

XXXIII ICOFOM LAC MEETING

August 28-30, 2025



Visitors' Guide



Welcome to Asunción!

From the organizers of the 33rd ICOFOM LAC Meeting, we extend a warm welcome to the capital of Paraguay. We are very pleased to welcome you to this event that brings together museum professionals from Latin America and the Caribbean.

To make your stay in our country as enjoyable as possible, we've prepared this guide, which includes general recommendations on various attractions and activities available during the Meeting. You can plan your stay and take advantage of the cultural and tourist attractions available.

Venue of the XXXIII Meeting

This year, the venue will be the Cultural Center of the Port of Asunción, a revitalized site that now shines as a cultural epicenter along the river.

The former port building in the heart of Asunción's historic center was renovated by the Ministry of Public Works and Communications (MOPC) and the National Administration of Navigation and Ports (ANNP), strengthening the city's cultural, social, and heritage.

Since its inauguration in December 2023, it has become an open space for all citizens, hosting fairs, contemporary art exhibitions, music, theater, dance, workshops, and community events. This site not only rescues architectural heritage but also revitalizes the connection between the city and the Paraguay River, promoting citizen participation, cultural identity, and inclusive artistic development.





Arrival in Asunción

Silvio Pettirossi International Airport is located in the city of Luque, approximately 20 kilometers from downtown Asunción.

To get from the airport to the city, these are the recommended options:

Authorized taxi: The approximate travel time to downtown Asunción, depending on the time of day and traffic, is 20 to 45 minutes. Estimated cost: Gs. 100,000 to 150,000 (USD 20 to 30).

Apps (UBER, Bolt, MUV): These can be requested via app from the airport, waiting at the exit to the departing area. This is a safe and slightly cheaper option.

Private transportation service or hotel transfer: Some hotels offer private transportation to and from the airport, with prior reservation. Please consult your hotel for this option.

Daily transfers

The Cultural Center of the Port of Asunción is located in the Historic Center of Asunción, just a few blocks from major hotels. Depending on weather conditions and schedule, it can be reached on foot in just a few minutes.

However, there are other options to access the meeting venue:

Public Transportation: Several bus lines serve downtown Asunción. To board buses, you must have a Jaha or Más prepaid card; most lines do not accept cash. Cards can be purchased at various points of sale (kiosks, supermarkets, pharmacies, etc.). Apps for Android and iOS can be downloaded from the App Store or Google Play.

Applications (UBER, Bolt, MUV): They can be requested through the corresponding apps

Radio taxi: We recommend requesting from the reception of your hotel or lodging to guarantee good service.





Lodging

The ICOM Paraguay website has a list of accommodations located in the Historic Center of Asunción, just minutes away from the event venue. However, this date is in high demand due to the country's sporting events, so we recommend making reservations well in advance. To see the options, go to: <https://www.icomparaguay.org/icofom-lac>. Airbnb also operates in Paraguay, offering different types of accommodations at varying rates depending on the location.

Other recommended areas for accommodation, outside the Historic Center are:

Villa Morra

Residential neighborhood connected to the main access roads to downtown Asunción. This area features shopping malls, restaurants, and commercial stores, offering a variety of accommodation options.

Manora

Neighborhood located on the way to the International Airport. Commercial and cultural area with hotels, restaurants, shopping malls, and shops.



Lodging

Las Mercedes

Staying in the Las Mercedes neighborhood offers a vibrant and bohemian experience, with easy access to bars, cafes, signature restaurants, and cultural venues. Its creative atmosphere and central location make it an ideal spot to enjoy Asunción's nightlife and art scene.

Recoleta

The Recoleta neighborhood combines residential tranquility with good connectivity. With tree-lined plazas, nearby shopping centers, and a variety of dining options, it's a strategic area for visitors seeking convenience and a more relaxing environment without having to leave the city's main attractions.

Los Laureles

Quiet residential area with boutique hotels and modern apartments, as well as plazas, markets, and restaurants. Well located for getting to the city center and also the commercial area of Villa Morra.



Currencies and Payment Methods

Official currency

The currency in Paraguay is the Guaraní (₲ or PYG)

Payment methods

Credit and debit cards are widely accepted in the capital and other cities. It's recommended to have cash on hand for small purchases, especially at local fairs and popular markets.

