

For tours departing beyond 2009, itineraries may be subject to change. This will be confirmed by the publication of the 2010 brochure (issued in Oct 09).

2009
Tour Dossier

EXPLORE!

ON FOOT

PERU Dossier Ref. PQ & PQA

Inca Trail Trek

Amended 21 May 2009. Valid from 01 May 2009 to 31 Dec 2009
Since first issue this dossier has been updated with amendments to the following sections: travel from London, single room option, visa, meal plan, sightseeing & equipment

As our itineraries may be amended from time to time, either for operational reasons or in response to feedback from customers, please ensure you have the most up-to-date copy of this dossier immediately before you travel. You can download the dossier from our website, www.explore.co.uk. Of course we will notify you of any significant changes, but sometimes minor changes may simply be added to the tour dossier.

JOINING TOUR ABROAD

Inca Trail Trek Ref. PQ
7 days/6 nights Land Only
Cusco to Cusco

Join Cusco (day 1)

End Cusco (day 7)

Inca Trail Trek + Amazon Lodge extension Ref. PQA
11 days/10 nights Land Only
Cusco to Lima

Join Cusco (day 1)

End Lima (day 11)

Clients booked on 'Land Only' arrangements should make their own way to the joining point in Cusco. Please refer to separate 'Joining Instructions' for name and address of hotel and time of rendezvous with tour leader.

GROUP TRAVEL FROM LONDON

Inca Trail Trek Ref. PQ
9 days/8 nights Tour including Connecting Group Flights
London-Lima-Cusco-London

Depart from London Heathrow Airport, to arrive in Lima the following day (day 1 of Land Only itinerary).

Return from Cusco (day 7 of Land Only itinerary) and arrive London Heathrow the following day.

Earth Matters

• The Travel Foundation

Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk

• Tourism Concern

Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
• For further information on responsible travel go to <http://www.explore.co.uk/ResponsibleTourism/>

Inca Trail Trek + Amazon Lodge extension Ref. PQA
13 days/12 nights Lima to Lima

Depart from London Heathrow Airport, to arrive in Lima the following day (day 1 of Land Only itinerary).

Return from Lima (day 11 of Land Only itinerary) and arrive London Heathrow the following day.

Passengers with non-group flights booked through Explore should refer to their individual confirmation invoice for flight details. Transfers to and from the airport are not included unless purchased in addition to the tour package.

SPECIAL HIGHLIGHTS

Among the many highlights featured on this tour, we particularly mention:

- * **CUSCO** An opportunity to explore the ancient capital of the Incas.
- * **SACRED VALLEY** Pisac and Ollantaytambo – magnificent ruins and Indian markets.
- * **THE INCA TRAIL** 4-day hiking through the Andes and past ancient Inca sites.
- * **MACHU PICCHU** A guided visit of the fabulous lost city of legend.
- * **AMAZONIA** (Tour ref. PQA only) 3 nights in a jungle lodge exploring the stunning jungle landscapes along the Madre de Dios or Tambopata River.

Important: Please note that to purchase Inca Trail Passes, we require full passport details at the time of booking. Failure to provide this information at this time may prevent you from getting a place on the tour. Any changes to the passport details after booking must be notified immediately with a photocopy of the changes / new passport. Details cannot be changed on Inca passes, so if passport details change, then a new one must be purchased - this will be charged to you. In the event that there are no passes left, it will not be possible for you to take part in the Inca trek. Explore does not accept any responsibility for any extra costs incurred by clients who do not heed this information.

What better way to approach the matchless splendour of the 'lost city' of Machu Picchu than along the trails once used by the Incas themselves? This spectacular trek follows the meandering course of the Urubamba River valley under the often snow-capped mountains of the Andes, on a 4-day trek to the site of one of the most spectacular archaeological finds of any age. With a

CO₂ Offsets Included

The biggest environmental impact of your holiday with Explore is the CO₂ generated by your flights. As a responsible tour operator, we have included in our tour prices the costs of offsetting CO₂ emissions from all international and domestic flights forming part of the tour. Our chosen offset partner is Climate Care. If you are making independent flight arrangements to join one of our tours, may we urge you to take responsibility for your CO₂ emissions by offsetting through Climate Care, or a similar offsetting scheme.

