

PEDALINGO

The Spanish Words And Terms Most Useful
For Adventure Cyclists



Gareth Collingwood

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INTRODUCTION

Welcome to Pedalingo! – elpedalero.com’s Spanish-English travel dictionary designed specifically for adventure cyclists!

If you’ve ever struggled to find a translation in your pocket dictionary, or looked up a term only to receive blank stares when you used it, then Pedalingo is for you!

Even fluent speakers of Spanish know that words, terms, and ways of saying things can vary (sometimes significantly) throughout Latin America. For travelling cyclists, it can get confusing.

The entries are organized by the themes most important to independent cyclists travelling Latin America. Latin American terms are given preference and appear before the Iberian terms.

Print Pedalingo and keep it in your handlebar bag as a quick reference. If you find a new word or term, write it in the spaces provided below the appropriate entry. Then submit the word to El Pedalero so we can research it for inclusion in upcoming editions. All contributors whose submissions are included will be given credit!

Thanks for using Pedalingo – I wish you the best on your future adventures!

¡Suerte!

Gareth Collingwood,
El Pedalero

ABBREVIATIONS

f – feminine noun

fpl – plural feminine noun

m – masculine noun

mpl – plural masculine noun

n – noun (used only to distinguish from identical verb forms)

v – verb (used only to distinguish from identical noun forms)

AmC – term from Central America

AmL – term from Latin America

AmS – term from South America

Andes – term from the Andes

Arg – term from Argentina

Bol – term from Bolivia

Chi – term from Chile

Col – term from Colombia

CR – term from Costa Rica

CS – term from the Cono Sur; Southern Cone of South America

Cu – term from Cuba

Ec – term from Ecuador

Esp – term from Spain

Gua – term from Guatemala

Hon – term from Honduras

Mex – term from Mexico

Nic – term from Nicaragua

Pan – term from Panama

Par – term from Paraguay

Per – term from Peru

RPL – term from the Rio de la Plata region

RD – term from the Dominican Republic

Ur – term from Uruguay

BICYCLES AND CYCLING

THE PARTS OF THE BICYCLE

bar ends: cuernos *mpl*

bar tape: cinta *f* de manubrio; cinta *f* para el manubrio de bicicleta

bicycle: bicicleta *f*

bike: bici *f*

bead (of tire): talón *m*; talón de neumático

brake lever: palanca *f* del freno (*AmL*); maneta *f* del freno (*Esp*)

brakes: frenos *mpl*

brake pad: pastilla *f* de freno

cable: cable *m*

cable housing: cubierta *f* del cable

cassette: casete *m*; piña *f* (*Esp*)

chain: cadena *f*

chainrings: platos *mpl*

derailleur: desviador *m*; descarrilador *m*

derailleur, front: desviador *m* delantero; descarrilador *m* delantero

derailleur, rear: desviador *m* trasero; descarrilador *m* trasero

drive train: transmisión *f*

frame: cuadro *m*

gears: cambios *mpl*

handlebars: manubrio *m* (*AmL*); manillar *m* (*Esp*)

hood (rubber cover of brake lever on drop bars): capucha *f* del freno; funda *f* del freno

inner tube: cámara *f*; cámara de neumático

rim: llanta *f*; rin *m* (*Col, Mex*)

saddle: sillín *m*; asiento *m*

spoke: rayo *m* (*AmL*); radio *m* (*Esp*)

seat: asiento *m*; sillín *m*

seat post: poste *m* de asiento; tubo *m* de asiento

shifters: cambios *mpl*; palanca de cambios

tire: neumático *m*; llanta *f* (*AmL*); goma *f*

valve: válvula *f*

wheel: rueda *f*

BIKE ACCESSORIES

bell: campanilla *f*; timbre *m*

bike computer: ciclocomputador *m*; cuentakilómetros *m*

bottle: botella *f*; bidón *m*

bottle cage: portebotellas *m*; soporte *m* para botellas

handlebar bag: bolsa *f* de manubrio

helmet: casco *m*

light: luz *f*; faro *m*

mini-pump, portable pump: bombín *f*

mirror: espejo *m*

pannier: alforjas *f*

(panniers) front pannier: alforja *f* delantera

(panniers) rear pannier: alforja *m* trasera

pump: bomba *f* de aire; inflador *m* de llantas/neumáticos

rack: parrilla *f*; portaequipajes *m*

(racks) front rack: parrilla *f* delantera

(racks) rear rack: parrilla *f* trasera

reflector: reflector *m*

seat bag: bolsa *f* de sillín

sunglasses: gafas *fpl* de sol; anteojos *mpl* de sol; lentes *mpl* de sol

water bottle: botella *f* para agua

BIKE TOOLS

adjustable wrench: llave *f* inglesa; llave *f* regulable

Allen key/wrench: llave *f* allen

Allen key set/multi: juego *m* de llaves allen

bolt: tornillo *m*

cable cutters: cortacables *m*

chain link: eslabón *m*

chain tool, chain breaker: tronchacadenas *m*

clamp: abrazadera *f*

grease: grasa *f*

hose clamp: abrazadera *f*; abrazadera *f* de manguera; abrazadera *f* de apriete de tornillo