ATMs

Available throughout the city, 24-hour network. Check with your bank to verify card authorization for international use.

Exchange houses

Available at the airport, historic center, and shopping centers. Check the opening hours for each establishment. Some of the most common are Cambios Chaco and Maxicambios.

Weather

The climate in Asunción is classified as humid subtropical and is characterized by fairly hot temperatures. The average temperature in August ranges between 14 and 27°C.

August is considered the tail end of the Paraguayan winter, a fairly dry month with sunshine and pleasant temperatures. It's a great time of year to visit Asunción!

Recommendations:

- Wear clothing with sleeves and made of natural fabrics.
- Bring light jackets or coats.
- Wear comfortable walking shoes.
- Use sunscreen and stay hydrated.
- Although the weather is drier this season, precipitation is possible. Some storms may hinder travel around the city and cause power outages, so it is recommended to monitor the weather forecast.





Safety Recommendations

Basic tips:

Safety in Asunción varies greatly by neighborhood, so it's recommended to avoid walking at night in poorly lit or unfamiliar areas.

- Using ride-hailing apps at night is a good option for foreigners.
- Do not display cell phones or valuables on the street in quiet areas.
- In crowded places, take care of your personal belongings.

In case of emergency:

- National Police: 911.
- Volunteer Fire Department of Paraguay: 132.
- Pharmacy chains: Punto Farma, Farmacenter, Catedral and Vicente Scavone.
- Public hospitals: Hospital de Clínicas and Hospital de Barrio Obrero.
- Private sanatoriums: Migone, La Costa, Británico.
- For in-person police assistance, go to the nearest police station.

Gastronomy

Typical foods and local dishes

Chipa or chipá: similar to bread, made with cassava starch, Paraguayan cheese, pork fat, margarine or butter, and anise seeds. It can also be presented in other variations and with different ingredients. It is usually eaten for breakfast or as a snack.

Mbeju: It's similar to a flat cake, pancake, or tortilla. It's flat and round, and contains starch (cassava starch), lard or pork fat, Paraguayan cheese, and salt. It can optionally be served with milk or eggs, depending on the variety. It's eaten for breakfast or as a snack.

Cocido (Mate cocido): An infusion made with roasted yerba mate, boiling water, and sugar. It can be drunk alone or with milk. It's served for breakfast or as a snack and is traditionally accompanied by chipa or mbeju.

Paraguayan Soup and Chipa Guazú: Paraguayan soup isn't liquid; it's a kind of savory cake made with corn flour, cheese, milk, eggs, and onion. Chipa guazú is similar, but is a moister cake made with fresh corn, cheese, and milk. Both soup and chipa guazú are generally eaten at lunch or dinner, as side dishes or appetizers.

Chicken Vori Vori: Thick vegetable broth with chicken and characteristic cornmeal and cheese balls. Traditionally eaten for lunch.



Gastronomy

Soyo (So'o Josopy): Thick broth made from ground beef and vegetables such as onion and garlic. It is traditionally eaten at lunch as a main dish, accompanied by tortillas and/or cassava.

Asado: A barbecue that can be made with various cuts of meat, traditionally beef, and is accompanied by salads and, optionally, cassava, soup, or chipa guazú. It's usually served for lunch or dinner, typically for weekend get-togethers.

Lomito: Not a typical dish, but very popular as a fast food item. It's a sandwich with grilled meat, usually beef tenderloin, but it can also be chicken or mixed. It can also include lettuce, tomato, cheese, a fried egg, and a variety of sauces. It's usually eaten for dinner.

Kosereva: Traditional dessert made from sour orange peel cooked in thick cane honey, it is very aromatic and intense in flavor and is served alone or with cheese.

Strawberry: Not a native fruit, but very popular during the August season. It's served in a variety of desserts and sweets.





Restaurants and Bars

There are a wide variety of traditional restaurants and bars near the Cultural Center of the Port of Asunción, perfect for enjoying the local cuisine and the atmosphere of the historic center.

Bolsi: Considered an icon of downtown Asunción, it stands out for its wide variety of national and international dishes and is often highly frequented due to its popularity and flavor. It's located at the corner of Estrella and Alberdi.

