EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Peru Encompassed + Amazon Extension (DPRA 2015)

CULTURAL DISCOVERY

TOURDURAT
17
DAYS

Tour Style: Premium
Tour Pace: Moderate
Tour Type: Small Groups
Tour Comfort: Comfortable
tour Code: DPRA

Tour Highlights - Peru Encompassed + Amazon Extension

- ✓ Andean Explorer Train - Travel from Puno to Cusco on the Andean Explorer train watching the stunning Andean scenery from the comfort of the train
- ✓ Machu Picchu - By train to the 'Lost City', one of the New Seven Wonders of the World
- ✓ Cusco - Explore the ancient capital city of the Incas
- ✓ Amazon - From a jungle lodge discover an exotic world of flora and fauna on foot and by canoe
- ✓ Arequipa - Discover the fascinating Santa Catalina Convent
- ✓ Lake Titicaca - The highest navigable lake in the world, visit Uros and Taquile islands
- ✓ Sacred Valley - Unwind in this tranquil setting

Tour Essentials

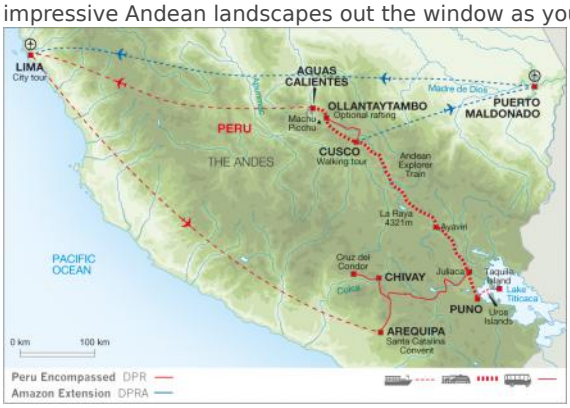
Accommodation:	10 nights Comfortable Hotel 3 nights Standard Hotel 3 nights Standard Lodge
Included Meals:	16 breakfasts, 4 lunches, 3 dinners
Start Point:	Join tour: Lima
End Point:	Tour ends: Lima
Transport:	Bus, Train, Boat, Flight
Countries:	Peru

Peru Encompassed + Amazon Extension

Based in comfortable hotels, we explore Peru - the sacred land of the Incas. We visit the historic remains of Machu Picchu and sail along Lake Titicaca - the highest navigable lake in the world. Along the way we discover the ancient Inca capital Cusco, the colonial streets of Lima and the beautifully preserved city of Arequipa. We end the trip in the tropical Amazon Rainforest, exploring jungle-lined river banks by dugout canoe and searching for wildlife on walks through forest trails.

Why Book this tour

This tour is ideal for travellers who are interested in discovering all the main cultural and nature sights of Peru in comfort. A highlight of the tour is the Andean Explorer train from Puno to Cusco, one of the best train journeys in the world. Witness the impressive Andean landscapes out the window as you travel in style.



Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Tour Comfort: Comfortable

Hand-picked and chosen for their character, location or local importance, these properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

Tour Style: Premium

These tours are perfect if you want to combine an original, off-beat classic adventure with the added comfort of hand-picked accommodation chosen for its character, location or local importance. Revel in adventurous days followed by relaxing nights.

Tour Pace: Moderate

These moderately paced tours provide some busy days with plenty of experiences to enjoy, as well as time to relax along the way.

