N° 01 · SUMMER 2026–27

DIGITAL EDITION

ASU INSIDER

by Guaraní Capital

Your summer in Asunción, sorted.



Eat · Drink · Buy · Explore · Play · Invest

+ Chipa recipe inside



Hello!

Mba'éichapa? (Guaraní for "how are you?")

Welcome home. You're staying in one of South America's oldest cities, and one of the easiest to fall for.

This is the guide we give our friends: where locals eat, the rooftops for sunset, what to bring home, the trips worth a weekend and why so many people are investing here.

We update it every season. Scan the code on the back for the live version, and message us anytime you need a tip.

Sehia & Daniel

Founders, Guaraní Capital

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What to eat

Cassava, corn, cheese and fire: Paraguay on a plate.



MUST-TRY

Chipa
Cheese bread made with cassava starch. Breakfast, snack, road trip.

Sopa paraguaya
The "soup" you eat with a fork: cornbread with cheese and onion.

Mbejú
Crispy cassava-starch and cheese flatbread. Perfect with coffee.

Pastel mandi'o
Crispy cassava-dough empanada, usually filled with beef.

Meat is king. Asado is the Sunday ritual, always with mandioca (boiled cassava).

Recipe: chipa, p. 13

WHERE LOCALS EAT

Bar San Miguel	A classic on Av. España since 1886. Order the milanesa.
El Legado	Dinner in the mansion where Perón once stayed, with murals by Laterza Parodi. Padre Cardozo y España.
Lido Bar	A classic since 1953, now facing the Catedral. Sit at the counter for Paraguayan classics and its famous fish soup.
Bolsi	Family-run since 1960 at Estrella y Alberdi, open until late. Empanadas and Paraguayan comfort food.
Patria y Familia · El Porvenir	Two takes on Paraguayan fire and flavour, loved by locals and visitors alike.
La Cuadrita	Open-air pedestrian strip under the trees, from parrillas to international plates.



What to drink

Sunset is a sport here. Pick your rooftop.

01 Zulu
Top of the WTC
Cocktails with the widest view of the city.

02 Guay Rooftop
Tryp Hotel · San Martín y Tte. Vera
Pool-side terrace in Villa Morra.

03 Negroni Skybar
Dazzler · 15 de Agosto y Palma
Downtown sunsets over the old centre.

04 Ko'ape
Edificio Zenith · Av. Félix Bogado
Relaxed rooftop south of the centre.

05 Heineken Green House
Park Plaza · 16th floor
Beer garden in the sky.

Drink like a local: tereré

Ice-cold yerba mate with herbs, shared from one guampa. Accept, sip, pass it back. Say "aguyje" (thank you) when you're done.

But first, coffee ☕

Kaffe'i
Calle Palma · historic centre
Specialty coffee, named one of South America's Top 100 coffee shops in 2025.

El Café de Acá
Tte. Héctor Vera 1390 · Villa Morra
Paraguayan brunch and a leafy patio for coffee or tereré.

Karu
P. Egidio Cardozo 553 · Las Mercedes
Sourdough, mbejú and Paraguayan flavours with a modern twist.

Sources: InfoNegocios, La Nación, Wanderlog · 04

What to buy

Handmade lace, embroidered cotton and a guampa of your own.



WHERE TO SHOP

Paseo La Galería
200+ local and international brands, plus food terraces.

Shopping del Sol
International brands next to the new corporate district.

Ao P'oí Raity
Ñandutí and ao po'i specialists. F. R. Moreno 155.

Mercado 4
The city's busiest market. Go in the morning, keep it simple.

TAKE HOME

Ñandutí
Spider-web lace from Itauguá.

Ao po'i
Hand-embroidered cotton shirts.

Pottery
From the towns around Lake Ypacaraí.

Yerba + guampa
Everything you need for tereré at home.



04 · ADÓNDE IR

Where to go

Four centuries of history, one walkable centre.

HISTORY 01

Palacio de López

The grandest building in the centre, seat of government.

HISTORY 02

Catedral & Panteón

Walk on from the Palacio to the Panteón de los Héroes.

CULTURE 03

Manzana de la Rivera

Restored historic houses with exhibitions.

FOOTBALL 04

Museo de la Conmebol

Shirts, trophies and idols of South American football.