Lido Bar: Another benchmark for classic Paraguayan cuisine. Some of its specialties are homemade soups and appetizers served at the spacious bar. Its downtown location is located at Independencia Nacional and Paraguay Independiente, across from the cathedral. It has another location in Villa Morra.

La María Cocina y Carbón (by Talleyrand): A traditional country house-inspired Paraguayan cuisine restaurant specializing in cuts of meat and charcoal cooking, is part of the Talleyrand chain of restaurants. It is located at Palma 278 between Montevideo and Ayolas, the ground floor of the Palmaroga hotel.

Táva Comedor: Open kitchen restaurant with local identity and avant-garde spirit. With a menu that is constantly renewed, it is part of what is considered “new Paraguayan cuisine”. It is located in Mexico 453 between 25 de Mayo and Cerro Corá,



Restaurants and Bars

Café Palmaroga: This is a café-restaurant located in the historic Palmaroga Hotel building. Simple, high-quality dishes combine international influences with traditional Paraguayan flavors. It is located at Palma 853 between Montevideo and Ayolas streets.

La Palmera Bakery: A classic Asunción bakery that also has a dining room ideal for lunch and snacks. Located at Benjamín Constant and Montevideo streets.

Bar Leo: Its menu is prepared according to family recipes, which still attract workers and executives alike in a classic atmosphere. Its menu includes appetizers, soups, and a homemade buffet. It is located at 462 Colón Street between Estrella and Oliva Street.

Municipal Market No. 1 (Mercadito): Open for over 70 years, this is the heart of the capital's popular gastronomy. Homemade dishes such as *vori vori*, fish broth, beans with leg, and the famous "puretón" are prepared from the early hours, all at very affordable prices. It's located on Yegros and Teniente Fariña streets.

In addition to these options, along Palma Street—between Plaza Uruguay and Colón Street—there is a wide variety of gastronomic establishments, operating mainly in the morning and afternoon.

Entertainment

Bars

Downtown Asunción's nightlife combines historic and modern settings. La Vermutería, Casa Clari Café & Bar, Simón Dice, and Britannia Pub are some of the places that offer unique atmospheres for socializing, enjoying good music, and sipping drinks or craft beer.

Cafés

The capital's downtown area invites you to take a break in charming places. Café Consulado and Kaffe'i Coffee Roasters stand out for their specialty coffee, cozy atmosphere, and ideal options.

Cultural Centers

Asunción's cultural agenda features cultural centers as its main venues for exhibitions and artistic activities. The Centro Cultural de la República (Cultural Center of the Republic, El Cabildo), Manzana de la Rivera, and the Juan de Salazar are three of the most important and closest to the event venue.

Fairs

Fairs and events in public spaces are excellent opportunities to meet the local community. At the Palmaear Fair, you can find food, games, and crafts in a vibrant atmosphere on Palma Street, on Saturdays from 11 a.m. to 11 p.m. Meanwhile, at the Flea Market, you can find antiques and unique objects, also on Palma Street, on Sundays from 8 a.m. to 3 p.m.



Featured museums in Asunción

This is a selection of some of the most notable museums in Asunción, most of them located near the Port Cultural Center. The selection process took into account the list of national museums and data published by ICOM Paraguay and the Museum Night Association. On the ICOM Paraguay website, you can access the Museum Directory, with updated information on visiting hours: <https://www.icomparaguay.org/directorio-virtual-museos-del-paraguay-2024>



National Museum of Fine Arts - Eligio Ayala 1345 e/ Curupayty and Pa'i Pérez



Monsignor Juan Sinforiano Bogarin Museum - Commoners esq. Yegros



Dr. Andrés Barbero Ethnographic Museum - Av. España 217 c/ Mompox



National Museum of Independence House - 14 de Mayo and Presidente Franco



City Memory Museum (Viola House) - Ayolas e/ Benjamin Constant and O'Leary



Cultural Center of the Republic Cabildo - Av. Republic e/ Tebicuary River and Manduvirá River.