PQ & PQA 15AUG09 Ex-London please note: that due to flight schedule changes the outbound flight now depart early in the morning from London and will arrive in Lima in the early evening.



chance to enjoy the colonial delights of Cusco and the Indian culture of the Sacred Valley, this is a journey into the heart of one of the most mystical landscapes on earth. Those who wish to can also extend their journey with a stay in an Amazon lodge in the heart of the remote Peruvian jungle.

Walking Grades and Fitness:

Grading is a somewhat difficult topic as much depends on the individuals own perception of his or her abilities. Whilst all activities are suitable for beginners, you should have a reasonable level of fitness to get the most from the tour. No special equipment required. This is rated **Grade B/C**.

Grade B walks (Moderate): Will involve some longer walks (4-6 hours/day) generally at low altitude (below 3000m). Some previous hill walking experience would be beneficial, but these walks should be within the capabilities of those who lead a normal active life.

Grade C walks (Strenuous): Are for the more serious hillwalker and a higher level of physical fitness is required. Walking days are normally 6-8 hours and may involve up to 900m or more of ascent or more of descent. You should be prepared for several days walking, often at higher altitudes, so stamina is very important for this.

LAND ONLY ITINERARY

Be Prepared: While our intention is to adhere to the day-by-day route as printed below, a degree of flexibility is built into the itinerary. Places visited and routes may vary depending on local road and weather conditions. Strikes, rallies and roadblocks are quite common forms of protest in Peru and whilst we have excellent resources in place to minimise any disruption to the tour, occasionally we have to make changes to our planned route and/or itinerary.

Please note: Participation in canoeing, kayaking, or rafting (including white-water) requires that you are able to swim 25 metres unaided.

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For bookings outside the UK please contact your local travel agent representing Explore.

Page 1 of 6

Accommodation and Included Meals: Please find the key to our accommodation ratings overleaf, and note that included meals are indicated in the itinerary below and are shown on the day they are provided (B = breakfast, L = lunch, D = dinner).

Day 1. Join tour Cusco; PM free

Our journey begins in Cusco, the old heart of the Inca Empire and the archaeological capital of the Americas. The oldest continuously inhabited city on the continent, Cusco is imbued with an atmosphere of mystery and grandeur. The Spanish-style city of today, with its attractive pink tiled roofs, arched plazas and steep winding alleyways, stands upon tremendous Inca foundation stones, its links with the Inca Empire everywhere to be seen, from the stone walls that line the city streets, to the museums filled with artefacts and relics of a long dead people. After a chance to freshen up and meet with your tour leader the rest of the afternoon is free to explore at your leisure, perhaps taking in something of the grandeur of the city's more recent colonial past amongst the churches and galleries of the Plaza de Armas, or perhaps venturing into the ancient Inca heart and visiting the incredible remains of Qoricancha.

Overnight Hotel H+.

Day 2. Transfer to the Sacred Valley and visit Pisac and Ollantaytambo

This morning we leave the old Inca capital and head instead for the stunningly beautiful setting of their Sacred Valley, whose rich alluvial plains were so well exploited by the ancient tribes. We'll travel via the market town of Pisac, strategically located at the head of the Urubamba Valley. We plan to take a short walk into the surrounding hills to help acclimatise and prepare ourselves for the trek ahead. Re-joining our bus, we head down into the valley to Ollantaytambo. The rest of the afternoon is then free to explore something this sleepy town, perhaps paying a visit to the formidable ruins of its once great fortress, site of one of the very few Spanish defeats during the conquest (optional). It was from behind the imposing walls of this impregnable stronghold that Manco Inca held out against the forces of Hernando Pizarro in 1536, forcing the Spanish to retreat back to Cusco. The town itself also presents a charming setting for an afternoon of quiet wandering, the spectacular ruins and Inca terraces presenting a stunning backdrop to a genteel exploration of its monuments and markets. For the more adventurous there may be an opportunity to experience some exhilarating white-water rafting on the Urubamba River – no previous experience is necessary and all safety equipment is provided. **Overnight hotel H+ (included meals: B).**

Day 3. Trek to Huayllabamba via Llactapata

Leaving early this morning we drive to the trailhead at KM 82, where we begin our trek from Piscacucho, following the meandering course of the Rio Urubamba as it flows northeast towards the ruins of Llactapata. Once part of an agricultural settlement that supplied the Inca communities along the trail, we'll pass by the extensive terraces at Llactapata to find ourselves a spot to enjoy lunch amongst the spectacular landscapes. From here we continue into a side valley and begin a steady and relatively easy climb up towards our final destination for the day, the village of Huayllabamba, where we make our first night's camp. **Approx walking: 5 hrs Overnight wild camp C (included meals: B, L, D).**