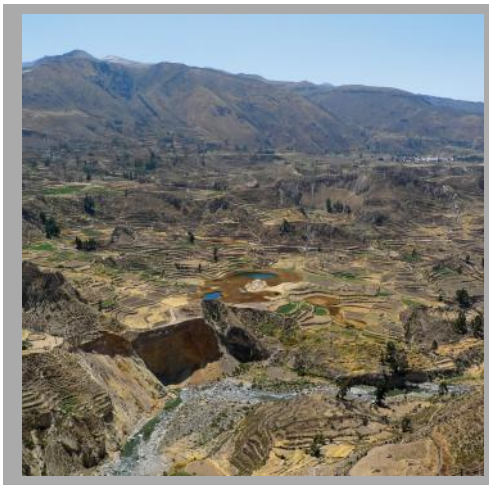
Your tour itinerary

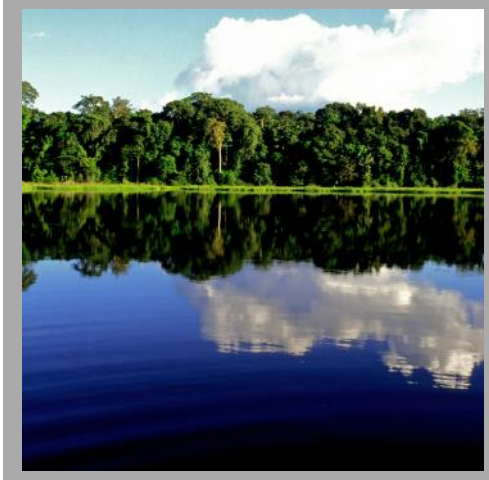
Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour





fun and inspiring, bringing the destination to life whether you're travelling alone or with others. Please note the Amazon Extension is unescorted.

DAY 1 Join tour Lima; afternoon city tour

Arrive Lima and check-in at hotel. After an introductory briefing from our Tour Leader and meeting the rest of group, this afternoon we head out on a city tour of the colonial heart of Lima.

Hotel la Hacienda
La Hacienda Hotel & Casino is conveniently located in the popular area of Miraflores, close to restaurants and shops. The rooms are elegant and spacious; facilities include a restaurant and bar.

Single Room Available

Included Meals: None

DAY 2 Fly to Arequipa; free afternoon to explore

This morning we transfer back to the airport to fly to the beautiful city of Arequipa. This afternoon will be left free for you toexplore the town on your own and acclimatise.

Arequipa, Casa Andina Classic
Built out of white volcanic stone, the Casa Andina Classic hotel enjoys stunning views towards El Misti volcano from its 4th floor terrace. It is situated just a short, 6-block walk away from central Arequipa, so enjoys a more tranquil location. The rooms are well finished with modern fixtures and fittings and feature cable TV, safes, internet access and hair dryers in the bathrooms.

Single Room Available

Included Meals: Breakfast

DAY 3 In Arequipa; visit the Santa Catalina Convent

This morning we visit Santa Catalina Convent, a miniature walled town which once housed 450 nuns and serving ladies in total seclusion. The rest of the day is free to explore this charming city, situated at 2380m and surrounded by snow-capped mountains including the perfect conical peak of El Misti (5822m). Arequipa is famed for its colonial architecture and the arcaded city square, dominated on one side by the twin towered cathedral (1612), is among the finest to be found in South America.

Arequipa, Casa Andina Classic
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Single Room Available

Included Meals: Breakfast

DAY 4 Drive to Chivay

This morning we head north where we enter the world of the Altiplano. We pass behind the volcanoes that ring Arequipa and on to Chivay. Passing herds of Llama and Alpaca – if lucky we may spot the elusive Vicuña. Today we briefly reach the highest point of our trip at 4,910m where we stop for a photo before descending towards Colca Canyon.

Eco Inn Colca
The Eco Inn Colca is located on the edge of the small village of Yanque deep in the Colca Valley, this small hotel has a number of simple and rustic rooms built and decorated in a local style. There are splendid views of the valley, river and snow peaks in the distance.

Single Room Available

Included Meals: Breakfast

DAY 5 Visit the Colca Canyon, continue to Puno

From Chivay we make an early start to the mirador Cruz del Condor in the hope of spotting the rare Andean Condor. Seeing these magnificent birds in flight is a highlight of any tour. We continue to Puno on the shores of Lake Titicaca: the highest navigable lake in the world at an elevation of 3,820m, and the legendary birthplace of the Inca civilisation. The local Aymara and Quechua–speaking Indian people have adapted over generations to life at altitude and have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles.

La Hacienda Hotel - Puno
This comfortable and cosy hotel combines good facilities and accommodation with a convenient city location, just one block from Plaza de Armas. There is a bar and a restaurant serving international and local dishes.

Single Room Available

Included Meals: Breakfast

DAY 6 Boat trip on Lake Titicaca; visit Uros and Taquile Islands

From Puno we take a boat trip on Lake Titicaca to explore the floating reed islands, home to the Uros peoplewho live on the lake itself. Their islands are made from totura, a reed-like papyrus that grows in the shallows and is used in most aspects of their life, including the construction of their boats and homes. We then continue to the less visited island of Taquile which has preserved much of its Inca and pre-Inca heritage and the islanders still speak the language of the Inca – Runa Simi or Quechua. We take our time walking across the island and we will have the chance to buy locally produced embroidery – the men's handiwork for once! After lunch we then descend to the jetty to board our boat back to Puno.