MuCi Science Museum - Av. Gral. Santos 1030 (Textilia Complex)



CAV Clay Museum - Cabichuí Engravers 2716 between Cañada and Emeterio Miranda



ITAIPU Binational

ITAIPU Binacional is the world's largest generator of clean renewable energy, owned by Paraguay and Brazil, and located on the Paraná River, within the city limits of Hernandarias on the Paraguayan side. ITAIPU is the driving force behind Paraguay's technological, social, cultural, and environmental development, promoting various community, inter-institutional, and multinational projects, seeking to contribute to the creation of a sustainable society. Its area of influence makes up the ITAIPU Biosphere Reserve, recognized by UNESCO in 2017: <https://en.unesco.org/biosphere/lac/itaipu>



Museum of ITaipu Tierra Guaraní

Located in Hernandarias, at the Tekotopa Environmental Center, the host museum is an institution that articulates the region's archaeological, historical, and natural heritage. It integrates collections of archaeological materials, historical artifacts linked to the dam's construction process, and examples of local biodiversity.

This museum presents a scientific view of the territory, highlighting the interaction between human populations and the environment over time. Its approach combines conservation, research, and education, offering an example of museum management linked to a major infrastructure project. The museum is currently undergoing a museum renovation, but it features two temporary exhibitions open to the public.

CITY TOUR ASUNCIÓN Y MUSEOS

- TRASLADO IDA Y VUELTA DESDE EL HOTEL EN ASUNCIÓN.
- PASEO POR EL CENTRO HISTÓRICO DE ASUNCIÓN.
- VISITA A 2 MUSEOS EN EL CENTRO DE ASUNCIÓN.
- DURACIÓN: 3 HORAS
- (MÍNIMO 2 PASAJEROS INSCRIPTOS)

Precio por persona:
USD 55,00 (en español) // USD 75,00 (en inglés)



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Noche de los
Museos

CITY TOUR PIRAYU Y AREGUÁ

- TRASLADO IDA Y VUELTA DESDE HOTEL EN ASUNCIÓN
- VISITA ESTACIÓN DE TREN EN PIRAYU
- VISITA MUSEO CAMPAMENTO CERRO LEÓN
- ALMUERZO (NO INCLUYE BEBIDA)
- VISITA AL CENTRO CULTURAL DEL LAGO EN AREGUÁ
- RECORRIDO PANORÁMICO CENTRO HISTÓRICO EN AREGUÁ.

Precio por persona:
US 150,00 (en español) // US 170,00 (en inglés)



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PIRAYÚ Y YAGUARÓN

- SALIDA DESDE HOTEL 08:00 —REGRESO AL HOTEL 17:00
- TRANSPORTE IDA Y VUELTA DESDE EL HOTEL EN ASUNCIÓN
- PARADA "CHIPERÍA ABUELA MARÍA" EN PIRAYÚ
- VISITA ESTACIÓN DE TREN EN PIRAYÚ - ENTRADA INCLUIDA
- VISITA MUSEO CAMPAMENTO CERRO LEÓN
- PARADA PARA ALMUERZO (NO INCLUYE EN EL COSTO)
- VISITA MUSEO HISTÓRICO DR. GASPAR RODRIGUEZ DE FRANCIA EN YAGUARÓN
- RECORRIDO A PIE CENTRO HISTÓRICO DE YAGUARÓN
- VISITA IGLESIA SAN BUENAVENTURA EN YAGUARÓN

Tarifa por persona: USD 160,00 (en español) // USD 180,00 (en inglés)



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HALF DAY CATARATAS IGUAZU BRASIL

INCLUYE:

- BASE MÍNIMO 2 PASAJEROS
- TRASLADO IDA Y VUELTA EN PRIVADO DESDE HOTEL EN CDE
- ENTRADA AL PARQUE.

Por persona : USD 110,00



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Museos

Tour packages

The De lo Alto agency offers special packages to visit museums and localities in and around Asunción. These packages have an additional cost, which must be paid directly to the agency at deloalto@deloalto.com.py.



Useful Contacts

ICOM Paraguay

icom.paraguay@gmail.com + 595 971 373474 - Rocío Torres (Secretary) + 595 981 878822 - María Amalia Brítez (Memberships)

Cultural Center of the Port

www.instagram.com/the_port Av. Republic e/ Garibaldi and The Independent Paraguayan, Asuncion.

Museum of ITaipu Tierra Guaraní

museo@itaipu.gov.py Itaipu Environmental Center, Superhighway PY07, Hernadarias.

National Secretariat of Tourism SENATUR - Tourist Information

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