HIDDEN GEM 05

Cine de Barrio

About 20 seats, shoes off. Defensa Nacional 737.

OUTDOORS 06

Costanera

Riverside promenade for a walk or run at sunset.

NEW SPOT

Distrito Perseverancia

Asunción's newest neighbourhood: 7+ hectares of shops, restaurants, plazas and tree-lined paths, designed by Sordo Madaleno.

Did you know?

1537
Asunción was founded on 15 August 1537. Locals call it the "Mother of Cities".

462,241
people live in Asunción, out of 6,109,903 in all of Paraguay (Census 2022).

UNESCO
Tereré is on UNESCO's list of Intangible Cultural Heritage since 2020.

Sources: Time Out, La Nación, InfoNegocios, INE Census 2022 · 06



05 · ESCAPADAS

Day trips

Asunción is home base. If you want something different, these are our picks.

San Bernardino

Lake Ypacaraí

Lakeside town founded by German and Swiss immigrants. Lookouts at Miradores Bella Vista and pottery stalls on the way.

Areguá

About 20 km

Colonial homes, strawberries and the Iglesia Virgen de la Candelaria on a hill over the lake.

Paraguarí

Under 2 h by car

Hills for walkers: the Cerro Perõ lookout, a 2 km trail up Cerro Hû and the Mbatoví eco-reserve.

Itauguá

Ñandutí town

Where Paraguay's spider-web lace is made. Buy direct from the artisans.

Road snack: stop at Frutería Paraguarí, km 66 on Ruta PY01, for fresh fruit and chipa.

Sources: InfoNegocios (Aug 2026), monkeystale · 07

Further afield

Got a long weekend? Go south or east.



SOUTH · ON THE PARANÁ

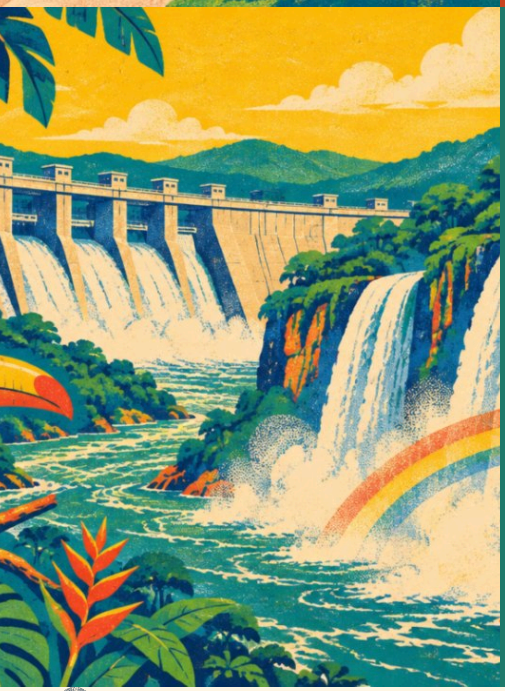
Encarnación

Paraguay's summer capital.

Costanera and Playa San José: city beaches on the river.

Carnival nights in January and February.

Gateway to the UNESCO Jesuit missions of Trinidad and Jesús de Tavarangue.



EAST · TRIPLE FRONTIER

Ciudad del Este

Water, power and shopping.

Itaipú, one of the world's largest hydroelectric dams.

Salto del Monday: 80 m falls about 10 km south of the city.

Iguazú Falls across the border, plus serious shopping.

What to invest

Liked your stay? Many of our owners started exactly here.