Day 4. Trek to Pacaymayo via Lulluchapampa and the Warmihuanusqa Pass (4215m)

Breaking camp this morning we continue climbing, taking a steady ascent through lush cloud forest towards the open spaces of Lulluchapampa, an expanse of wide meadowland that presents us with some stunning views back down the valley. From here we have another gruelling hike up towards the Warmihuanusqa Pass (4215m), or to give it its English title 'Dead Woman Pass'! The climb will take us most of the morning, but the sense of achievement once you reach the summit is exhilarating. From here we begin a steep descent down into the Pacamayo Valley and our second camp, lying some 600 metres below us. **Approx walking: 7 hrs Overnight wild camp C (included meals: B, L, D).**

Day 5. Trek to Winaywayna via the Runkuracay Pass and Sayacmarca

Today's trekking presents us with our most diverse day, starting with an ascent towards the Runkuracay Pass via the ruins of an old Inca tambo (post house). From here we continue along an Inca staircase up to the Runkuracay Pass (3900m), which affords us some breathtaking views of Pumasillo and across the Vilcabamba range. Then we begin

Booking a Single Room

All of our tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. On this particular tour we are pleased to be able to offer customers the option of pre-booking a guaranteed single room. Due to the variety of accommodation used on this tour, single rooms are available for a majority of the nightstays, however it would still mean sharing at Huayllabamba, Pacaymayo and Winaywayna.

a 2-hour descent down to the haunting ruins of Sayacmarca, overlooking the beautiful Aobamba Valley. Stopping to explore the site, we then continue along an old Inca stone path that takes us through an old Inca tunnel and alongside the lush landscapes of semi-tropical cloud forest as we make our way towards our third pass, that of Phuyupatamarca (cloud-level town) lying some 3800m above sea level. This is probably the most spectacular stage of our journey today and, weather permitting, we will enjoy the staggering sight of the entire Vilcabamba range laid out before us in all their immense glory. As we begin our descent we pass by the ruins of the old town, quite possibly the most beautiful of all we pass along the trail, and follow a white granite stairway - an impressive 1000 metre descent to the magnificent ruins of Winaywayna, a small Inca city which, like Machu Picchu, was abandoned for unknown reasons generations ago. This stunning setting is the site of our final camp. **Approx walking: 7 hrs. Overnight bush camp C (Included meals: B, L, D).**

Day 6. Trek to Machu Picchu. Full day at site, then bus and train to Cusco

Starting early again this morning we continue hiking through cloud forest, passing through a rich forest of towering trees and giant ferns as we make our way towards the Inca staircase that leads up to the famous Intipunku (Sun Gate), from where we should get our first breathtaking views of Machu Picchu. The rest of the morning is spent amongst these magnificent ruins, probably one of the most astounding feat of engineering in all of ancient America. Temples, stairways, palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders. Not without reason is this site probably the most revered tourist attraction in Latin America. Its location alone is

INTERNATIONAL PORTERS PROTECTION GROUP (IPPG)

The IPPG was set up in 1997 to address the issue of working conditions for porters working in mountain areas. We are striving to follow IPPG guidelines to ensure porters working on Explore tours are paid a fair wage, given adequate equipment, do not carry excessive loads and have access to health care.

What you can do

If you have any spare walking kit which is in good condition, this can make a great gift to our porters.

www.ippg.net

ACCOMMODATION: An important feature of many Explore tours is the wide range of accommodation used, and since the beginning our philosophy has been to select accommodation to suit the itinerary - not the other way round. To help gauge the comfort level on your chosen tour, we have graded the accommodation standards at all night-stops using the rating guide below. Please keep in mind however that standards can vary from one trip to the next, and occasionally we may need to change a night-stop without advance warning. Please note descriptions are only intended as guidelines in order to give a flavour of the type of accommodation to expect. We cannot guarantee the use of particular properties. Facilities and characteristics may vary from those described.

Hotels / lodges / guesthouses - or similar

H+ : Standard hotels, lodges or guesthouses, usually with twin or single rooms and en suite facilities. These are generally standard, no-frills hotels with adequate amenities and service standards. Whilst comfort levels are perfectly acceptable to most, please don't expect too much! These are often small, family run establishments.