lubricant: lubricante *m*

multitool: multiherramienta *f*; herramienta *f* de multiusos

nut: tuerca *f*

oil: aceite *m*

patch: parche *m*

pedal wrench: llave *f* de pedales

pump: bomba *f* de aire; inflador *m* de llantas/neumáticos

quick release: cierre *m* rápido

spoke wrench: llave *f* de radios

steel: acero *m*

tire lever: desmontador *m* de neumáticos; desmontables *m* de neumáticos

washer: arandela *f*

wheelbase: batalla *f*; distancia *f* entre ejes

wrench: llave *f* inglesa

wrench (box wrench, combination wrench): llave *f* combinada

wrench (fixed): llave *f* fija

BIKE REPAIRS

air: aire *m*

bent: doblado -da; torcido -da; curvado -da

broken: roto -ta; quebrado -da

bent chain: cadena *f* doblada/torcida/curvada

bent spoke: rayo *m* doblado/torcido/curvado

bicycle repairs: reparación *f* de bicicletas

damaged: dañado -da

dirty: sucio -cia

disassemble: desarmar (*Aml*); desmontar

fix: arreglar

flat tire: pinchazo *m*

inflate: inflar

measure: medir

out of true (wheel): rueda/llanta curvada

pressure: presión *f*

remove: sacar

repair v: arreglar; reparar

repairs n: reparaciones *fpl*

replace (cables, brake pads): cambiar

thread: rosca *f*

worn (tires, brake pads): desgastado -da

CYCLING. GENERAL

ascend: subir, ascender

ascent: ascenso *m*

asphalt: asfalto *m*

bicycle: bicicleta *f*

bike: bici *f*

bike path: ciclovía *f*; cicloruta *f* (*Col*)

climb (cycling): subir

descend: descender; bajar

descent: descenso *m*; bajada *f*

draft (riding in slipstream): formación *f* en abanico; drafting *m*

easy: fácil

energy: energía *f*

fall: caerse

false flat: falso llano *m*

fast: rápido -da

flat (road, land): plano -na

flat (tire): pinchazo *m*

freewheel: piñón *m* libre

gradient, grade: pendiente *f*; cuesta *f*; gradiente *f*; subida *f*

gradual (slope): no muy empinado -da

gravel: ripio *m*

hill: cuesta *f*; subida *f*

hit the wall, blow up, bonk: (sufrir/tener) una pájara *f*; el hombre del mazo (visita/llega)

mountain bike: bicicleta *f* de montaña; bicicleta todo terreno; bicicleta montañera (*Per*)

paved: pavimentado -da

pedal stroke: pedaleo *m*

road: camino *m*; calle *f*; ruta *f*; vía *f*

road bike: bici *f* de carretera

section (of road, route): tramo *m*

skid v: patinar; derrapar

speed: velocidad *f*

tour the country by bike: recorrer el país en bici

touring bike: bicicleta *f* de turismo

trail: sendero *m*

uphill: cuesta *f* arriba; en subida

washboard (pattern on unpaved road): serrucho *m*

ROADS AND TRANSPORTATION

ROADS AND VEHICLES

accident: accidente *m*

asphalt: asfalto *m*

auto shop: taller *m* de autos; garaje *m*; garage *m*

avenue: avenida *f*

block (distance between two corners, used giving directions): cuadra *f*

block (city block, not used for directions): manzana *f*

bridge: puente *m*

bus (coach, long-distance): autobús *m*; bus *m*; ómnibus *m* (*Arg, RPl*)

bus (local, city): autobús *m*; bus *m*; colectivo *m* (*Arg, RPl*); micro *m* (*RPl, CS*); bondi *m* (*Arg, RPl*); microbús *m* (*AmC*); guagua *f* (*Cu, DR*); chiva *f* (*Pan*)

bus station: terminal *f* de ómnibus (*RPl*); terminal *f* de autobuses (*AmL*)

car: coche *m* (*AmL exc Cu, RD*); auto *m*; automóvil *m*; carro *m* (*AmL exc CS*)

