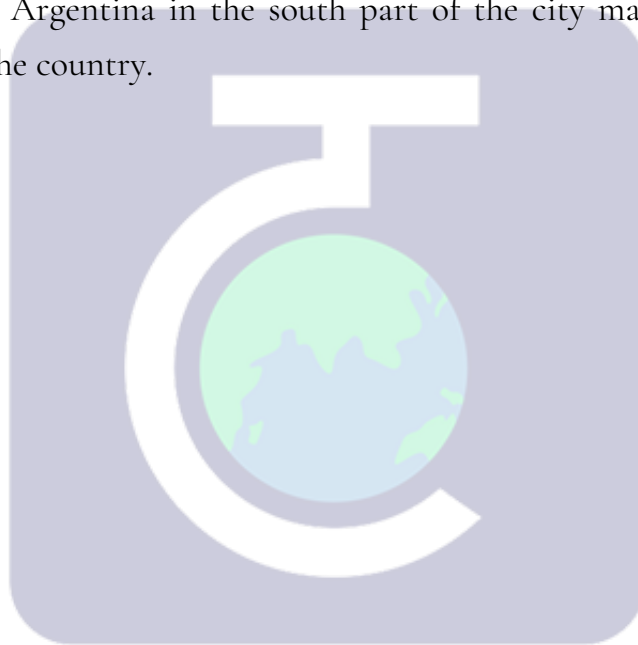
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1. Geographical location

Asuncion, refers to the Assumption of Mary - the city finds itself where the Pilcomayo river joins the Paraguay river upon a promontory 141ft above sea level on the left bank of the Paraguay. The city is geographically rich with gentle hills spread out in the area and enjoys a humid and warm climate throughout the year, with an average temperature of the city being 24°C. The bay of Asuncion and the Paraguay river separates the city from the Occidental Region of Paraguay and Argentina in the south part of the city making this city fall in the Central Department of the country.



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2. Neighbouring cities/countries

The City Lies Very Close To Luque Which Is Just 10kms Away Followed By San Lorenzo At 15kms, Formosa At 114kms, 277kms To Corrientes, 277kms To Resistencia And Posadas At 296kms. Paraguay Is Neighbours To Argentina And Brazil.



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3. Significance

Asuncion or Nuestra Señora Santa María de la Asunción is the cultural, economical, commercial and financial hub of the country. This charming city surrounds itself with gorgeous flowering trees and massive parks. The architecture talks about the rich colonial past, however the city won't jump out immediately and grab your attention. It moves with a pace, a slow pace. The city is well complemented by worn out mansions, plazas and dramatic palaces in a never been seen before look. South America's green capital isn't all green when it comes to the heavy traffic that surrounds the streets, however claiming to have 2.2 million people, the city's friendly locals will make you feel like home. Asuncion's outer space talks all about beaux artsy buildings and colonial architecture but once you dig deep down into the streets you'll bump into numerous shopping malls, exquisite nightclubs and excellent restaurants. Though Asunción is not nearly as pretty as some other South American cities, the downtown area is very walkable and features a handful of worthwhile sights, especially if the weather is nice.

4. History

The city is one of the oldest cities of South America and the longest continually inhabited area in the Rio de La Plata Basin, hence it is also referred to as Mother of the cities. The city was responsible in the finding of other cities like Villarrica, Santa Fe, Corrientes and Santa Cruz de la Sierra. The first European to visit the area may have been conquistador Juan de Ayolas, but the city was officially founded on the feast day of the Assumption on August 15, 1537 by Spanish explorers Gonzalo de Mendoza and Juan de Salazar. In 1542 natives destroyed the city of Buenos Aires thus Spaniards fled to the city of Asuncion making the city the center of a large Spanish colonial province. Asuncion became the seat of the First Synod Asuncion in the year 1603 that also set guidelines for the evangelization of natives in their lingua franca, Guaraní. In 1731, an uprising under José de Antequera y Castro was one of the first rebellions against Spanish colonial rule. The uprising failed, but it was the first sign of the independent spirit that grew among the natives of Paraguay. Paraguay declared its independence after overthrowing the Spanish Governor Bernardo de Velasco on May 14, 1811. After independence, under the presidency of Gaspar Rodríguez de Francia, who ran the country with little outside influence from 1814 to 1840, roads were built and the streets were named followed by constructions of universities, schools and other important infrastructural buildings. However, the city went through a disastrous War - the Triple Alliance (1865-1870) that caused more deaths than any other South American war, and was fought between Paraguay and the allied countries of Argentina, Brazil, and Uruguay. Asunción was captured in 1868, and occupied by Brazilian troops until 1876. The war had a devastating, long-term effect on Paraguay with mostly women and children surviving. After the Paraguayan War, Asunción began a slow recovery attempt. Towards the end of the 19th century and during the early years of the 20th century, a flow of immigrants from Europe and the Ottoman Empire came to the city. Today, the city stands as more prosperous than ever compared to other countries in the continent.

5. Cultural identity

Paraguay's main culture is derived from its Spanish colonial roots and traditional Guaraní native customs. In the 1600s, most Spaniards who arrived from Europe inter-married with the native women. This cultural blend is seen in Paraguay's forms of arts, crafts, music, festivals, literature, cinema, fashion, languages. The eclectic mix of the old and new have contributed immensely to the rich production of the arts and crafts of Paraguay. Paraguayan embroidery, lace making, and local music are representations of the cultural fusion. Food is an important part of the cultural ethos of any country, and in Paraguay, cornmeal, butter, milk, cottage cheese, eggs and fresh corn kernels are some of the major dishes. The capital of the country is one of those beloved by poets and musicians who have devoted dozens of poems and songs. You will find the city is bustling with people as prideful as any on the continent going on and on about their city, football clubs and the culture. The city will take sometime to gel along with you, but once you get to know it, you'll definitely fall in love with it. Paraguayan dances have a great history and heritage and are among the most popular cultural activities. There are various forms of dance in Paraguay, which have developed out of the influence of the Spanish dances, some of the most popular ones include Solito, Polka, El Chopi, La Palomita and Pericon. When it comes to Paraguayan music, it is overtly European in nature. Both the structure and the instrumentations employed in tradition Paraguayan music have clearly exhibit the strong European influences exerted on the indigenous culture of the land.

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6. Natural resources

The city isn't home to any National parks, however the country is known for Cerro Cora National Park, Nacunday National Park and Paraguay Ypoá National Park. The natural resources bustling on the soil of the country are iron ore, timber, limestone, manganese, hydropower, mica and natural gas.



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7. Key site seeing places (paid and free)**7.1. Paid****7.1.1. Museo de Historia Natural**

This museum is for those who like to explore the wildlife beyond the obvious. Museo de Historia Natural is known for its display of a myriad of insects, which includes different butterflies along with other fascinating bird species. Be a literal bird-watcher and explore the lives of these undiscovered beings.

Address : cnr Gral Artigas & Primer Presidente Jardin Botánico y Zoológico, Asuncion, 1540 Paraguay

Zipcode : 1540

Location : -25.2495716, -57.57491649999997

Contact : +595 21 291 255

Nearest Public Transport : Estacion Botánico Train Station

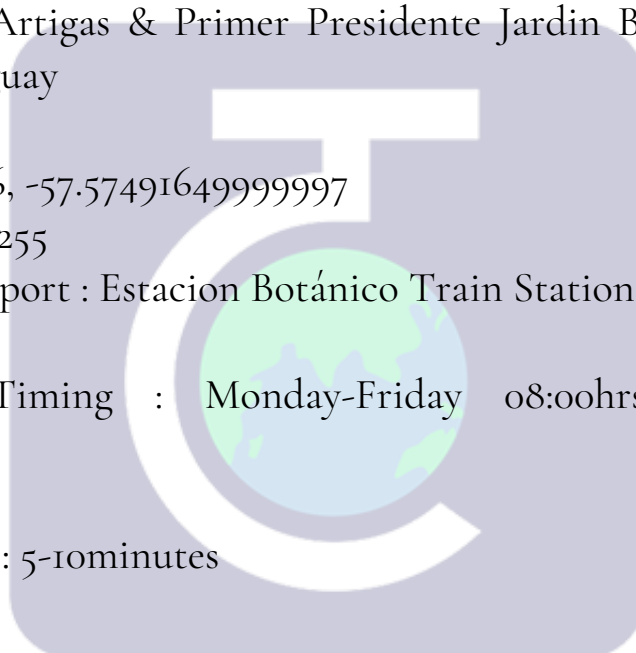
Entry Fee : 2230 PYG

Open & Close Timing : Monday-Friday 08:00hrs-16:00hrs, Saturday 08:00hrs-13:00hrs

Time Required : 1.5

Expected Wait Time : 5-10minutes

Buy Ticket : No

**7.1.2. Lagunita Jardin Botanico**

A shelter for the city zoo, the Jardin Botanico is also home to a small natural reserve and a couple of museums that revolve around the historic relevance of the region. Surround yourself with different species of flora and fauna and enjoy the day in nature's lap.