Camping

C : Basic camping in wild camps where facilities / amenities may be limited or non-existent. Generally there is no running water, and we dig a temporary bush toilet. Two person tents are often used, but occasionally we sleep under the stars. Participation normally required and sleeping bags usually not provided.

Peru's infrastructure is well developed and it is possible to find anything from a backpacker style hostel to 5-star hotels in the major cities and at all the key tourist destinations. Accommodation and service levels are generally high. We use a mixture of accommodation on our tour in Ollantaytambo we stay in a simple locally owned hotel.

Rooms are quite basic but the lovely gardens, great setting and chance to experience small town life make for a very enjoyable stay. In Cusco we stay in a standard 3 star hotels. Both hotels have en suite facilities and enjoy good locations at the heart of the city to enable you to explore easily.

Whilst on trek we camp wild in two-man tents with plenty of room for bags. At our camps we set up a dining tent and tables and stools are provided. There is also a toilet tent. Due to the nature of the environment, personal washing water is limited. The trek is fully supported by our team of porters. They set up and take down the tents, prepare all the meals, carry all our bags (except daysacs and gear and generally ensure our well-being during the trek. We ensure their wellbeing by adhering to good working practice (see box).

In the Amazon we stay in an eco-lodge made of traditional native materials in the heart of the Peruvian Amazon. The concept is to blend into the rainforest as much as possible and facilities are basic. One side of each bedroom looks out into the forest with no wall or screening of any kind acting as a giant window. Every room has a private bathroom with cold water only and each bed has a mosquito net. Common areas are open and spacey and offer ample area for resting and socializing.

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dramatic in the extreme, teetering on the saddle of a high mountain peak that towers above the valley below, its backdrop a blanket of forested mountains. Built in the mid 15th century by Pachacuti, the city was rediscovered in 1911 by Hiram Bingham. Thought to have been a major agricultural centre for the Incan empire, the city's very inaccessibility seems to have saved it from the looters of the intervening years, resulting in the remarkably preserved ruins that we see today. We will enjoy a guided visit of the site, taking in the major highlights of this vast complex, before descending by bus to the small town of Aguas Calientes, from where we return to Cusco by train. *Approx walking: 3 hrs Overnight hotel H+ (included meals: B, L).*

Day 7. Tour ends Cusco (Included meals: B).

Inca Trail Trek + Amazon Lodge extension Ref. PQA

(Please note that the extension is unescorted.)

Days 1 to 6. As above

Day 7. Fly to Puerto Maldonado, then boat to lodge. Guided walks

Transfer to the airport for a short flight to the southern Amazon area of Peru and the bustling logging town of Puerto Maldonado. From here you board a boat for the journey along the Madre de Dios or Tambopata Rivers to your remote jungle lodge. Orientation walk on arrival and a sunset walk later this evening. **3 nights lodge H+ (included meals: B, L, D).**

Days 8 & 9. Walking and boat excursions through the jungle

The next two days have been set aside to explore something of this remarkable region in some depth, taking jungle walks deep into the forests in search of toucans, monkeys, picuros and a wealth of other fauna and birdlife, or cruising the waterways by boat and canoe to observe some of the wildlife that haunts the river banks. **(Included meals: Bx2, Lx2, Dx2).**

Day 10. Fly to Lima; PM optional city tour

This morning we fly back to Lima and journey's end. Founded in 1535 the 'City of Kings', is an eclectic mix of the ancient and modern and the rest of your day here is free to explore as you wish. Time permitting there is the option to perhaps visit the Gold Museum, featuring one of South America's best collections of historical costumes and weaponry. Alternatively you prefer an optional city tour, strolling through Plaza San Martin and Bolivar and entering the fascinating Catacombs of the convent of San Francisco, or passing through the colonial squares and

Amazon Jungle Extension:

Please understand that infrastructure to and in the Amazon jungle is not as reliable as at home. Occasionally the flight to the jungle can be unreliable due to local conditions. If the flights are for any reason unavailable, the extra nights will be spent in Cusco. Payment for the option would be refunded on your return home less the nights spent in Cusco. Also, there are sometimes limited transfer vessels, return times from the jungle can vary.

under the intricate modern balconies of old Lima, to view some of the city's best surviving examples of colonial architecture. **Overnight hotel H+ (included meals: B).**

Day 11. Tour ends Lima (Included meals: B).