collision: choque *m*; colisión *f*

cross: cruzar

crossroads: cruce *m*; encrucijada *f*

curve: curva *f*

detour: desvío *m*; desviación *f*; rodeo *m*; vuelta *f*

drive: manejar; conducir

dump truck: camión *m* volquete; volquete *m*

entrance: entrada *f*; vía *f* de acceso

exit: salida *f*

gasoline: gasolina *f*; nafta *f* (*RPl*); bencina *f* (*Andes*)

gas station: estación *f* de servicio *or* (*RPl*) de nafta; gasolinera *f*; bomba *f* (*Andes, Ven*); bencinera *f* (*Chi*); grifo *m* (*Per*)

gravel: grava *f*; ripio *m*

highway: carretera *f*

highway (major highway, freeway, motorway): autopista *f*

intersection: intersección *f*; cruce *f*; bocacalle *f*

license plate: placa *f*

lorry: camión *m*

motorcycle: motocicleta *f*; moto *f*

on-ramp: vía *f* de acceso

overtake: adelatar; rebasar (*Mex*)

park v: estacionar (*CS*); parquear (*Mex, AmC*); aparcar (*Esp*)

parking lot: parqueadero *m*; estacionamiento *m*; playa *f* de autos; parqueo *m*

paved (sealed): pavimentado -da; asfaltado -da

pavement (on road): pavimento

pedestrian: peatón -tona *mf*

pedestrian street: calle *f* peatonal; peatonal *f*

pothole: bache *m*; hueco *m*

puddle: charco *m*

return (round) trip: viaje *m* de ida y vuelta

rig, semi: camión *m*

road (rural): camino *m*

road (urban): calle *f*

safety belt: cinturón *m* de seguridad

schedule (timetable): horario *m*

sidewalk: acera *f*; vereda *f* (CS); banqueta *f* (AmC, Mex)

speed: velocidad *f*

speed bump: reductor *m* de velocidad; policía *m* acostado; rompemuelleres *mpl* (Andes); giba *f* (Per); lomo *m* de burro (RPl); tope *f* (Mex); muerto *m* (DR); túmulo *m* (AmC); lomada *f* (Ur)

speed limit: límite *m* de velocidad; velocidad *f* máxima

stop *v* (sign): pare

stop *n* (bus): parada *f*

street: calle *f*

switchback: curva *f*

switchback road: camino *m* en zigzag

ticket (for bus): boleto *m*

toll: peaje *m*

toll highway: autopista *f* de peaje; carretera *f* de cuota (*Mex*)

tow truck: grúa *f*; remolque *m*

traffic: tránsito *m* (*RPL, CS*); tráfico *m*

traffic lights: semáforo *m*

truck (pickup, small truck): pickup *m*; camioneta *f*

truck (rig, lorry): camión *m*

unpaved road/street: (carretera *f*, ruta *f* calle *f*) no pavimentada; camino *m* no pavimentado; (. . .) sin pavimentar

van: furgoneta *f*; furgón *m*

TRAINS

platform: andén *m*

railroad: ferrocarril *m*

return (round) trip: viaje *m* de ida y vuelta

schedule: horario *m*

station (train): estación *f* de trenes

subway: subte *m* (*Arg*); subterráneo *m*; metro *m* (*Esp*)

ticket: boleto *m*

track: vía *f* férrea; trocha *f*

train: tren *m*

underground railway: subte *m* (*Arg*); subterráneo *m*; metro *m* (*Esp*)

wagon: vagón *m*

BOATS

Atlantic Ocean: océano *m* Atlántico

boat (small): bote *m*; lancha *f*

boat (mid-sized): barca *f*

boat (ship, large vessel): barco *m*; navío *m*; nave *m*

canoe: canoa *f*; piragua *f*

captain: capitán -tana *mf*

ferry: transbordador *m*; buque *m*

kayak: kayak *m*

maritime: marítimo -ma

motorboat, launch: lancha *f*

ocean: océano *m*

Pacific Ocean: océano *m* Pacífico

port: puerto *m*

port (left side of boat): babor *m*

raft: balsa *f*

row: remar

rowboat: bote *m* a remos/de remos; chinchorro *m*

sailor: marinero -ra *mf*

sea: mar *m*

ship: barco *m*; navío *m*; nave *m*

starboard: estribor *m*

yacht: yate *m*; velero *m*

AIR TRAVEL

airplane: avión *m*

airport: aeropuerto *m*

arrivals: llegadas *fpl*

baggage: equipaje *m*

crew: tripulación *f*

departures: salidas *fpl*

destination: destino *m*

flight: vuelo *m*

flight attendant: sobrecargo *mf*; azafata *f*; aeromozo *m*

fly: volar

gate: puerta *f*

landing: aterrizaje *m*

late: tarde

layover: escala *f*

passenger: pasajero -ra

pilot: piloto *mf*

shuttle: puente *m* aéreo

take-off: despegue *m*

CAMPING

CAMPING GEAR

air mattress: colchón *m* inflable

candle: vela *f*

can opener: abrelatas *mpl*

clothes pins: broche *m* (*Arg*); perrito *m* (*Chi*); gancho *m* (*Col, Ven*); palillo *m* (*Ur*)