Address : Asuncion 1749, Paraguay

Zipcode : 1749

Location : -25.2518544, -57.57028860000002

Nearest Public Transport : Estacion Botánico Train Station

Entry Fee : 1670 PYG

Open & Close Timing : Daily 07:00hrs-19:00hrs

Time Required : 2

Expected Wait Time : 10-15minutes

Buy Ticket : Yes

7.1.3. Eco reserva Mbatoví

This nature reserve will leave you awestruck with its lush surroundings. The charm of this reserve rests in its ecological diversity. Not only can you explore the hidden mysteries of the wildlife, but you can also nudge your adventurous side with zip-lining and hiking expeditions.

Address : Ruta Paraguari-Piribebuy 4000, Paraguay

Zipcode : 4000

Location : -25.5743047, -57.09326509999999

Contact : +595 971-659820

Website : <http://www.mbatovi.com.py/>

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

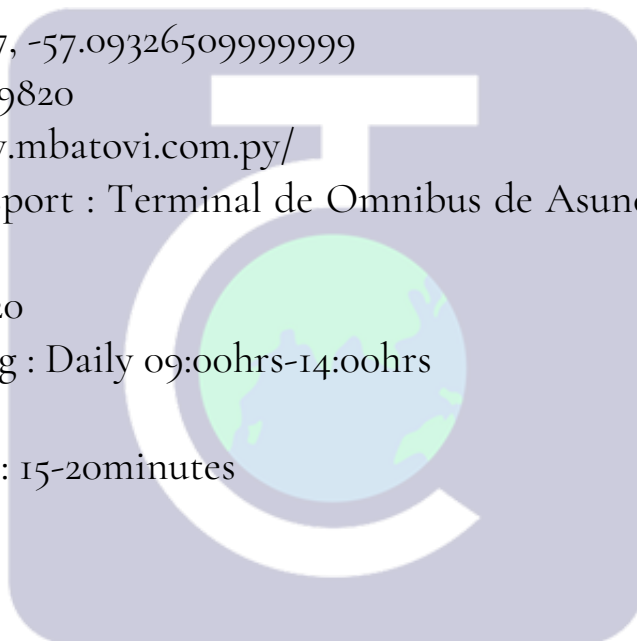
Entry Fee : PYG195020

Open & Close Timing : Daily 09:00hrs-14:00hrs

Time Required : 4

Expected Wait Time : 15-20minutes

Buy Ticket : Yes



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7.2. Free**7.2.1. Museo del Barro**

A tourist favourite, this museum is a larger than life display of pre-Columbian and indigenous crafts, modern paintings and caricatures of famous Paraguayans. Museo del Barro makes sure to set you on an unforgettable historic tour with its 4000 pieces from 17th century onwards.

Address : Grabadores del Cabichuí entre Emeterio Miranda y Cañada, 1827 Asunción, Paraguay

Zipcode : 1827

Location : -25.281595, -57.559272999999996

Contact : +595 21 607 996

Website : <http://www.museodelbarro.org/>

Nearest Public Transport : Parada de Bus Bus Station

Open & Close Timing : Wednesday-Saturday 09:00hrs-12:00hrs & 15:30hrs-20:00hrs

Time Required : 1.5

Expected Wait Time : 5-10minutes

Buy Ticket : No

**7.2.2. Estacion Central del Ferrocarril**

A major landmark of the city, the Asuncion-Encarnación railway line was the first of its kind in the South American continent. One of the early trains that ran the route is displayed at this monumental attraction along with other objects and artefacts from that period.

Address : Asuncion 1302, Paraguay

Zipcode : 1302

Location : -25.2837633, -57.629778600000001

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Open & Close Timing : Open 24Hours

Time Required : 1

Buy Ticket : No

7.2.3. Supermercado María's (Ex Ycua Bolaños)

On your way to the Jardín Botánico, you will pass the scorched remains of the Supermercado Ycua Bolaños, which was all over the news in 2006. Close to a thousand people were burnt to death when the owner declared a lockdown after a small fire broke out in the kitchen.

Address : Asuncion 3107, Paraguay

Zipcode : 3107

Location : -25.3096383, -57.61409639999999

Contact : +595 21 202 098

Nearest Public Transport : Puerto Elsa Bus Station

Open & Close Timing : Daily 07:00hrs-21:00hrs

Time Required : 1

Buy Ticket : No

7.2.4. Cabildo

The colonial town council that was once the center of the government, stands as an influential pink-hued cultural center today. A meeting place for Bohemian thinkers, the center also hosts regular cultural events and exhibitions by local historians, artists and academicians.

Address : Plaza de Armes, Asuncion 3107, Paraguay

Zipcode : 3107

Location : -25.2797272, -57.63359130000003

Contact : +595 21 443 094

Website : <http://www.cabildoccr.gov.py/>

Nearest Public Transport : Puerto Elsa Bus Station (not recommended)

Open & Close Timing : Tuesday-Friday 09:00hrs-20:00hrs, Saturday-Sunday 09:30hrs-17:30hrs

Time Required : 1.5

Expected Wait Time : 15-20minutes

Buy Ticket : No

7.2.5. Museo Arqueológico y Etnográfico Guido Boggiani

This well-organized and impeccably-maintained archaeological and ethnographic museum extends its arms to artistic pursuits and houses much of the feather

collection of Italian ethnographer Guido Boggiani. The museum acknowledges and sells handicraft items made by over 40 native communities.

Address : Cnel. Bogado, San Lorenzo, Asuncion 2160, Paraguay

Zipcode : 2160

Location : -25.3399148, -57.507172799999998

Contact : +595 21 584 717

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Open & Close Timing : Tuesday-Friday 08:00hrs-12:00.hrs, Saturday 09:00hrs-12:00hrs & 15:00hrs-18:00hrs

Time Required : 1.5

Buy Ticket : No

7.2.6. Panteón Nacional de los Héroes y Oratorio Católico de la Virgen de Asunción

Being one of the prominent attractions, this is the center of life in the city, where the remains of Mariscal Francisco Solano López and other brave-hearts from Paraguay's wars in the Panteón de los Héroes, are protected by military guards.

Address : Chile, Asunción 3107, Paraguay

Zipcode : 3107

Location : -25.282242, -57.635130300000001

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Open & Close Timing : Monday-Saturday 06:00hrs-18:30hrs, Sunday 06:00hrs-12:00hrs

Time Required : 2

Expected Wait Time : 10-15minutes

Buy Ticket : No

7.2.7. Centro Cultural Manzana de la Rivera

Located across the street from Palacio Lopez, Manzana de la Rivera boasts of nine colorful and restored houses that will transport you back in time depicting the country's history. The oldest being Casa Viola, where the Museo Memoria de la Ciudad records the history of Asunción's urban development.

Address : Juan E. O'Leary, Asunción 3107, Paraguay

Zipcode : 3107

Location : -25.2787916, -57.6367664

Contact : +595 21 442 448

Website : <http://cultura.asuncion.gov.py/>

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Open & Close Timing : The timing of different houses varies. Hence, make sure to confirm before going. The houses open generally around 07:30hrs on Monday-Friday and 08:00hrs on Saturday-Sunday.

Time Required : 4

Expected Wait Time : 5-10minutes

Buy Ticket : No

7.2.8. Museo Etnográfico Andrés Barbero

The free archaeological and anthropological Museo Etnográfico Andrés Barbero displays an expansive variety of indigenous tools, weavings and ceramics along with photographs and maps tracking the origin of every item.

Address : Av España 217, Asuncion 3107, Paraguay

Zipcode : 3107

Location : -25.2841467, -57.62587259999998

Contact : +595 21 441 696

Website : <http://www.museobarbero.org.py/>

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Open & Close Timing : Monday-Friday 08:00hrs-17:30hrs

Time Required : 2

Expected Wait Time : 10-15minutes

Buy Ticket : No

7.2.9. Palacio de López

The extravagant neoclassical piece of architecture, Palacio Lopez is the seat of government. Strike a pose in front of this extraordinary structure and feel the vibes of how Asuncion was in the earlier centuries. The night view of this

building is one of the most stunning things you will see in the city.

Address : Río Apa, Asunción 3107, Paraguay

Zipcode : 3107

Location : -25.2772267, -57.63724389999999

Contact : +595 21 414 0000

Website : <http://presidencia.gov.py/>

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Time Required : 1

Expected Wait Time : 20-30minutes

Buy Ticket : No

7.2.10. Casa de la Independencia

Casa de la Independencia is a colonial-styled museum, which traces back to the year 1772, when Paraguay became the first country in the continent to declare independence. A national monument, the museum is dedicated to the history of the country.

