

City Guide One-Pagers

Asuncion, Paraguay

Budget: \$4-6 cooking | \$6-10 mixed

Where to go: Mercado 4; Mariscal Farmers Market; Casa Rica Mondays; Alma Zen; ECO Cafe; Rainbowl; Combitos.

Local staples and tips: Mandioca, corn, beans, tropical fruit. Breakfast is hardest - self-cater.

Phrase: Soy vegano, sin carne, sin queso, sin huevo, sin aceite.

Buenos Aires, Argentina

Budget: \$5-8 cooking | \$8-15 mixed

Where to go: Palermo, San Telmo, Microcentro. La Reverde Parrillita, Hierbabuena, Veganius, Buenos Aires Verde. Dieteticas everywhere.

Local staples and tips: Pizza sin queso, faina, noquis with tomato sauce, lentils. Dinner is late and meat-heavy.

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Lima, Peru

Budget: \$5-8 cooking | \$8-14 mixed

Where to go: Mercado San Isidro; Bioferia Miraflores; Mercado Surquillo; La Recontra + Oiga; Seitan Urban Bistro; Good Karma.

Local staples and tips: Potatoes, quinoa, aji, lucuma, maca, purple corn, cacao. Water is not potable.

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Santiago, Chile

Budget: \$6-10 cooking | \$10-16 mixed

Where to go: La Vega Central/Chica; ferias libres; Jumbo; Sol Natural; Vegan Bunker; Sacro; Querida Vida.

Local staples and tips: Porotos, choclo, merquen, quinoa, great produce. Strongest vegan infrastructure.

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Santa Cruz, Bolivia

Budget: \$3-5 cooking | \$5-8 mixed

Where to go: Mercado Mutualista; Mercado La Ramada; Hipermaxi; Casa Vegana; VegeLin; Captain Vegetariano.

Local staples and tips: Yuca, plantain, corn, peanuts, quinoa, chia, tropical fruit. Very cheap; buy produce for 2-3 days.

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Medellin, Colombia

Budget: \$4-7 cooking | \$7-12 mixed

Where to go: Plaza Minorista; Plaza La America; Exito; Real Vegetal; Kaime; Coraje; Helecho; AMA; Las VEGANAS.

Local staples and tips: Arepas, beans, plantain, tropical fruit, tinto. Ask about hidden meat stock.

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Quito, Ecuador

Budget: \$3-6 cooking | \$5-10 mixed

Where to go: Mercado Central; Inaquito; Supermaxi; Vegano De Altura; Govinda Gopal; Quinoa; Donde Gopal.

Local staples and tips: Quinoa, potatoes, plantain, mote, tree tomato, cacao. Altitude matters; take it easy first days.

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