PERSONAL EXPENSES

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry. **Clients flying on the group flights from London should be aware that there is a domestic departure tax of approx US\$6 when flying from Lima to Cusco and a departure tax of approx US\$4.5 when flying from Cusco to Lima. Also international airport departure taxes from Lima are approx US\$30.**

Foreign Exchange

Local Currency: Nuevo Sol.

Recommended Currency for Exchange:

Carry all your funds in U.S. Dollar Travellers Cheques/cash (NOT Sterling, which is almost impossible to change). It is advisable to take a minimum of US\$300-400 of your total spending money in cash, in mixed denominations. As it is often difficult to exchange travellers cheques. Old, dirty or marked notes are not accepted locally. Best to travel with brand new notes. **Note: US \$100 bills with the series CB-B2, year 2001, will not be accepted for exchange.**

Where to Exchange: Most major towns. Your Tour Leader will advise you on arrival. When changing money always keep your receipts for changing back money.

ATM Availability: Major towns.

Credit Card Acceptance: In larger restaurants and shops.

Travellers Cheques: Can change in most cities at lower exchange rate.

Up-to-date information re: global exchange rates can be obtained at <https://www.currency-express.com/explore/>

Meal Plan

Local Food and Drink: 6 breakfasts and 4 lunches and 3 dinners are included on the PQ tour, whilst the PQA includes 10 breakfasts, 7 lunches and 6 dinners; please be prepared to pay for all other meals (please note clients on the group flight from London will have one extra breakfast included as they overnight in Lima on the way to Cusco). Prices quoted are correct as of the date this dossier was originally issued but may change at any time due to currency fluctuations. Please note that costs for drinks and meals can vary depending on location and the prices below are given as an average guide only.

	UK	Peru
Coffee	£1.20	US\$2.00
Soft drink	0.80	2.00
Bottle of Beer	2.50	2.50
Bottle of water	0.80	1.60
Breakfast	4.00	6.00
Bottle of wine	10.00	13.00
2 Course Meal*	10.00	13.00
3 Course Meal**	18.00	20.00

*Cheap local fare in a small cafe or restaurant.

**Typical food in a simple, reasonably comfortable mid-range restaurant.

Tipping

Local Staff: Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff look to members of the group for personal recognition of particular services provided. Accordingly you should allow approximately US\$45 for tipping (US\$60 on PQA extension).

It is customary to tip our Porters, Cooks and Trail Guide at the end of the Trek, although this is entirely at your discretion.

Other Sightseeing

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date this dossier was originally issued but may change at any time due to currency fluctuations.

CUSCO Sleeping bag hire US\$15.

OLLANTAYTAMBO Rafting on Urubamba River US\$30.

LIMA City tour US\$30; Gold museum US\$30 guided, US\$7 unguided.

PRACTICAL INFORMATION

Seasonal Climate

Bear in mind that at high altitude temperatures can drop dramatically, and conditions can change suddenly. Inland: Hot and humid from October to March (summer), mild to hot from April to September (winter). Highlands: All year, sunny days, chilly evenings. Rainy from December to March and mainly dry the rest of the year. Coast: June to October, damp and misty, but temperature never drops below 10°C and rain is rare. Jungle: damp, hot & humid all year round. Sometimes very cold in August and September.

Additional information and climate charts can be accessed at <http://www.explore.co.uk/weather>. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Visa Requirements

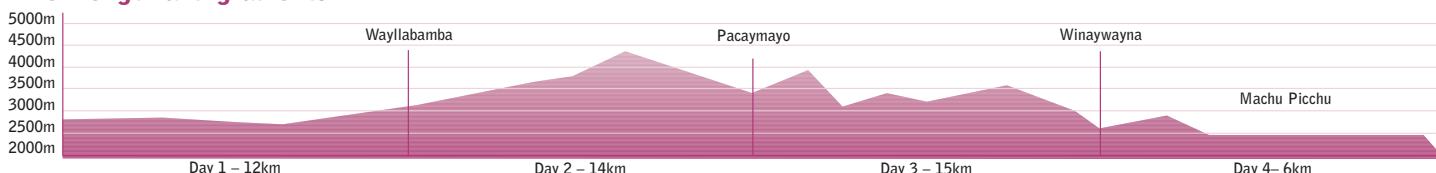
No visa is required for citizens of UK, CAN, USA, AUS and NZ. Other nationalities should consult the relevant consulate. If routing via USA check on latest visa situation.