Address : Pdte Franco, Asunción 3107, Paraguay

Zipcode : 3107

Location : -25.28058, -57.63633659999999

Contact : +595 21 493 918

Website : <http://www.casadelaindependencia.org.py/v1/index.html>

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Open & Close Timing : Monday-Friday 08:00hrs-18:00hrs, Saturday 08:00hrs-13:00hrs

Time Required : 1.5

Expected Wait Time : 10-15minutes

Buy Ticket : No

7.2.11. Museo Naval Humaitá

Finding itself on the river behind the Palacio-López, this naval museum not only features a battle cruiser used during the Chaco war, but also other interesting artefacts and objects from the former period.

Address : Río Apa, Asunción 3107, Paraguay

Zipcode : 3107

Location : -25.2750614, -57.63675030000002

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Time Required : 1

Expected Wait Time : 5-10minutes

Buy Ticket : No

7.2.12. Catedral Católica Metropolitana de Nuestra Señora de la Asunción

Located on the eastern side of Plaza Constitución, Catedral Metropolitana is sparsely visited. However, the architecture is quite fascinating and once you step into the premises of the cathedral you'd want to stay for a while longer, away from the noisy city. The building's exteriors boast of Baroque-styled architecture complemented by two towers symmetrically placed on either side of the main entrance. The interiors feature religious artworks from the 16th and 17th centuries along with a grand altar.

Address : Plaza Independencia, Asuncion 3107, Paraguay

Zipcode : 3107

Location : -25.2814378, -57.6326267

Contact : +595 21 449 512

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Time Required : 1.5

Buy Ticket : No

7.2.13. Costanera de Asunción

Wander around at Costanera de Asuncion, a promenade that was constructed to mark the country's 200th year of independence. This location is known for its postcard views of the city skyline, sun-kissed beaches and fishing holes.

Address : Avenida Costanera, Asuncion, Asunción3107, Paraguay

Zipcode : 3107

Location : -25.2768765, -57.631348

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Open & Close Timing : Open 24Hours

Time Required : 1

Buy Ticket : No

7.2.14. Plaza Uruguay

Take a break from wandering around the city and visit this quaint plaza that was originally the location of the convent of San Francisco during colonial times. People come here to spend their slow-paced evenings relaxing on the benches, watching the city life go by. Surrounded by greenery and statues, one can also shop for some souvenirs or grab a cup of coffee at a nearby café.

Address : Estrella, Asunción 3107, Paraguay

Zipcode : 3107

Location : -25.2848982, -57.62999150000002

Contact : +595 972 473542

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Open & Close Timing : Open 24Hours

Time Required : 2

Buy Ticket : No

7.2.15. Parque Guasu Metropolitano

Shady trees and sprawling green lawns rule the park and provide a scenic view that brilliantly accompany you while you jog or walk along the boulevards. This recreational park is your answer to get some fresh air from the city chaos. You will also find a children's playground, outdoor gym and tourist information center located in the park. One can go for a biking expedition at Parque Na Guasu and explore the area on two wheels. Bikes can be rented inside the park itself.

Address : Avenida Doctor Esteban Semidei, Asunción, Paraguay

Location : -25.2649686, -57.54336839999996

Contact : +595 21 207 292

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

recommended)

Open & Close Timing : Daily 04:00hrs-22:00hrs

Time Required : 2

Buy Ticket : No

7.2.16. Iglesia de la Santísima Trinidad

Built in the late 1890s, the Church of the Holy Trinity is one of the most photographed places of worship in the city. With artistic grills that are well decorated with ornamental motifs enclosing the windows and doors, the church is lauded for its aesthetic charm. The white interiors complement the bold colours of the Gothic altar and the ceiling is composed of paintings and striking images of the Franciscan period in the country.

Address : Av. Santísima Trinidad esquina Sacramento, Asuncion 1224, Paraguay

Zipcode : 1224

Location : -25.26969129999999, -57.56285550000001

Contact : +595 21 290202

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Time Required : 1

Buy Ticket : No

7.2.17. Loma San Jerónimo

The sprightly streets of Loma San Jerónimo, are one of the most attractive landmarks of the city. Surrounded by various restaurants, cafes and bars, this destination buzzes with friendly locals and beautiful architecture that instantly turn you into an ace photographer.

Address : Asuncion 1224, Paraguay

Zipcode : 1224

Location : -25.2767133, -57.64638400000001

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Time Required : 1.5

Buy Ticket : No

7.2.18. Teatro Municipal Ignacio A. Pane

This place gives a good window into the real culture of the country. With spellbinding classical and traditional performances, concerts, symphonies, operas and plays, several artists find their home in the old, yet classy Teatro Municipal.

Address : Pdte Franco, Asunción 3107, Paraguay

Zipcode : 3107

Location : -25.2810385, -57.63478529999997

Contact : +595 21 445 169

Website : <http://www.teatromunicipal.com.py/>

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Time Required : 1

Expected Wait Time : 10-15minutes

Buy Ticket : No

7.2.19. Cerro Lambaré

Located on the tranquil banks of the Paraguay River, Cerro Lambaré is a mound frequently visited to get an excellent view of the city. The best way to absorb the beauty of this place is by catching the sunset on a quiet evening while overlooking the river and the Argentinian border.

Address : Asunción 2420, Paraguay

Zipcode : 2420

Location : -25.3411203, -57.64177979999999

Nearest Public Transport : Terminal de Omnibus de Asuncion Bus Station (not recommended)

Open & Close Timing : Open 24 Hours

Time Required : 3

Buy Ticket : No

7.2.20. Mercado Cuatro

This street market is your one-stop-shop to buy everything from fresh produce goods to Chinese imports. Expanding to several blocks, Mercado Cuatro is a lively trading market where you are sure to find whatever you want.

Address : Av. Pettirossi e/ Battilana, Batilana, Asunción 1560, Paraguay

Zipcode : 1560

Location : -25.2974752, -57.62313540000002

Time Required : 0

Buy Ticket : No

7.2.21. Supermercado España

From peanuts and chocolate bars to colored flip flops, this shopping center epitomizes the concept of "shop till you drop".

Address : Avenida España, Asunción, 1438 Paraguay

Zipcode : 1438

Location : -25.2854127, -57.6211801

Time Required : 0

Buy Ticket : No

7.2.22. Shopping Villa Morra

This mall has a departmental store, many local and international brands, a food court and a cinema, ensuring you have a fun-filled, yet relaxing day.

Address : Asuncion 1841, Paraguay

Zipcode : 1841

Location : -25.2943351, -57.58053689999997

Time Required : 0

Buy Ticket : No

7.2.23. Open-Air Market

Selling loose-weave cotton garments along with other indigenous crafts, this open-air market is a great way to get acquainted with the local culture.

Address : Estrella, Asunción 1221, Paraguay

Zipcode : 1221

Location : -25.282242, -57.63513030000001

Time Required : 0

Buy Ticket : No

7.2.24. Folklore

This your place to be if you want to purchase high-quality expensive Paraguayan

handicrafts.

Address : Caballero & Mcal. Estigarribia, Asunción 1225, Paraguay

Zipcode : 1225

Location : -25.28370289999999, -57.63208059999999

Time Required : 0

Buy Ticket : No

7.2.25. Shopping del Sol

One of the biggest and glitziest shopping centers in the city, this mall has everything from big international stores to local shops, a food court and a theatre.

Address : Asuncion 1102, Paraguay

Zipcode : 1102

Location : -25.2826013, -57.56676820000001

Time Required : 0

Buy Ticket : No

7.2.26. Mariscal López Shopping

Trendy and new, this mall is famous among the youth of the city. As city's landmark, this is a major junction where you can purchase anything and everything.

Address : Quesada 1803, Asunción, Paraguay

Zipcode : 1803

Location : -25.2951181, -57.581030899999997

Time Required : 0

Buy Ticket : No

7.2.27. Asunción Super Centro

Yet another excellent mall located in the city, which serves everything at your beck and call.

Address : 15 De Agosto, Asunción 1892, Paraguay

Zipcode : 1892

Location : -25.2822868, -57.63827950000001

Time Required : 0

Buy Ticket : No

7.2.28. Shopping Mall Excelsior

Located in the area of Manduvira, this mall is known for its excellent food court and also houses stores of various international brands.