compass: brújula *f*; compás *m*

cutlery: cubiertos *mpl*

backpack: mochila *f*

firewood: leña *f*

fly: toldo *m* impermeable; cubretecho *m*

fork: tenedor *m*

ground sheet: suelo *m* impermeable; piso *m* impermeable

headlamp: faro *m*

insect repellant: repelente *m* de insectos

knife: cuchillo *m*

lid: tapa *f*

lighter: encendedor *m*

mat, pad (for sleeping): colchón *m*

match: fósforo *m*

mosquito net: mosquitero *m* (*AmL*); mosquitera *f* (*Esp*)

mosquito repellant: repelente *m* de mosquitos

pan (cooking): sartén *m*

peg: estaca *f*

pillow: almohada *f*

plate: plato *m*

pole: palo *m*

pot: olla *f*

scrub pad: estropajo *m*

shampoo: champú *m*

sheet: sábana *f*

sleeping bag: bolsa *f* de dormir

soap: jabón *m*

spoon: cuchara *f*

Swiss-army knife: navaja *f* suiza

tarp (tarpaulin sheet): lona *f* impermeable

tent: carpa *f* (*AmL*); tolda *f* (*Col*); tienda *f* de campaña (*Esp*)

toilet paper: papel *m* higiénico

towel: toalla *f*

vestibule (front of tent under fly): extensión *f* frontal de cubretecho

washcloth: toallita *f*

CAMPING. GENERAL

ant: hormiga *f*

bug: bicho *m*

camp: acampar; ir de camping

campfire: fogón *m*; hoguera *f*; fogata *f*

campground: camping *m*

campsite: campameto *m*; camping *m*

ground: suelo *m*

grass: hierba *f*; pasto *m* (*AmL*); grama *f* (*AmC, Ven*)

park: parque *m*

path: sendero *m*

place: lugar *m*

private: privado -da

river: río *m*

spend the night: pasar la noche

trail: sendero *m*

uneven ground: terreno *m* desnivelado

view: vista *f*

GEAR AND MISCELLANEOUS

ATM/debit card: tarjeta *f* de débito

bandage: venda *f*

Band-Aid: curita *f*

book: libro *m*

bungee cord: cuerda *f* bungee; cuerda *f* de choque elástico con ganchos

camera: cámara *f*; máquina *f* de fotos

cash: efectivo *m*

credit card: tarjeta *f* de crédito

duct tape: cinta *f* aislante

first aid kit: botiquín *m* de primeros auxilios

glasses: anteojos *mpl* (*AmL*); lentes *mpl*; lentes *fpl*

gloves: guante *mpl*

guidebook: guía *f*

hose clamp: abrazadera *f*; abrazadera *f* de manguera; abrazadera *f* de apriete de tornillo

jersey: maillot *m*

lip balm: bálsamo *m* labial; cacao *m*; protector *m* labial

lock: candado *m*

map: mapa *m*

medicine: medicina *f*; medicamento *m*

nylon cord: cuerda *f* de nylon

passport: pasaporte *m*

pen: lapicera *f*; bolígrafo *m*

photocopies: fotocopias *fpl*

pills: pastillas *fpl*

plane ticket: boleto *m* de avión

plastic bag: bolsa *f* de plástico

pocket knife: navaja *f*

safety-pin: imperdible *m*; gancho *m* (*Andes*); alfiler *m* de gancho (*CS, Ven*); gancho *m* de nodriza (*Col*); seguro *m* (*Mex*)

sandals: sandalias *fpl*; huaraches *mpl* (*Mex*)

scissors: tijeras *fpl*

sewing kit: costurero *m* de viaje

shoes: zapatos *mpl*

socks: medias *fpl* (*AmL*); calcetines *mpl*

Swiss-army knife: navaja *f* suiza

thread: hilo *m*

tweezers: pinzas *fpl*

tuque, ski cap: gorro *m*

underwear: ropa *f* interior

vitamins (vitamin pills): vitaminas *fpl*

zip tie: abrazadera *f* plástica

FOOD AND DRINKS

FOOD AND EATING

apple: manzana *f*

avocado: aguacate *m*; palta *f* (*Bol, CS, Per*)