WHY PARAGUAY

Baa3
Moody's investment grade, affirmed Jul 2026

1.7%
Inflation, Oct 2026

5%
BCP growth forecast for 2026

USD 1,150M
Record FDI in 2025

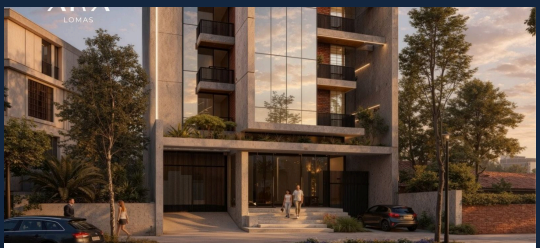
WHY GUARANÍ CAPITAL

100+
Properties under management

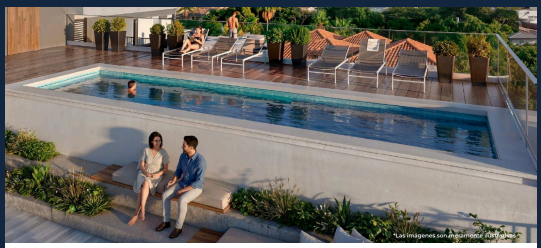
4.90★
From 1,700+ guest reviews

86%
Occupancy, last 12 months

61%
International guests



ARA Lomas by 39A
From USD 62,551 · delivery Nov 2028



Venire 568 by CREO
From USD 69,835 · delivery Mar 2029

Talk to our investor team **WhatsApp +595 983 118 881**

List prices from developers, subject to change. Past performance does not guarantee future returns. Sources: Moody's, S&P, BCP, INE, Guaraní Capital (Hospitable/Airbnb data).

Live like a local

Getting around
Uber and Bolt work all over Asunción.

Money
The currency is the guaraní (₲). Cards are widely accepted; carry some cash for markets.

Summer heat
Hydrate, wear sunscreen and plan outdoor time for morning or sunset.

Groceries & delivery
Biggie and Superseis have 24-hour branches; Casa Rica for gourmet. Or download PedidosYa and get food and groceries delivered to your apartment.

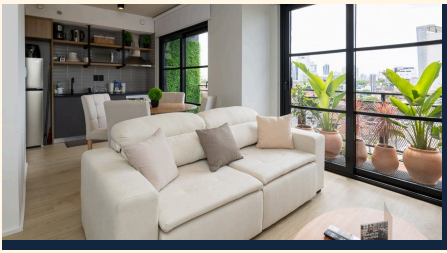
Emergencies
Call 911. For anything about your stay, message us 24/7.

Speak Guaraní
Paraguay is officially bilingual. Locals love it when you try.

Mba'éichapa	Hi, how are you?
Aguyje	Thank you
Iporã	It's good!
Jaha	Let's go!

Paraguay playlist ♪
Guarania: the slow, romantic genre born here in 1925

India	J. Asunción Flores
Recuerdos de Ypacaraí	Demetrio Ortiz
Mis noches sin ti	Demetrio Ortiz
Pájaro Campana	F. Pérez Cardozo



Need anything during your stay?
A tip, a question about the apartment, anything: message our team on WhatsApp, 24/7.

+595 991 899050

Our favourite stays

Every season our hosts pick two homes we love. This summer:



MBURUCUYÁ · NEAR SHOPPING DEL SOL

Único 1505

Designer studio on the 15th floor with panoramic windows, king bed, pool, gym and coworking in the building.

★ 4.77 · 22 guest reviews

> *"What a beautiful and functional apartment. And the view… truly incredible."*

Scan to see it on Airbnb



LAS LOMAS · NEAR WTC & SHOPPING DEL SOL

Ventura Carmelitas 306

Colourful, bright studio on a quiet street, with a rooftop pool terrace looking over the skyline.

★ 5.0 · 30 guest reviews

> *"Simply a haven in Asunción. Modern, super quiet, beautiful terrace with a pool."*

Scan to see it on Airbnb

Play like a local

Grab a pen and a tereré. How insider are you?

WORD SEARCH

R	M	A	A	I	R	I	G	V	A	M
M	B	E	J	U	P	M	M	P	N	C
H	D	H	C	R	G	L	M	G	A	R
V	V	A	H	R	Y	A	M	J	N	Y
C	D	N	I	G	U	R	F	A	D	O
Y	L	C	P	G	N	P	N	H	U	C
F	F	E	A	A	E	U	P	A	T	Y
A	S	A	D	O	E	V	V	R	I	M
E	T	T	Y	P	A	C	A	R	A	I
E	T	E	R	E	R	E	A	A	Y	D
S	E	O	G	G	A	I	G	J	S	H

YPACARAI · TERERE · NANDUTI · GUAMPA · CHIPA · ASADO · MBEJU · JAHA

Ñandutí is spelled without the Ñ here. Words run across, down and diagonally.