Address : Manduvira,, Chile, Asunción 1250, Paraguay

Zipcode : 1250

Location : -25.2876951, -57.63872709999998

Time Required : 0

Buy Ticket : No

7.2.29. Shopping Multiplaza

From retail outlets and play areas to eateries and a cinema hall, this mall encompasses all forms of entertainments for adults as well as children

Address : Asuncion 1250, Paraguay

Zipcode : 1250

Location : -25.3165696, -57.5712924

Time Required : 0

Buy Ticket : No



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8. Key sites sports & adventure

Unfortunately the city is not home to any adventure Sports. However one can hike/walk to certain locations for sure. And Also one can go for biking at Parque Na Guasu to explore the area on bike and Zipline in the nearby wildlife reserve of Eco Reserva Mbatovi

- **Zip-lining and Rappelling at Eco Reserva Mbatovi -**

Address : Paraguay

Location : -25.574329,-57.093233

Contact No : +595 971-659820

Website : <http://www.mbatovi.com.py/>

Nearest Public Transport : Terminal de Omnibus (Not Recommended)

Entry Fees : PYG1,30,000

Open / Close Time : Daily tours at 09:00hrs and 14:00hrs

Time Required : 3.00

Wait Time : 30minutes

Index

9. Adventure sports, Local sports, stadiums

Football or Association football dominated the country and the city. Asuncion houses some of the most important and traditional teams of the country. Some of them are Olimpia, Club Nacional, Club Libertad, Cerro Porteno, Club Sol de America and Club Guaraní.

- **Estadio Defensores del Chaco:**

Address : Mayor Martínez, Asunción 1393, Paraguay

Location : -25.292118,-57.657403

Contact No : +595 991 501001

Website : <http://www.apf.org.py/>



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10. Spas and relaxation

There are numerous options to bring peace and harmony to your body in this city. Pamper yourself by visiting the following Spa services and redeem yourself –

- **Calle 11 Spa Urbano:**

Address : Intendentes Militares 857, Asunción 1409, Paraguay

Location : -25.281115,-57.613253

Contact No : +595 21 201 446

Website : <http://www.calleonce.com/spa.php>

- **Crowne Plaza Asuncion:**

Address : Calle Cerro Cora 939 Con Estados Unidos, Asuncion 1880, Paraguay

Location : -25.287570,-57.627840

Contact No : +595-21-452682

Website : <https://www.ihg.com/crowneplaza/hotels/us/en/asuncion/asucp/hoteldetail>

- **Natura Spa:**

Address : Belgium 853 between Lillo and Tte. Vera Barrio Herrera – Asuncion 1829, Paraguay

Location : -25.290512,-57.567878

Contact No : +595 21 660406

Website : <http://www.naturaspa.com.py/>

- **Dino Homme Spa:**

Address : Capitán Nudelman 190, Asunción 1302, Paraguay

Location : -25.297064,-57.574355

Contact No : +595 21 610 204

Website : <http://www.dino.com.py/homme-spa.html>

- **MujerActiva:**

Address : Hector Vera 2753, Asunción 1823, Paraguay

Location : -25.291546,-57.559203

Contact No : +595 21 682 111

Website : <https://www.facebook.com/MujeractivaPy>



11. Events calendar

Month

Events

New Year's Day

Paraguay celebrates the New Year just as the rest of the world, with all-night celebrations, fireworks and music. Asuncion is the best spot to catch the action.

Carnival

This incredibly festival multi-day event takes place at the same as in other countries. Parades, events, live music and dance, a good time is still guaranteed. Takes place in the first week of February. Dates are flexible.

Holy Week Festival

In gearing up for the Easter celebrations, Paraguay holds an annual week-long festival to set the pious mood for the coming events. Dates are flexible, since it takes place in the last 2 weeks of the month.

Cerro Cora

This national holiday commemorates the death of former president Francisco

Solano Lopez with a ceremony in the capital. It is observed on March 1.

Easter

As in most other South American countries, Easter is celebrated with all the religious fervour you'd expect from a predominantly Catholic population. Takes place on March 27th.

Independence Day

All over the country, events are held to celebrate Paraguay's independence from Spain with parades, concerts and fireworks. May 14th is the date of celebration in the country
Labor Day

May 1 is celebrated as Labor Day, also known as May Day or Workers' Day (in Spanish, Día del Trabajador), in many parts of the world to commemorate the important role played by workers in building nations and societies.
Dia de San Juan

Another annual festival which has been happening for decades takes a more light-hearted look

at Saint John with music, food and games around the country. The festival takes place in the last week of June, dates remain flexible.

Chaco Armistice Day

The Chaco War, which Paraguay fought against Bolivia between 1932 and 1935, ended with a ceasefire agreement on June 12, 1935. On this day, Paraguayans celebrate their victory and pay homage to all those who lost their lives during the war.

Verbena de San Juan

This traditional festival is part religious, part cultural, and part bizarre, with events such as walking on hot embers taking centre stage. It is held on June 24.

Dia de la Virgen de la Asuncion

The Ascension of the Virgin Mary is the theme of this very important religious and cultural celebration which consists of processions and ceremonies. The festival takes place on 15th August every year.

Foundation of Asunción Day

This day commemorates the founding of Asunción by Spanish explorer Juan de Salazar on August 15, 1537. It is also the day in 1967 when the revised constitution of Paraguay was adopted.

Battle of Boquerón Day



This holiday commemorates the historic Battle of Boquerón and is observed on September 29

Oktober Fest

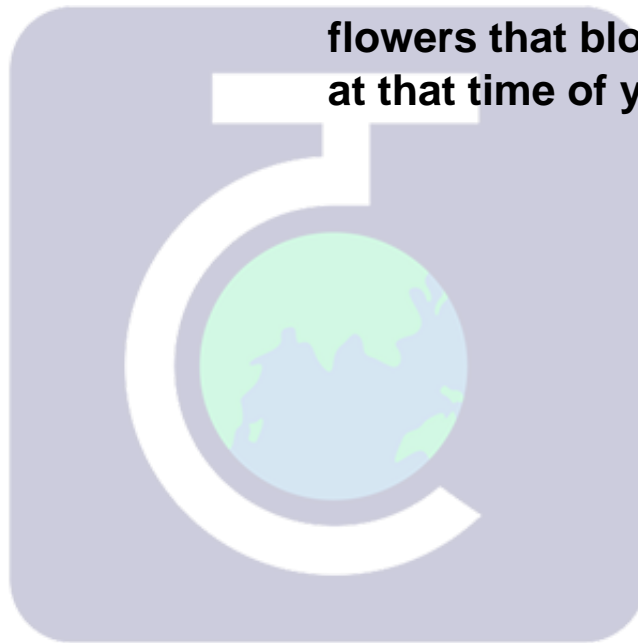
For an amazing insight into the curious immigrant communities that have shaped Paraguay, you can attend this beer festival which is modeled on its German namesake, held in Munich every year. This event is also held at the same time as its German counterpart, in early September, with the main festivities taking place in Asuncion, where German descendants of Paraguay proudly celebrate their heritage. The festival takes place in the first week of October.

Dates are flexible.

Christmas

Christmas is a day of great joy for Christians all over the world

because it the day chosen by the Catholic Church to celebrate the birth of Jesus. In Paraguay Christmas is the most important religious festival. Since in Paraguay it falls during summer because the country is located in the Southern Hemisphere, homes are decorated with flowers that bloom in the region at that time of year.



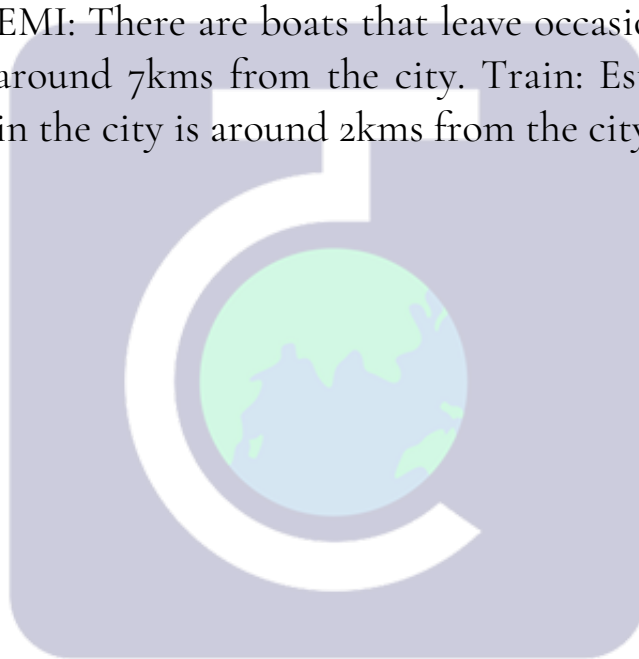
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12. Key local guides and tours

Unfortunately there are no local listed guides available in the area, however one will definitely bump into guides at certain attractions. Some of the best tours include – Asuncion Half-Day Walking Tour: Take this 4 hour walking tour around the city and discover the neighbourhoods like never before. From important sites to guided tours, this tour has got it all. Private Day Tour: Luque and Aregua from Asuncion: This is a private tour organized by professional tour guides who will take you throughout the different cities along with briefing one about local customs and current events. Golden Circuit: This 7-hour tour is the combination of handicrafts, culture, history, and nature that will make your trip an unforgettable and pleasant one. Asuncion Panoramic City Tour: Go on a complete city tour of Asuncion and see its famous sights. Get to know this picturesque city and see the fusion of modern and colonial architecture in its streets. Asunción Arts and Crafts Tour: This tour is designed for those who don't have much time to spend and still want to experience the handicraft culture around the city. Asunción Dinner and Show Experience: This 3-hour tour will take you through a traditional Paraguayan beef dinner and a show based on typical music and dances of the country.