Please note: Please note that flights on the tour **may** transit through the USA. According to US law, passengers may have to disembark, collect luggage and clear immigration before re-boarding for the onward flight.

Holders of the UK, AUS, NZ, CAN and several EU country passports can enter the United States without a visa under the Visa Waiver Program (VWP) if they hold a machine readable passport. They must also be

Due to a change in the rules governing the amount of walkers on the Inca Trail at any one time, please note that once our agent has confirmed the Inca Trail Pass, any transfer of reservation up to 56 days prior to departure will incur additional costs in addition to a £25.00 administration fee.

Trek length and gradients



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entering the country by sea or air on a carrier participating in the visa waiver scheme, holding a return/onward ticket. As well as being machine readable, if your passport was issued on or after 26 October 2005, it must contain both a digital photograph of the holder and also an integrated circuit chip that stores biographic information.

From 12 January 2009 all passengers travelling to the USA under the Visa Waiver Programme must provide their details online no later than 72 hours prior to travel. British travellers who have not registered before their trip are likely to be detained and sent home. In addition to passport information, you must also supply the full address of your first night's accommodation in the USA. This information can be obtained from your joining instructions which are sent out approximately 3 weeks before travel.

For more information, and to apply online, please visit the following website at <https://esta.cbp.dhs.gov>. Once obtained, the application will be valid for a period of two years, or for the validity of your passport (whichever is shorter). At present, US authorities do not propose to levy a charge for this service, although they have reserved the right to consider doing so in the future.

For more information about who is eligible for the VWP, or any other questions you may have regarding your eligibility, or machine readable passports, please contact your local consular office, or visit www.usembassy.org.uk

Other nationalities should consult the relevant consulate.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

Vaccinations & Protection

We recommend protection against typhoid, tetanus, polio, infectious hepatitis, malaria. A yellow fever vaccination is recommended if you are taking the Amazon extension. Consult your travel clinic for latest advice on different prophylaxis available against malaria.

Special Note: Visa and vaccination requirements are subject to change and should be confirmed before departure.

The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Electric Supply and Plugs

For comprehensive information regarding voltages and plug types in use in the countries visited, follow the relevant link at <http://www.explore.co.uk/Traveladvice/>

Insurance

Travel insurance is compulsory for all bookings. You must take your policy document with you on tour, as your tour leader will ask to see this at the start of the trip. Your documentation must state in writing that you are the named policyholder and that the cover is valid for your period of travel. Your policy document must also indicate that you have medical expenses and emergency repatriation cover and a 24-hour contact telephone number for your Insurance Company must be shown on your documentation in case of emergency.

If you are unable to provide all this information at the start of the trip you will not be allowed to join the trip. If you have purchased Explore Insurance you should carry the Master Certificate leaflet with you, which outlines the conditions of the policy together with a copy of your Confirmation Invoice, which is your proof of purchase of insurance. Explore Worldwide are an

Appointed Representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority.

Know Before You Go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs, including advice re: the legality of and local attitudes towards same-sex relationships. For UK Foreign and Commonwealth Office Advice follow the link at <http://www.explore.co.uk/Traveladvice/>

PACKING FOR YOUR TRIP

A complete list of clothing and personal gear is contained in Explore's '**General Information Booklet**', available only after a booking has been accepted. Here we make a few specific recommendations with regard to your tour.

Luggage: One main piece of baggage and a good quality daysac for the trekking days. Total allowance: **44lbs/20kgs**. Remember you are expected to carry your own luggage – don't overload yourself. Your main bag should be lockable as this will be left in storage in Cusco whilst on the trek. The maximum weight allowance for the trek is **7kg** only.

Clothing: Pack essentially for '**All tours**' plus '**Mountain Treks**'. In the highlands conditions are generally dry and sunny during the day but bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves for cooler nights in the mountains when temps drop dramatically. For the tropical jungle region (Amazonas) with its humid climate, loose fitting and lightweight clothing with long sleeves and a sunhat are essential. A complete set of clothes that can get grubby and muddy are useful. Lightweight waterproofs are useful. Bring your swimsuit.

Footwear: Well broken in walking boots are essential and shoes/trainers for relaxing in. For the rafting and visiting the jungle, old trainers or Teva sandals are best.

Equipment: Binoculars, torch, water bottle, insect repellent, suncream (at least factor 15), good quality sunglasses and a lip salve with sun protection. You will also need a sleeping bag (see extended kit list for further details).