bakery: panadería *f*

banana: banana *f* (*Per, RPl*); banano *m* (*Nic, AmC*); guineo *m* (*AmC*); plátano *m*

bean: frijol *m*; poroto *m* (*Arg*); caraota *f* (*Ven*)

beef: carne *f*; carne de res (*Mex, AmC*); ternera *f*

boil: hervir

breakfast: desayuno *m*

bread: pan *m*

butter: mantequilla *f*; manteca *f* (*RPl*)

can: lata *f*

cheese: queso *m*

cherry: cereza *f*

chicken: pollo *m*

chocolate: chocolate *m*

chop: cortar, picar

closed: cerrado -da

cook v: cocinar

cookie: galleta *f*

corn: maíz *m*; choclo *m* (*AmS*)

cucumber: pepino *m*

cutlet: chuleta *f*

delicious: delicioso -sa; rico -ca

dessert: postre *m*

dinner: cena *f*

eat: comer

egg: huevo *m*

eggs, boiled: huevos *mpl* cocidos or duros

eggs, fried: huevos *mpl* fritos

eggs, scrambled: huevos *mpl* revueltos

eggs, sunny side up: huevos *mpl* estrellados

food: comida *f*

fork: tenedor *m*

fried: frito -ta

fruit: fruta *f*

fry: freír

garlic: ajo *m*

grape: uva *f*

ham: jamón *m*

honey: miel *f*

hunger: hambre

hungry: tener hambre; hambriento

ice cream: helado *m*

knife: cuchillo *m*

lettuce: lechuga *f*

lobster: langosta *f*

lunch: almuerzo *m*

market: mercado *m*

meal: comida *f*

meat: carne *f*

melon: melón *m*

mussel: mejillón *m*

mustard: mostaza *f*

napkin: servilleta *f*

olive: aceituna *f*; oliva *f*

onion: cebolla *f*

open: abierto -ta

orange: naranja *f*

papaya: papaya *f*; lechosa *f* (*AmC, Col, Ven*); fruta *f* bomba (*Cu*)

pasta: pasta *f*

pear: pera *f*

pepper: pimienta *f*

pineapple: piña *f*; ananá *f* (*RPl*)

plum: ciruela *f*

popcorn: palomitas *fpl* de maíz; esquites *mpl* (*Mex*); pororó *m* (*RPl*); pochoclo *m* (*Arg*); canguil *m* (*Ec*); maíz *m* pira/tote (*Col*)

pork: cerdo *m*; puerco *m* (*Mex*); chanco *m* (*Chi, Per*); marrano *m* (*Col*)

potato: papa *f*; patata *f* (*Esp*)

prawn: camarón *m*; langostino

prickly pear: tuna *f*

rice: arroz *m*

ripe: maduro -ra

rotten: podrido -da

salad: ensalada *f*

salmon: salmón *m*

salt: sal *f*

sandwich: sándwich *m*; bocadillo *m*

sauce: salsa *f*

sausage: chorizo *m*; salchicha *f*

shellfish: mariscos *mpl*

smoothie, blended drink: licuado *m*; batido *m*

soup: sopa *f*; caldo *m*

spinach: espinaca *f*

spoon: cuchara *f*

squid: calamar *m*

strawberry: frutilla *f* (*Bol, CS*); fresa *f*

supermarket: supermercado *m*

taste *n*: sabor *m*; gusto *m*

taste *v*: probar

tasty: rico -a; sabroso -a

tuna: atún *m*

unripe: verde; que no está maduro

vegetable: verdura *f*

vinegar: vinagre *m*

watermelon: sandía *f*

yogurt: yogur *m*

DRINKS AND DRINKING

alcohol: alcohol *m*

alcoholic drinks: bebidas *fpl* alcohólicas; copa *f*

beer: cerveza *f*

coffee: café *m* (see the complete coffee list under Coffee and Variations)

drink *n*: bebida *f*

drink *v*: tomar, beber

drinking water: agua *m* potable

drunk: borracho -cha *mf*

hot chocolate: chocolate *m*

juice: jugo *m*

lemonade: limonada *f*

milk: leche *f*

milkshake: batido *m*

mineral water: agua *m* mineral

orange juice: jugo *m* de naranja

soda, pop, carbonated drink: gaseosa *f*; refresco *m*

spill: derramar

tea: té *m*

thirst: sed *f*

thirsty: tener sed; sediento

water: agua *m*

water, drinking: agua *m* potable

wine: vino *m*

wine, red: vino *m* tinto

wine, white: vino *m* blanco

NATIONAL AND REGIONAL FOOD AND DRINKS

ají: chilli sauce (red ají chillis and seeds, vinegar, cilantro, salt) popular as a side dish in Chile and the Andes