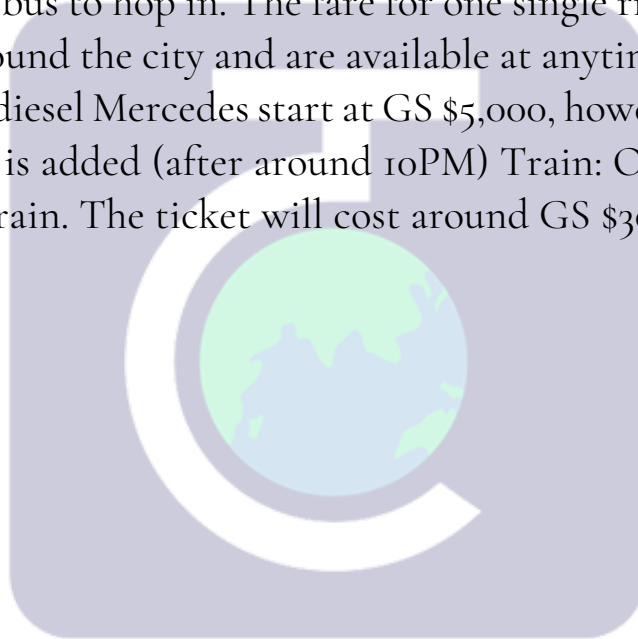
Index**13. Transportation hubs**

Airport: Silvio Pettrossi International Airport: The airport serving the city is Silvio Pettrossi and is located at Luque which is a city in the Central Department. The airport is located around 10kms away from the city. Bus Terminal: Terminal de Omnibus de asuncion: This bus terminal receives buses from all over the region and is located about 8.4kms away from the city. Port: PUERTO CAACUPEMI: There are boats that leave occasionally from this port. The port is located around 7kms from the city. Train: Estacion Botánico: The train station located in the city is around 2kms from the city center.



Index**14. Transportation cost**

The city is bustling with buses and taxis to take you around. Both these transport are inexpensive. Following are the costs of each one – Buses: Buses are called ubiquitos and are the cheapest option in the city. They go more or less everywhere in the city, however to see the destination do pay attention on the board on the front window. There aren't many bus stops in the city so stick your arm out and stop the bus to hop in. The fare for one single ride is GS \$2,700. Taxi: Taxis are bustling around the city and are available at anytime. Quite inexpensive these old, lumbering diesel Mercedes start at GS \$5,000, however during the night-time a 30% surcharge is added (after around 10PM) Train: One can also commute to certain places by train. The ticket will cost around GS \$3000



Index**15. Baggage allowance**

One can carry heavy amount of luggage into the city when travelling from the nearby cities in buses, also carrying heavy baggage's in taxis and trains is also a fine option, however make sure not to carry heavy bags in the locals buses or boats. Also, just roam around with light backpacks or money belt when exploring the city to avoid any inconvenience.

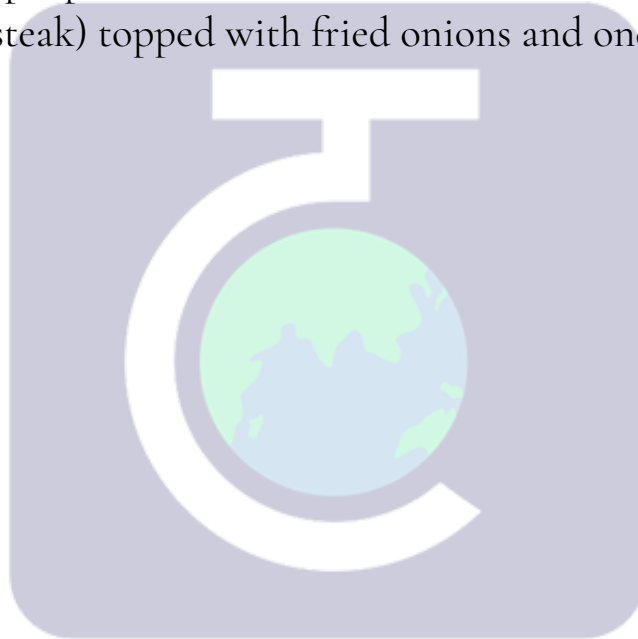


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16. Must try food and local savouries

This bilingual country boasts of numerous traditional treats that are either named in Guarani, Spanish or a mixture of both languages. There are no major variations in the way dishes are served and prepared in different regions but the core recipe remains the same. Here are some of the must tries dishes – Tereré: A traditional beverage that has been a part of the country's culture as long as people have lived here. It consists of a mixture of herbs called yerba and it is usually the first drink that the locals have it in the morning. Guiso popó - A very traditional dish, similar to a stew that contains chicken and rice, pickled with sweet pepper and garlic. It also has some variations where the rice is replaced by pasta or potatoes. Mandioca - (also known as Yuka, Yuca or Cassava) which are similar to potatoes, are eaten with almost every meal as they are a native crop of Paraguay. In fact, it is so common there is a local expression, Más Paraguayo que la mandioca (More Paraguayan than the Mandioca). Arró Quesú - Paraguayan style rice, is similar to a cheese and milk risotto but it has to be made only with white rice and Quesú Paraguai ((Paraguayan cheese) Asado - Literally barbecue though the Paraguayan Asado is often accompanied with Sopa Paraguaya or Chipá Guazu. Note, an asado has many types of meat, and LOTS of it! No scrawny hamburger patties here. Dulce de Guayaba – A sweet jam made from guava, served alone or eaten with bread. Dulce de Mamón - a dessert made from Papaya (papaw) and served with caramel. Kaguyjy - Also known as mazamorra, it is one of the most traditional desserts of Paraguay. It is made from corn and sugar and sometimes honey or milk is added. Ka'i ladrillo – A candy made with peanuts and molasses, cut into small cubes that look like small bricks. In fact ladrillo is Spanish for brick. The full name actually means “the brick of the monkey”. Bori Bori - a thick soup to which dumplings (or small balls) of cornmeal and cheese and sometimes chicken are added. Milanesa - Even though this is not originally from Paraguay, the milanesa has become a staple part of Paraguayan cuisine. Milanesas are crumbed meat filets. Chipa Guazú - basically a corn cake, made with cheese, fresh corn, eggs, oil and milk, and cooked in the Tatakua (a clay oven). It is similar to the Sopa Paraguaya which has corn flour instead of grains of corn. Puchero - A traditional stew made with meat, vegetables (like carrot,

pumpkin/squash and onions). Quesú Paraguái - Also know as Queso Paraguayo, this is typical cheese made by rural artisans. Sopa Paraguaya / Sopá Paraguái - (Literally Paraguayan Soup). This is probably the world's only "solid" soup. More than a soup, it is actually more like an open pie made of ground corn, cheese, eggs and milk. Empanadas - Pastries filled with different combinations, including, egg, meat, chicken, corn, cheese and ham. Paraguayan Empanadas are normally fried and not often made in the oven like the Chilean or Argentinean ones. Also Paraguayan empanadas are sometimes eaten between two pieces of bread like a sandwich, something people from other countries tend to notice when they see it. Bife Koygua - Meat (steak) topped with fried onions and one or two fried eggs on top.



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17. Restaurant & Nightlife

Asuncion will take a trencherman on an unforgettable roller coaster ride of fine dining. Native Paraguayan cuisine and dazzling spices come together to make perfect flavors on your plates. While barbecued meat also known as asado remains a national's favorite, crunchy vegetables, fresh juices and succulent meats will certainly delight you. Asuncion's street food embraces the diversity of Paraguayan culture and cooking techniques in all its glory, with oodles of fresh vegetables, well-cooked meats and tasty deserts. Come to Tacuari and Cerro Cora to try out the following restaurants in the city –

Food -

Asuncion will take a trencherman on an unforgettable roller coaster ride of fine dining. Native Paraguayan cuisine and dazzling spices come together to make perfect flavors on your plates. While barbecued meat also known as asado remains a national's favorite, crunchy vegetables, fresh juices and succulent meats will certainly delight you. Asuncion's street food embraces the diversity of Paraguayan culture and cooking techniques in all its glory, with oodles of fresh vegetables, well-cooked meats and tasty deserts. Come to Tacuari and Cerro Cora to try out the following restaurants in the city –

- **Paulista Grill:**

Address : &, Avenida General José de San Martín & Guido Spano,
Asuncion 9999, Paraguay

Location : -25.294438,-57.576445

Contact No : +595 21 608 624

Website : <http://www.paulistagrill.com.py/>

Open / Close Time : Daily 11:00hrs-15:30hrs, 19:00hrs-01:00hrs

- **Ciervo Blanco:**

Address : casi, José Asunción Flores & Radio Operadores del Chaco,
Asuncion 1340, Paraguay