GENERAL INFORMATION

Area: 1.28 million sq km.

Population: 28 million.

Language: Spanish, Quechua, Aymara.

Religion: Predominantly Roman Catholic.

Local Time: GMT -5.

Electric Supply & Plugs: 220V, 60Hz. Both two-pin flat and round pin adaptors can be used in Peru.

Recommended Books: John Hemmings: The Conquest of the Incas, Michael E Mosely: The Incas and their Ancestors, Peter Frost: Exploring Cusco, Footprints Guide to Peru, Hiram Bingham: Lost City of the Incas,

Our trips to Peru feature more mountain walking than many of our other holidays. For this reason we feel that it is of value to provide this extra information sheet to help you prepare for your trip. If you are in any doubt about the suitability of the trip you have booked, call us now. To the majority of people, trekking in Peru becomes one of their most memorable experiences. It stands to reason that the better your preparation, both mental and physical, the more you will enjoy yourself.

*The Explore '**General Information Booklet**', together with the appropriate trip dossier, deals in detail with most of the things you need to know (passports, visas, health care, etc). The purpose of this additional sheet is to be more explicit regarding luggage, packing and equipment.*

GRADING & FITNESS FOR TREKKING IN PERU

To enjoy any trek it is essential to be in shape before you arrive. It is not wise to regard a trek as a means of getting into shape or losing excess weight. Start a programme of conditioning well before departure – in fact as soon as you book – and be aware that short walks on the flat do little to prepare you for the gradients of the Andes. Running, hill walking and other more active sports are suitable.

Walking Grades and Fitness:

Grading is a somewhat difficult topic as much depends on the individuals own perception of his or her abilities. Whilst all activities are suitable for beginners, you should have a reasonable level of fitness to get the most from the tour. No special equipment required. This is rated **Grade B/C**.

Grade B walks (Moderate): Will involve some longer walks (4-6 hours/day) generally at low altitude (below 3000m). Some previous hill walking experience would be beneficial, but these walks should be within the capabilities of those who lead a normal active life.

Grade C walks (Strenuous): Are for the more serious hillwalker and a higher level of physical fitness is required. Walking days are normally 6-8 hours and may involve up to 900m or more of ascent or more of descent. You should be prepared for several days walking, often at higher altitudes, so stamina is very important for this.

ALTITUDE

Note on Altitude: The trip may be taken by almost anyone who enjoys good health, and appreciates that walking in the Andes is fairly rugged and involves trekking over rough pathways. The highest point on the route is 4900m – the realm of thin, cold, dry air. We take a day to begin acclimatising.

Insurance: Please ensure that your insurance policy covers you to the altitude indicated below in the section entitled "Medical examination" before you come on tour. If you have Explore insurance, you will be covered to this altitude.

Medical Examination: You should visit your GP and specifically mention the maximum altitude the trek reaches, i.e. 4,900m/16,170'.

EQUIPMENT PROVIDED

The following equipment list is provided by Explore once you are on the trek:

- * 2-person tents.
- * Dining tent.
- * Foam mats.
- * Stools, table.
- * All cooking and kitchen gear.

To book please call 0844 499 0901 • www.explore.co.uk

For bookings outside the UK please contact your local travel agent representing Explore.

Page 4 of 6

LUGGAGE

☆ Main Baggage:

Your main piece of baggage – suitcase, rucksack or whatever, which must be lockable as this becomes the receptacle for anything you don't want on the trek and this is stored at the hotel in Cusco while you are trekking.

☆ Trek Kit Bag:

Before leaving Cusco there is plenty of time to re-sort luggage into what you need on trek and what can be left in Cusco (see above). Your trek luggage, including sleeping bag, needs to be packed into a kit bag, soft holdall, frameless rucksack or similar to be carried by the porters. The weight limit for this is 7kg but you will probably find that you do not need this much. Advice on how to pack will be given at the trek briefing. Whatever you take, it must be strong, as porters are not very gentle with baggage. Soft luggage is preferable! Framed rucksacks are unsuitable.

☆ Small Rucksack/Daysac:

During the course of a trekking day, you do not have access to the luggage, which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysac should, therefore, be large enough to carry the following: Waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, sun cream, water bottle (at least 2 litre or 2 1litre bottles), tissues and your packed lunch. Most people normally find that this adds up to about 6kg. Camera equipment can be heavy so think carefully when deciding what to take. Remember to carry spare film with you during the day. Other optional items in a daypack might be a diary or a book to read at lunchtime. Something between 20 and 25 litres capacity is probably the most suitable. A shoulder bag is simply not a practical alternative.