arepa: round, flat, thick corn flour patty associated mainly with Venezuela, but also found in Colombia and Panama

asado: barbecued meats cooked on a parrilla (grill) most associated with Argentina, but also found throughout the southern cone and Andes

baleada: national dish of Honduras comprising a large, flat, wheat flour tortilla folded over refried beans and any combination of cheese, cream, eggs, and other savoury ingredients

bandeja paisa: a Colombian national dish with red beans, rice, fried eggs, pork, crackling, patacón (mashed, fried plantain), chorizo, arepa, hogao (onion-based sauce), blood sausage, tomato, and avocado, all served on a large, oval plate

chinchulines: grilled pork or beef intestines similar to chitterlings or chitlins, popular in Argentina and Río Plata

churrasco: in Brazil, similar to the Argentine parrilla, but also a broad term used throughout Latin America referring to many kinds of grilled meats

completo: a hot dog topped with diced tomatoes, sauerkraut, mashed avocado, and mayonnaise, ubiquitous in Chile

empanada: a stuffed wheat flour pastry similar to a Cornish pasty with many regional and national variations, but most popular in Argentina where they come soufflé (fried) or al horno (oven baked) with set ingredients inside identified by the repulgue (the pattern of the pinched seam on top) and an accompanying chart

gordita: a type of corn flour empanada, filled with cheese, meat, and other ingredients, found in Mexico and similar to an arepa

feijoada: national dish of Brazil consisting of a large stew of beans, pork, beef, chopped sausage, and bacon

fugazza: derived from Italian focaccia, but more similar to a pizza, topped with onions and herbs; found in Buenos Aires and other parts of Argentina and Río Plata

fugazzeta: a fugazza with cheese added

gallo pinto: national dish of Costa Rica, but also found in Nicaragua, made with rice and beans and often extended into a larger dish which could include plantains, fried eggs, tomatoes, and other ingredients

guisado: a stew, but with many regional and national variants, including pollo guisado cubano (Cuban chicken stew) and many Caribbean, Mexican, and Central American versions

horchata: sweet vanilla rice drink often with added cinnamon

jamaica: dark red, cold, hibiscus infusion; most popular in Mexico

kuchen: literally, cake, in German, but known in the Chilean lake district as a regional specialty resembling a fluffy cake with berries (often blackberries, cherries, or raspberries)

licuado: milk- or water-based blended fruit drink or smoothie often made with ice and sold as street food especially in Central America and other tropical areas

loco: thick corn-and-meat stew very popular in Argentina, but originating, and still common in, the Central Andes

milanesa: thin, large, breaded meat fillet (cheese-added variation known as milanesa napolitana) most common in Río Plata

mole: dark, savoury chilli sauce from Mexico with many regional varieties and often with a chocolate base

morcilla: grilled blood sausage, popular in Argentina and Uruguay

moros y cristianos: rice and beans dish from Cuba, but of Iberian origin

pabellón: a Venezuelan dish of shredded beef, rice, fried plantains, and fried egg, served with arepas

pupusa: El Salvador's ubiquitous national food; a thick, chewy tortilla similar to Guatemala's and often filled with cheese, and sometimes meat

ropa vieja: shredded meat in tomato sauce found in Cuba and Caribbean

sancocho: a loose soup or broth with large chunks of meat, potato, yucca, corn on the cob, and regional additions; most notably in Colombia and the Northern Andes

tamal: boiled or steamed corn flour based cake, often filled with meat, cheese, and vegetables, and wrapped in either a corn husk or a banana leaf

COFFEE AND VARIATIONS

café: coffee

café con leche: literally, coffee with milk, but more accurately, a cup of hot milk with a shot of coffee poured into it

cargado: strong

cerrero: large strong black coffee (*Col*)

cortado: an espresso ‘cut’ with a small amount of hot or steamed milk added after; popular in Argentina

descafeinado: decaffeinated

doble carga: two shots

exprés, expreso: espresso

fuerte: strong

guayoyo: a kind of watered-down coffee (*Ven*)

instantáneo: instant coffee

irlandés: Irish coffee

marrón: a mid-strength Venezuelan coffee

molido: ground coffee

negro: espresso (*AmL*); black, no milk

puro: black, no milk (*Chi*)

solo: black, no milk

tetero: very milky coffee in Venezuela

tinto: black, no milk (*Col*)