Location : -25.306289,-57.599990

Contact No : +595 21 214 504

- **Mburicao Restaurante:**

Address : Prof. Antonio González Rioboo, Asunción 9999, Paraguay

Location : -25.294740,-57.59318

Contact No : +595 21 660 048

Website : <http://www.mburicao.com/>

Open / Close Time : Daily 11:00hrs-14:30hrs, 20:00hrs-12:30hrs

- **Bar San Roque:**

Address : cnr Tacuary & Ayala, Asuncion, Paraguay

Location : -25.285175,-57.628019

Contact No : +595 21 446 015

Open / Close Time : Monday-Friday 8:00hrs-15:30hrs &
18:00hrs-00:30hrs, Saturday 09:00hrs-15:30hrs, 19:00hrs-00:00hrs &
Sunday 12:00hrs-15:30hrs

- **Tierra Colorada Gastro:**

Address : Av Santísima Trinidad, Asunción 3107, Paraguay

Location : -25.273298,-57.557670

Contact No : +595 21 663 335

Website : <http://tierracoloradagastro.com/>

Open / Close Time : Daily 11:00hrs-15:00hrs 20:00hrs-23:00hrs

- **Lomito truck:**

Address : Cnel. Ramón Díaz, Asunción 9999, Paraguay

Location : -25.766239,-57.875976

Contact No : +595 981 848875

Open / Close Time : Wednesday-Thursday 19:00hrs-23:30hrs, Saturday 19:00hrs-01:00hrs, Sunday 19:00hrs-12:00hrs

- **Furgo Burgers:**

Address : Ybytymi, Asunción 3107, Paraguay

Location : -25.272554,-57.563230

Contact No : +595 981410078

Open / Close Time : Wednesday-Sunday 20:00hrs-00:00hrs

- **Hacienda Las Palomas:**

Address : Guido Spano 1481 y Senador Long, Guido Spano 1481, Asunción, Paraguay

Location : -25.293526,-57.579307

Contact No : +595 21 605 111

- **La Vida Verde:**

Address : Austria 1510, Asunción, Paraguay

Location : -25.287507,-57.572973

Contact No : +595 21 661 570

Open / Close Time : Daily 10:00hrs-12:00hrs

- **Confitería Bolsi:**

Address : Estrella 399, Asunción 1224, Paraguay

Location : -25.282291,-57.636160

Contact No : +595 21 491 841

Open / Close Time : Open 24Hours

- **Ala Turk:**

Address : Cruz del Defensor, Asunción 9999, Paraguay

Location : -25.296156,-57.578825

Open / Close Time : Monday 17:00hrs-00:00hrs, Tuesday-Thursday 00:00hrs-12:00hrs, 17:00hrs-00:00hrs, Friday-Saturday 00:00hrs-12:00hrs, 17:00hrs-01:00hrs & Sunday 17:00hrs-00:00hrs

- **Le Sommelier:**

Address : Denis Roa, Asunción 1424, Paraguay

Location : -25.286643,-57.558352

- **Café Literario:**

Address : Mcal. Estigarribia 456, Asunción 9999, Paraguay

Location : -25.285346,-57.630818

Contact No : +595 21 491 640

Open / Close Time : Monday-Saturday 16:00hrs-00:00hrs

- **Taberna Española:**

Address : Ayolas, Asunción 1224, Paraguay

Location : -25.281889,-57.640794

Contact No : +595 21 443 798

Open / Close Time : Daily 11:00hrs-15:00hrs, 19:00hrs-00:00hrs

- **La Flor de la Canela:**

Address : Tacuari 167, Asunción 1310, Paraguay

Location : -25.285083,-57.627780

Contact No : +595 21 452 949

Open / Close Time : Monday-Friday 12:30hrs-22:30hrs

- **Talleyrand:**

Address : Complejo Barrail, Av Gral Máximo Santos, Asunción 1430, Paraguay

Location : -25.272396,-57.610551

Contact No : +595 21 441 163

Open / Close Time : Monday-Saturday 09:00hrs-18:00hrs

- **El Dorado:**

Address : Eusebio Lillo Robles & Senador Huey Pierce Long, Asunción 1813, Paraguay

Location : -25.288149,-57.576903

Contact No : +595 21 665 165

Open / Close Time : Monday-Saturday 17:00hrs-02:00hrs, Sunday 17:00hrs-00:00hrs

- **Monte Libano Lomiteria:**

Address : Dr. Ricardo Brugada, Asuncion 1904, Paraguay

Location : -25.287221,-57.601860

Contact No : +595 21 220 536

- **904:**

Address : Cerro Corá 904, Asunción 1310, Paraguay

Location : -25.287882,-57.628147

Open / Close Time : Daily 18:00hrs-23:59hrs

- **Seven:**

Address : República Argentina 222, near Mariscal López, Asuncion 9999, Paraguay

Location : -25.284134,-57.628420

- **Coyote:**

Address : Mariscal Antonio Jose Sucre Mariscal Antonio Jose Sucre casi Avda San Martin, Asunción 1816, Paraguay

Location : -25.290913,-57.573676

Contact No : +595 21 662 114

- **Pirata Bar:**

Address : Ayolas esq Benjamin Constant, Asunción 3107, Paraguay

Location : -25.277948,-57.638384

Contact No : +595 21 452 953

Website : <http://www.piratabar.com.py/>

- **Brittania Pub:**

Address : Cerro Corá 851, Asunción 1310, Paraguay

Location : -25.287232,-57.628445

Contact No : +595 21 443 990

Open / Close Time : Tuesday-Saturday 18:00hrs-05:00hrs, Sunday 18:00hrs-12:00hrs

- **Mouse Cantina:**

Address : cnr Patria & Brasilia, Asuncion 3107, Paraguay

Location : -25.283207,-57.601103

Contact No : +595 21 228 794



Index**18. Average meal cost**

Economical Meal: GS \$25,000 Mid – Segment Restaurant: GS \$110,000 Luxury Dining: GS \$200,000 Average cost of beer: GS \$5,500



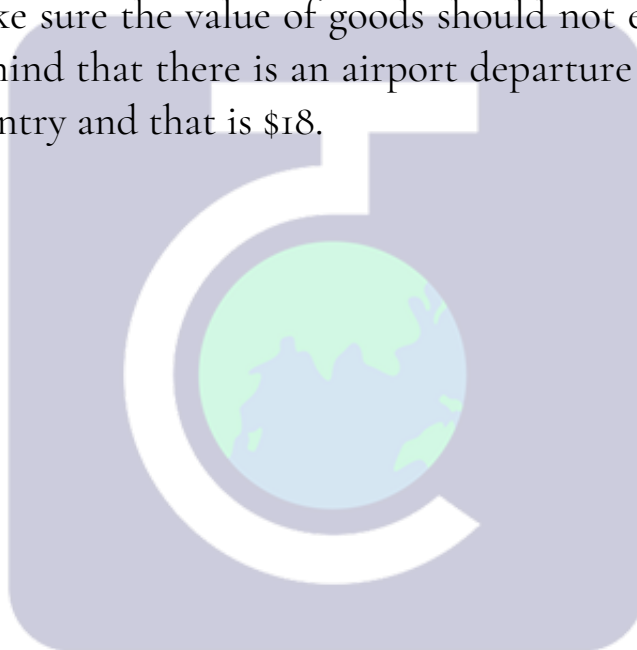
Index**19. Shopping**

Asuncion is a para-para paradise for all the shopaholics out there. Bustling with over 15 malls, numerous street markets and shopping plazas the city will make sure that you go back with your wallet empty. High end branded stores, local shops and various handicraft stalls await your presence. So stock up some cash and get ready to swipe that card on the following centers-



20. Tourist benefits

The Value added tax charged in the country is 10% which is quite low compared to the other countries of the continent. When it comes to duty free shopping, one will spot quite a few shops in the city, otherwise Airport stands as the safest option where one will find anything and everything to shop. When travelling to the country visitors may bring certain amounts of tobacco products, perfume and alcohol, however make sure the value of goods should not exceed USD 300. One should also keep in mind that there is an airport departure tax that is to be paid while leaving the country and that is \$18.