INSIDER QUIZ

1 **Asunción was founded in…**
a) 1537 · b) 1811 · c) 1886

2 **"Aguyje" means…**
a) Let's go · b) Thank you · c) Cheers

3 **Paraguay's two official languages?**
Hint: you're learning one on page 10

4 **The "soup" you eat with a fork is…**
a) Mbejú · b) Chipa · c) Sopa paraguaya

5 **San Bernardino and Areguá share which lake?**
Hint: it starts with a Y

RIDDLE

I'm always cold, I travel in a circle of friends, and you hand me back when I'm empty. What am I?

Your business here? Restaurants, bars, tours, shops: be part of the next edition. **info@guaranicapital.com**

Finished? Share a photo and tag @guaranicapitalpy

Answers: 1a · 2b · 3 Spanish & Guaraní · 4c · 5 Ypacaraí · Riddle: tereré

RECIPE OF THE SEASON

Chipa

Paraguay's cheese bread. A new classic dish every edition.



YOU NEED · ABOUT 20 CHIPAS

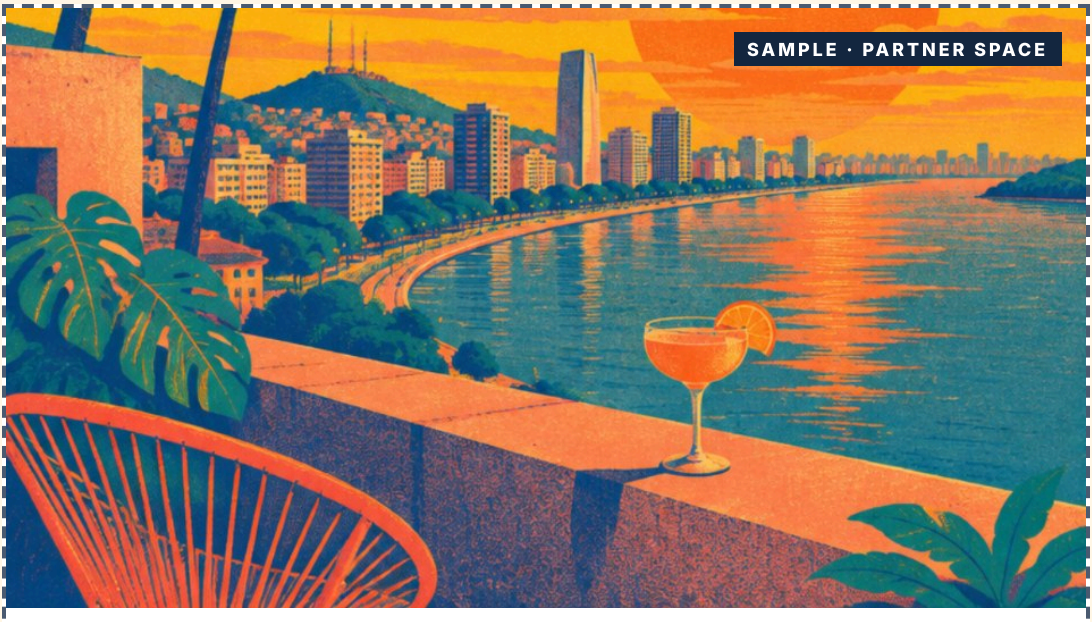
500 g	cassava starch (almidón de mandioca)
250 g	Paraguay cheese, grated (or a fresh, salty cheese)
100 g	butter or lard, soft
3	eggs
~100 ml	milk
1 tsp	salt, and anise seeds if you like

HOW TO

1. Beat the butter with the eggs. Add the cheese, salt and anise.
2. Add the starch little by little, then the milk, until the dough is soft and doesn't stick to your hands.
3. Shape small rings or balls and place them on a tray.
4. Bake at 200 °C for 20–25 minutes, until golden. Eat warm, ideally with coffee or cocido.

Next edition: sopa paraguaya. Send us your family recipe and we may feature it.

Your business here? Restaurants, bars, tours, shops: be part of the next edition. info@guaranicapital.com



Your restaurant, bar, business or tour here.

Reach travellers the day they arrive, in the apartment they're staying in.

~12,000
guests a year in our properties

100+
apartments in Asunción

61%
international guests

Advertise in the next edition **info@guaranicapital.com**

GUARANÍ CAPITAL

Feel at home in Asunción.

Gestión profesional de propiedades tipo Airbnb en Paraguay.
Servicio local, soporte 24/7.

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Your next stay, sorted.

Scan to see all our homes in Asunción and book direct.

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