MONEY

MONEY AND PAYING

ATM: cajero *m* automático

bank: banco *m*

bill (note): billete *m*

bill (to be paid): cuenta *f*

bargain *n*: ganga *f*; pichincha *f* (*RPl*)

bargain *v*: regatear

calculate: calcular

cash: efectivo *m*

cent: centavo *m*

change: cambio *m*; vuelta *f*

charge *v*: cobrar

cheque: cheque *m*

credit card: tarjeta *f* de crédito

coin: moneda *f*

cost v: costar

cheap: barato -ta; económico -ca

debit card: tarjeta *f* de débito

debt: deuda *f*

economic: económico -ca

expensive: caro -ra

invoice: factura *f*

lend: prestar

loan *n*: préstamo *m*

money: dinero *m*; plata *f*

pay: pagar

save (money): ahorrar

settle (the bill): cancelar (*Bol*); saldar

tax: impuesto

teller: cajero -ra

traveller's cheque: cheque *m* de viajero

value: valor

withdraw: sacar; retirar

CURRENCY BY COUNTRY

Argentina: peso (peso argentino, ARS)

Belize: dollar (Belize Dollar, BZD)

Bolivia: boliviano (boliviano, BOB)

Brazil: real (real brasileiro, BRL)

Chile: peso (peso chileno, CLP)

Colombia: peso (peso colombiano, COP)

Costa Rica: colón (colón costarricense, CRC)

Cuba: peso cubano, (aka moneda nacional, CUP); peso convertible (aka divisa, CUP)

Dominican Republic: peso (peso dominicano, DOP)

Ecuador: dólar (dólar americano, USD)

El Salvador: dólar (dólar americano, USD)

Guatemala: quetzal (quetzal guatemalteco, GTQ)

Honduras: lempira (lempira hondureña, HNL)

Mexico: peso (peso mexicano, MXN)

Nicaragua: córdoba (córdoba nicaragüense, NIO)

Panama: dólar (dólar americano, aka balboa, USD)

Paraguay: guaraní (guaraní paraguayo, PYG)

Peru: nuevo sol (nuevo sol peruano, PEN)

Uruguay: peso (peso uruguayo, UYU)

Venezuela: bolívar (bolívar fuerte venezolano, VEF)

ACCOMMODATIONS

apartment, flat: departamento *m*; apartamento *m*

accommodations: hospedaje *m*

bed: cama *f*

blanket: manta *f*; cobija *f* (*AmL*); frazada *f* (*AmL*)

cabin: cabaña *f*

campground: camping *m*; campamento *m*

couples hotel: motel *m*

dormitory: dormitorio *m*

double bed: cama *f* matrimonial

eco-lodge: albergue *m* ecológico; hospedaje *m* ecológico

guest: huésped *m*

hostel: albergue *m*

hotel: hotel *m*; hostal *m*; hostería *f*

key: llave *f*

lodgings: alojamiento *m*

long-stay hotel: hotel *m* familiar

pillow: almohada *f*

private home: casa *f* privada

sheet: sábana *f*

room: cuarto *m*; habitación *f*

DIRECTIONS

address: dirección *f*

block (distance between two corners, used giving directions): cuadra *f*

block (city block, not used for directions): manzana *f*

close: cercano -na; cerca *adv*; próximo -ma

direction: dirección *f*; rumbo *m*

distance: distancia *f*

east: este *m*

eastern: oriental

far: distante; lejano -na; lejos *adv*

kilometer: kilómetro *m*

left: izquierda *f*; a la izquierda (*to the left*)

near, nearby *adv*: cercano -na; cerca; próximo -ma

north: norte *m*

northeast: noreste; nordeste

northwest: noroeste

right: derecha *f*; a la derecha (*direction*)

south: sur *m*

southeast: sudeste; sudoriental

southwest: sudoeste; suroeste

straight: derecho; directo (*Cu*); recto

street corner: esquina *f*

turn: doblar; girar; torcer

until: hasta

walk: caminar

west: oeste

western: occidental

where is . . . ?: ¿dónde está . . . ?

WEATHER, SEASONS, AND CONDITIONS

air pollution: contaminación *f* del aire

autumn: otoño *m*

breeze: brisa *f*

clear (day, sky): despejado; claro

climate: clima *m*

cloud: nube *f*

cloudy: nublado; nuboso

cold: frío *m*

cool: fresco -ca

dew: rocío *m*

drizzle: llovizna *f*; garúa *f*

drought: sequía *f*

dry: seco

fall, autumn: otoño *m*

flood: inundación *f*

fog: niebla *f*

foggy: nebuloso; de niebla

forecast: pronóstico *m*

heat: calor *m*

hot: cálido

humidity: humedad *f*

hurricane: huracán *m*

ice: hielo *m*

lightning: relámpago *m*; rayo *m*

mist: neblina *f*

pollution: contaminación *f*

rain *n*: lluvia *f*

rain *v*: llover

smog: smog *m*; niebla *f* tóxica

snow: nieve *f*

spring: primavera *f*

storm: tormenta *f*

summer: verano *m*

sun: sol *m*

sunny: de sol

temperature: temperatura *f*

thermometer: termómetro *m*

warm: caluroso -sa

wet: lluvioso (day); mojado -da (*things*)