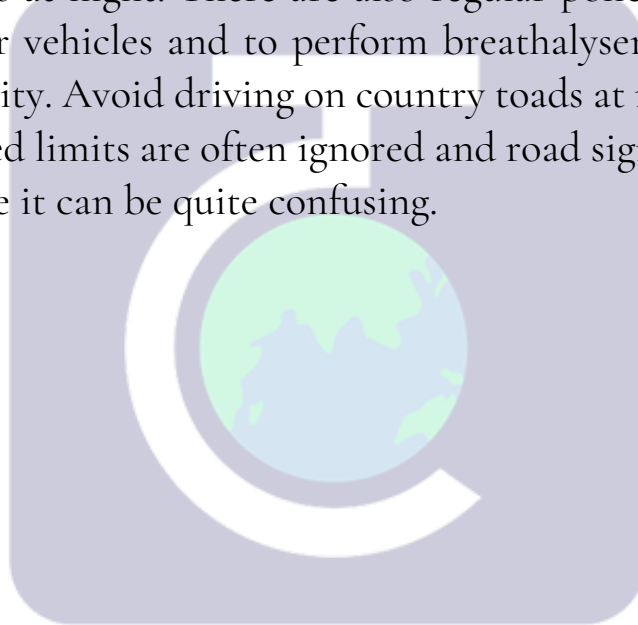
Index**21. Essential local apps**

Easy Spanish Language Learning: This application will definitely come in handy to learn a few basic Spanish words while on your way to the city, since English is not widely spoken or understood. Radio Asunción Paraguay: Enjoy the best of radio station of the city in this one place and groove to the tunes of local music.



22. Driving

You can use your UK driving licence or an International Driving Permit while in Paraguay if you are visiting as a tourist. You must have your driver's licence, passport and entrance stamp with you while driving. If you hire a car, take out adequate insurance. Driving standards are poor and traffic accidents, particularly involving motorcycles, are frequent. Many motorcyclists drive with no crash helmets and no lights at night. There are also regular police checks throughout, usually to check your vehicles and to perform breathalyser tests and take extra while driving in the city. Avoid driving on country toads at night, also Stop signs, traffic lights and speed limits are often ignored and road signs are not installed in all over the city hence it can be quite confusing.



Index**23. Travel essentials**

Following are the necessary things to keep in mind while travelling in the country – 1. Adapter/Plug – Electrical current is 220 - 240 volts, 50 Hz. European-style plugs with two round pins are standard. 2. It is always advised to carry sufficient prescribed medicines as OTCs without a proper prescription are not allowed. 3. Do not forget to carry mosquito repellents. 4. One needs to carry a money belt in order to avoid theft or pick pocketing. 5. A tourist card can be bought at the airport.



Index**24. Essential clothes**

Following are the necessary things to keep in mind while travelling in the country – 1. Adapter/Plug – Electrical current is 220 - 240 volts, 50 Hz. European-style plugs with two round pins are standard. 2. It is always advised to carry sufficient prescribed medicines as OTCs without a proper prescription are not allowed. 3. Do not forget to carry mosquito repellents. 4. One needs to carry a money belt in order to avoid theft or pick pocketing. 5. A tourist card can be bought at the airport.



Index**25. Local currency**

The currency in Paraguay is called the Paraguayan Guaraní. 1.00 USD = 5,571.27 PYG



26. Change vendor's commission, ATM charges

The city has fair amount of ATMs. Most of the cards are accepted in the ATMs. Banks are likely to charge you with a foreign transaction fee in an ATM, hence make sure to confirm with your bank about the fee charges prior to your transaction. One can only take out a limited amount, so it is recommended to take out the maximum amount in one go. US dollars are widely accepted throughout the country, but visitors will also want to have a certain amount of local Guaranis for smaller purchases. Official bureaus de change are the best places to exchange your money, as fake banknotes are common from fraudulent money changers along the streets who usually offer better rates. The exchange commission charged in city might be around 5-6% which is higher than the usual hence make sure to confirm the price before exchanging. Also a 5.5% commission is charged on travellers cheque and 2-7% by the change vendors. Credit cards are accepted at most major hotels, restaurants and shops and ATMs are easily found, offering another convenient way to get local currency, however a fee is charged hence one should confirm the extra transaction fee from their bank prior to their travel.

27. Staying connected

Major networks that dominate Paraguay are Tigo, Vox and Personal. However make sure to unlock your phone prior to your travel in order to use any SIM card in the country. If your stay is for a longer period of time, it is recommended that you buy a local SIM to stay connected. One can purchase a SIM card at the airport upon arrival. Buying a SIM card in the country is affordable and one is surly to get good network at almost all the areas. One will find shops all over the city to get a SIM card. For calls to landlines in the city you should dial 021 from mobile phones and places other than Asuncion. However to buy a SIM card, you will need a Xerox of your Passport for identification purposes. It is highly recommended that one buys a SIM of Tigo since it has the best connectivity in and around the town. When it comes to Wi-Fi connectivity one will not be disappointed since there are Internet café's located around the city along with Wi-Fi options at certain restaurants and Café's.

28. Time Zone

Paraguay Standard Time (PYT) is 4 hours behind the Coordinated Universal time (UTC -4h).



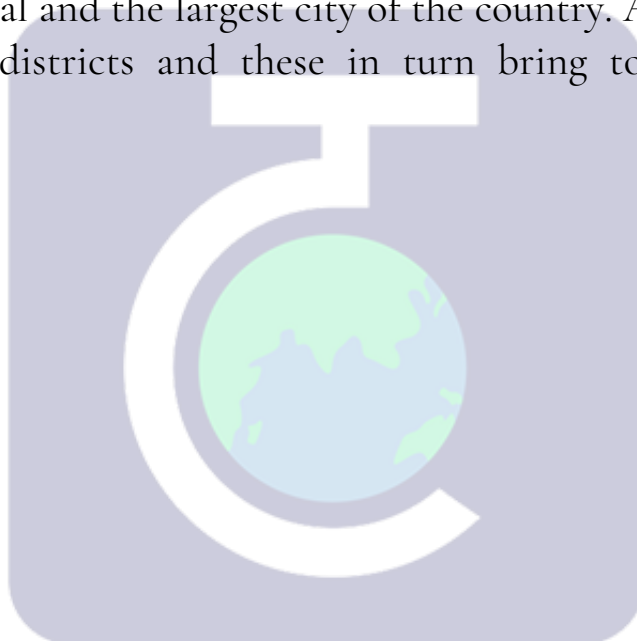
Index**29. Languages**

Linguistically speaking people of the country speak two languages Paraguayan Spanish which is very different from the normal Spanish and Guaraní. Other languages spoken are Jopara (A mix of Guarani and Spanish language) and English which is not very much spoken and understood..



Index**30. Political Scenario**

The country is a representative democratic republic, with a multi party system. The separation of powers are further divided into three branches - Executive power is solely exercised by the President, who is both the head of state and government. Legislative power is vested in the two chambers of National Congress and the judiciary is vested on tribunals and Courts of Civil law. Asuncion is the capital and the largest city of the country. Asunción is organized geographically into districts and these in turn bring together the different neighbourhoods.



Index**31. Economic Scenario**

The city is the most prominent distributing center of the most densely populated region of the country. Cotton, corn, Sugarcane, fruit, tobacco and cattle products are processed in and around the capital. There are also Industrial plants producing vegetable oils, flour, footwear, textiles etc. The city's is the financial hub of the country hence is also home to many multi-national companies, making commercial and industrial sector a top sharer in the economy.



Index**32. Religious belief**

Catholicism dominates the country with 89% Catholics being devoted to the religion, followed by 8% of the population that identifies themselves as Protestants. The country is ethnically diverse, other religions include Buddhism, Judaism, Bahá'í Faith, Latter-day Saints and Islam.



Index**33. Visa requirements**

Citizens of America, Canada, Australia, New Zealand and nationals of all EU countries need to get a tourist visa before arrival which will be good for 3 months. For more information on Visa details, follow the link below – <https://paraguay.visahq.in/>



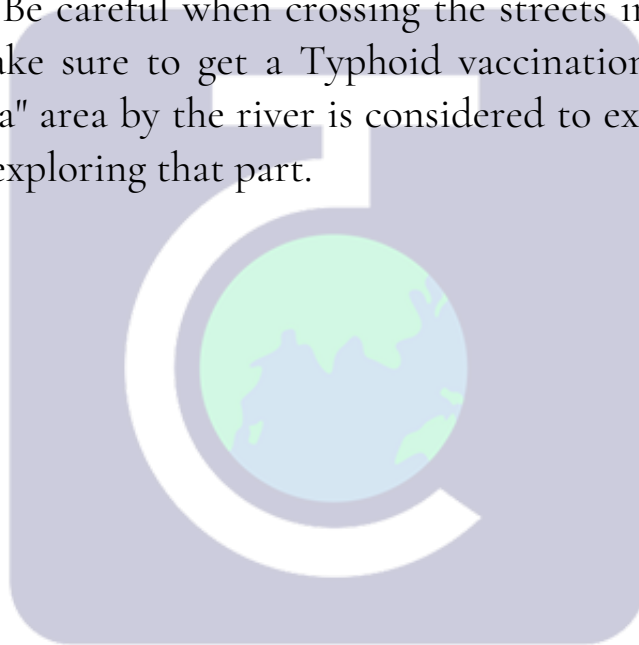
Index**34. Essential vaccination**

One needs to be any disease free before travelling in the country and during the visit in the country. Hence it is recommended that one should visit their General Doctor for a routine check-up. Also, when travelling to Paraguay, some basic vaccines are suggested – • Hepatitis A • Hepatitis B • Typhoid Fever • Malaria • Dengue



Index**35. Theft and Safety**

Asunción is one of the safer capitals in South America and violent crime is very uncommon, however watch out for petty thieves (watch your pockets on public transport) and taxi drivers might try to rip you off. The only typical danger is two men on a bike trying to take away your belongings hence beware. Women travellers should be aware of Paraguayan males since they will give some unwanted attention. Be careful when crossing the streets in the city since buses don't really stop. Make sure to get a Typhoid vaccination done prior to your travel. The "Chacarita" area by the river is considered to extremely dangerous in the city hence avoid exploring that part.