EQUIPMENT TO BRING

Being properly equipped is one of the keys to a successful trek. Use the Explore '**General Information Booklet**' for guidance for day-to-day but use the following checklist and notes to be sure that you have what you need for the actual trek.

☆ Plastic Bags:

If you pack bits and pieces in plastic bags inside your kit bag they will stay dry in case of rain and it will be easier for you to sort through in camp. Remember, the less you have to unpack in the evening, the less you have to repack each morning! A bin liner to pack inside your daysac is also a good idea.

Clothing/Footwear

☆ Walking Boots:

Probably the trickiest part of all. We strongly recommend walking in good boots. Trainers, tennis shoes etc simply do not give the ankle support afforded by a decent pair of boots. Many people now trek in the lighter weight Gore-Tex or leather boots sold under the brand names 'Karrimor', 'Berghaus' or similar and these are usually satisfactory. They have the advantage that they take little breaking in. The slightly heavier traditional leather walking boots are also good. Avoid the types often found in high street shoe shops, which are simply cheap trainers with a higher canvas side sewn on – they give little support and will probably not last the trek. **Above all, your boots must be well broken in and comfortable.** We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them – should your luggage be delayed, your well broken in boots are the one thing which will be irreplaceable.

☆ Thermals:

Comfortable around camp and much more practical (and warmer) to sleep in than pyjamas.

☆ Trainers or Trekking sandals:

Useful around camp, in towns and when travelling. Sandals are ideal for rafting as they protect the soles of your feet and also keep them cool.

☆ Socks:

It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

☆ Waterproofs:

Breathable waterproofs not only protect against rain and wind but also stop you from overheating. They 'breathe' and avoid condensation that you will experience from nylon waterproofs.

☆ Thick sweater/fleece jacket:

A thick sweater or fleece jacket is necessary as nights can be very cold at altitude, especially in July. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

☆ T-shirts:

We recommend polyester/polypropylene fabrics which keep you warm even when wet.

☆ Shorts:

Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold! Please remember we shall be passing through the occasional remote areas and villages and short shorts (especially on ladies) can give offence to the local inhabitants. Longer looser fitting shorts are, in any case, more comfortable to walk in.

☆ Gloves & Hat:

Especially useful around camp in the morning and in the evening at higher altitudes.

Other Equipment

☆ Trekking poles:

Trekking poles are recommended. NB. Metal tipped trekking poles are NOT permitted – in order to reduce erosion – please ensure they have rubber/plastic tips (not available locally).

☆ Sleeping Bag:

As you do not carry it yourself this may be down or synthetic, but it must be **4-season**. A cotton liner helps to keep your bag clean. You do not need a foam mat as thermarests are provided. It is possible to hire an appropriate down sleeping bag for the trek locally (US\$15).

☆ Water Bottle:

Water along the trail must never be considered as drinkable. The camp staff provide purified water each day with which to fill your own bottle. 1 litre is the minimum size suitable. Disposable plastic bottles are not allowed on the trail. It is a good idea to add some powdered fruit juice for flavouring. Note: metal bottles can also double up as hot water bottles.

☆ Torch/Batteries/Bulb:

A small torch is essential for finding things in your tent, visiting the 'toilet' in the night etc. Often a head torch is the most practical option as it allows you to have both hands free. Remember that in most developing countries only a limited selection of batteries is available. The most common are pen cells (or AA size) and SP/HP2 (D size).

☆ Toiletries:

Try to keep heavy cosmetics etc to a minimum. Essentials are toothbrush/paste, soap and a small towel. 'Wet Wipes' are great for a quick clean up in your tent, so bring a pack of those (non-perfumed to avoid rashes!).

☆ Personal First Aid Kit:

On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin etc. (Please do not give medicines to local people without consulting the trek leader.) See the list in our General Information Booklet.

Need help on clothing or equipment?

Then we suggest you contact Nomad Travel, our equipment partner, who specialise in kitting people out for adventurous travel. You receive a special 10% discount in-store or online. Visit one of their stores, phone 0845 260 0044, or visit their website www.nomadtravel.co.uk/ explore for further information.