wet (to get wet): mojarse

wind: viento *m*

windchill factor: sensación *f* térmica

winter: invierno *m*

ENVIRONMENT, LANDSCAPES

Andean: andino -na

bay: bahía *f*

beach: playa *f*

canyon: cañón *m*

cape: cabo *m*

cave: cueva *f*

city: ciudad *f*

cliff: acantilado *m*

coast: costa *f*; litoral *m*

coastline, littoral: litoral *m*

country, countryside: campo *m*

crag: peñón *m*; peñasco *m*

current (river, sea): corriente *f*

desert: desierto *m*

earth: tierra *f*

forest: bosque *m*

glacier: glaciar *m*

gorge: garganta *f*; desfiladero *m*

grass: pasto *m*; zacate *m* (*Mex*)

grove: monte *m*

high plain, high plateau: altiplano *m*

hill: colina *f*; cerro *m*

horizon: horizonte *m*

island: isla *f*

isthmus: istmo *m*

jungle: selva *f*; jungla *f*

lake: lago *m*

landscape: paisaje *m*

mountain: montaña *f*

mountain pass: paso *m*; collado *m*

mountain range: cordillera *f*; sierra *f*

mountainous: montañoso -sa

national park: parque *m* nacional

nature: naturaleza *f*

ocean: océano *m*

outskirts (city): afueras *fpl*; alrededores *mpl*

park: parque *m*

peak: pico *m*

peninsula: península *f*

rainforest: selva *f*

ravine: barranco *m*

river: río *m*

rock: roca *f*

rocky: rocoso -sa

salt flat: salar *m*

sand: arena *f*

sea: mar *m*

shore: orilla *f*

stone: piedra *f*

strait: estrecho *m*

tide: marea *f*

tree: árbol *m*

urban: urbano -na

valley: valle *m*

view: vista *f*

volcano: volcán *m*

wave: ola *f*

HEALTH AND FIRST AID

ache: dolor *m*

AIDS: sida *f*; SIDA *f*

ail, fall ill, become sick: enfermarse

ambulance: ambulancia *f*

aspirin: aspirina *f*

bandage: venda *f*

Band-aid: curita *f*

bite (from insect): picadura *f*

bite (from snake, dog, etc.): mordedura *f*

bleed: sangrar

blood: sangre *f*

burn *n*: quemadura *f*

burn oneself *v*: quemarse

clinic: clínica *f*

cold (sickness): resfrío *m*; catarro *m*

cough *n*: tos *f*

cough *v*: toser

cure *n*: cura *f*

cure *v*: curar

dehydration: deshidratación *f*

dentist: dentista *mf*

diarrhea: diarrea *f*

disease: enfermedad *f*

dizzy: mareado -da

doctor: médico -ca

dressing: apósito *m*

emergency: emergencia *f*

emergency room: sala *f* de urgencias

feel: sentirse

fever: fiebre *f*; calentura *f*

first aid: primeros auxilios *mpl*

fracture *n*: fractura *f*

fracture *v*: fracturar

flu: gripe *f*; gripa *f* (*Col, Mex*)

gauze: gasa *f*

heal: curar

health: salud *f*

help!: ¡socorro!

infection: infección *f*

infected: infectado -da

injection: inyección *f*

injury: herida *f*; lesión *f*

malaria: malaria *f*; paludismo *m*

massage *n*: masaje *m*

massage *v*: masajear

medicine: medicina *f*; medicamento *m*; remedio *m*

nausea: náusea *f*

nurse: enfermero -ra *mf*

operation: operación *f*

pain: dolor *m*

painful: doloroso -sa

pharmacy: farmacia *f*; botica *f*

pill: pastilla *f*; tableta *f*; píldora *f*

prescription: receta *f*

rabies: rabia *f*

recover, get better: recuperarse

remedy: remedio *m*

seasick: mareado -da

sprain: torcedura *f*; esguince *m*

suffer: sufrir

surgery: cirugía *f*

sweat *n*: sudor *m*; transpiración *f*

sweat *v*: sudar; transpirar

swollen: hinchado -da

vaccination: vacunación *f*

vomit: vomitar

weak: débil



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