Index**36. Embassy/Consulate**

One can find the list of embassies and consulates located in the country here:
<http://embassy.goabroad.com/embassies-in/paraguay>



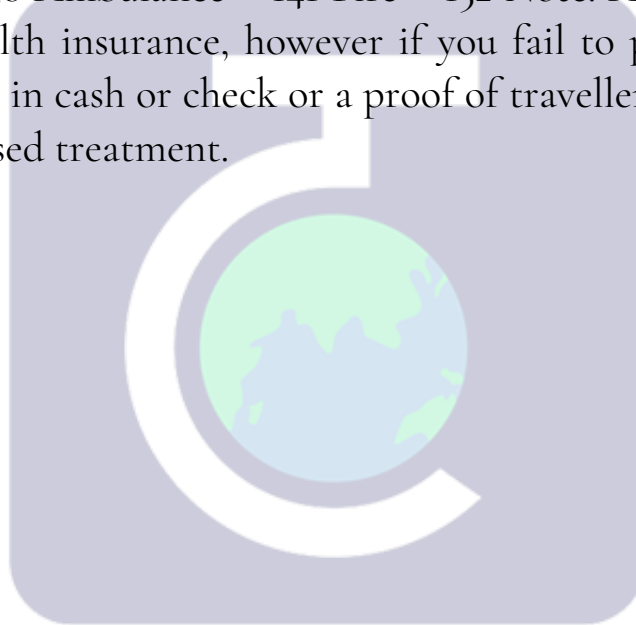
Index**37. Accessibility**

Asuncion is not the best place for people with reduced mobility, since only a handful of hotels and hospitals offers wheelchairs or assistance to the disables. The town is a disappointment as most of it is surrounded by the water which makes it difficult for the disables to travel around the city.



Index**38. Emergencies**

Hospital Central del IPS Address: Santísimo Sacramento, Asunción, Paraguay
Phone: +595 21 290 136 Centro Médico Bautista Address: Avda. Republica
Argentina y Campos Cervera, Avda. Republica Argentina 635, Asunción,
Paraguay Phone: +595 21 688 9000 Hospital Privado Frances Address Asunción,
Paraguay Phone: +595 021 295 250 Following are the emergency numbers in the
country – Police – 130 Ambulance – 141 Fire – 132 Note: All the above hospitals
accept traveller's health insurance, however if you fail to present a valid credit
card, sufficient funds in cash or check or a proof of traveller's insurance coverage
then you will be refused treatment.



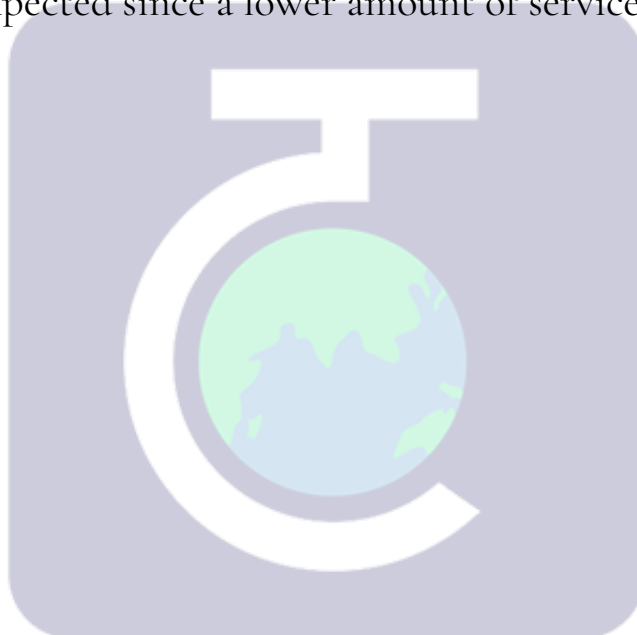
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39. Do's and Don'ts

Do's • Do go with a malaria medication to the city. • Do be vaccinated for hepatitis A and hepatitis B. • Do pay respects to all the customs and traditions of the country since Paraguayans are a conservative people. • Do learn some basic Spanish and Guarani as English is not widely spoken. • Do be polite and soft-spoken since people do not appreciate shouting or rude behaviour. Exhibit patience in all of your actions. • Scantily-clad women are not appreciated in this culture, and will only earn you scowls from the locals. The rule of thumb for blending in is to take a cue from what people are wearing and follow suit. • Arrange for sufficient medicines to meet your personal medical needs. Check with the embassy of the country you are visiting to ensure your medicine is legal in the countries you are travelling to. Obtain a doctor's letter stating who the medicines are for, what they are, the dosage, and leave medicines in their original packaging. Don't • Don't drink tap water unless it has been chemically disinfected, filtered or boiled. • Do not carry large amount of cash, heavy jewellery etc. in shady areas and public transport. • Don't give your opinion about local politics. • Do not photograph anything associated with the military, including soldiers, bridges or equipment.

Index**40.Tipping basics**

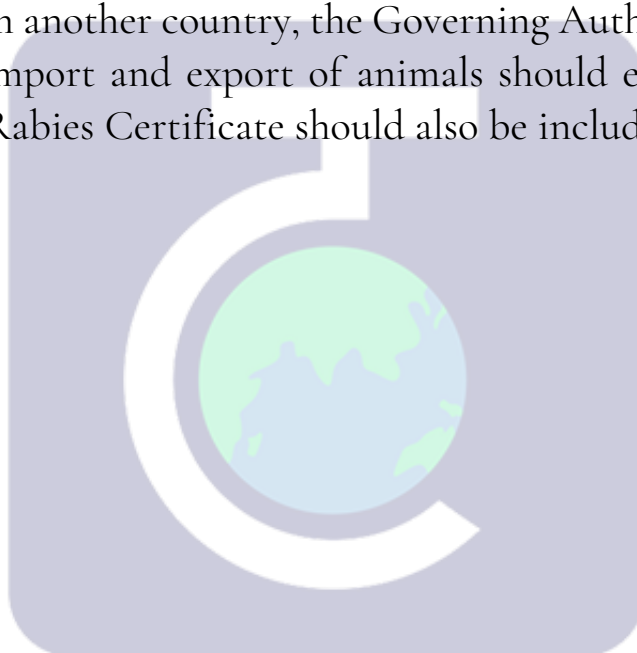
The tipping charge in Paraguay is around 10% which is pretty low compared to the rest of the world hence tipping is considered customary in the country. Taxis drivers need not be given any tip unless you have hired them on a full day basis, then a tip of 10% is expected to be given. In hotels it's upon you to give the tip to the maids or the bell boys which is around 1-2% whereas in restaurants a tip of 10-15% is definitely expected since a lower amount of service tax is charged.



Index**41.Pet info**

Paraguay does not quarantine healthy pets who meet the following requirements:

- Your pet be vaccinated for rabies and various other diseases between 30 days and 12 months of entry.
- Shortly before travel, a Veterinary Certificate for Paraguay must be completed by a USDA or CFIA licensed veterinarian and endorsed by the USDA or CFIA if traveling from the United States or Canada. If you are traveling from another country, the Governing Authority of your country responsible for the import and export of animals should endorse the forms for you.
- A copy of the Rabies Certificate should also be included for endorsement.



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Conclusion – Why to select this destination

Founded on August 15, 1537 - the Feast of the Assumption, the day the city is named after, Asuncion proudly boasts of its colonial past through its excellent architectural buildings, narrow streets, decorated facades and massive balconies. This metropolitan city, home to about 2.2 million inhabitants is rather young with 65% of its residents being only under the age of 30. The city bustles its neighbourhoods with endless shopping centers, exquisite boutiques, fast food stalls, excellent restaurants etc. Alongside the locals wearing fake Rolex watches and moneychangers who patrol the many plazas and streets, indigenous women sell bundles of roots and herbs - centuries old remedies of every illness. Going well with the hustle and bustle of the commercialization are the ancient government buildings that overlooks the Bay of Asuncion as cool breezes rustle through flame trees. Most travellers who come around to the country start their journey at this capital. A charming, colonial city, this is the continent's most endearing capitals and is blessed with pretty piazzas, neoclassical facades and tree-lined boulevards. So what are you waiting for? Pack your bags and come to the gorgeous capital!

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