La Hacienda Hotel - Puno
This comfortable and cosy hotel combines good facilities and accommodation with a convenient city location, just one block from Plaza de Armas. There is a bar and a restaurant serving international and local dishes.

Single Room Available

Included Meals: Breakfast

DAY 7 Journey on the Andean Explorer train to Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco. Travelling aboard the comfortable first class Andean Explorer train we can relax and enjoy the spectacular Andean scenery roll past our window. Shepherds graze their flocks of llamas or alpaca on the altiplano grasslands in scenes little changed since Inca times. We'll enjoy a sumptuous meal aboard the train, with perhaps the chance to try some local delicacies before we arrive in Cusco in the late afternoon and head to our hotel. Rail strikes are common in Peru and so there is the possibility that the train may not always be running. In the event that the train is not operating, then we will make the journey from Puno to Cusco by public bus.

Eco Inn Hotel Cusco
The Eco Inn Hotel in Cusco has recently been opened, this beautiful hotel situated a few blocks from the main square and overlooking Cusco's craft market, makes a welcome retreat at the end of a days sight-seeing. With comfortable rooms and good facilities, the hotel also has a spa, where a wide range of treatments are available.

Single Room Available

Included Meals: Breakfast, Lunch

DAY 8 In Cusco; visit Sacsayhuaman Fortress

The old capital of the Inca Empire survives only in its ruins, imbued with an atmosphere of mystery and grandeur. The Spanish colonial city, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones. This morning we take a walking tour of this lovely city to see important Inca and Colonial monuments, such as Plaza de Armas and the Inca wall of Hatunrumiyoc with its famous twelve-sided stone. The stone, measuring some 5 feet across, has the typical bevelled joints which create the patterns of light and shadow on Inca walls. We will continue on by bus to the outlying Inca site of Saqsaywaman which broods high above the town, its huge, zigzagging stone walls broken into 66 sharply projecting angles to catch attackers in a withering crossfire. 20,000 conscripted workers toiled for 90 years to finish it. The afternoon is left free for some further exploration of Cusco.

Eco Inn Hotel Cusco
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Single Room Available

Included Meals: Breakfast

DAY 9 Free Day in Cusco, optional Misminay village trip

Today has been left free to explore Cusco further on your own or to take part in some exciting optional activities.

Eco Inn Hotel Cusco

The Eco Inn Hotel in Cusco has recently been opened, this beautiful hotel situated a few blocks from the main square and overlooking Cusco's craft market, makes a welcome retreat at the end of a days sight-seeing. With comfortable rooms and good facilities, the hotel also has a spa, where a wide range of treatments are available.

Single Room Available

Included Meals: Breakfast

DAY 10 Train to Aguas Calientes; visit Machu Picchu

We take an early morning train along the side of the Rio Urubamba, flanked by high cliffs and peaks, then climb by bus to Machu Picchu – the famous 'Lost City' at 2,400m. The existence of this exquisite masterpiece of ancient civilisation remained unknown to the outside world until it was 'discovered' by an American archaeologist, Hiram Bingham in 1911. We explore this mountain-top stronghold – the most spectacular feat of engineering in ancient America. Returning to the valley floor, we stay in a simple hostal in Aguas Calientes, with the chance to soak in the nearby natural hot baths.

Taypikala Machu Picchu
The Taypikala Machupicchu hotel is a beautiful and fresh minimalist rustic building recently refurbished, located in the cloud forest town of Aguas Calientes and is the base for our explorations of Machu Picchu.

Single Room Available

Included Meals: Breakfast

DAY 11 More time to discover Machu Picchu (optional); train to Ollantaytambo

We have another chance this morning to explore the site and if you want to have a very early start it may be possible to catch sunrise. It is also possible to climb the steep and difficult peaks of either Machu Picchu Mountain or Huayna Picchu Mountain to experience alternative viewpoints of the citadel. These must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel please take your original passport with you to avoid being fined. Alternatively, you can walk along part of the Inca Trail to the Sun Gate. Later we take the train to Ollantaytambo and transfer to our hotel in Yucay, nestled in the heart of the Sacred Valley where we can relax and enjoy the views as the sun sets.

Mabey Hotel - Urubamba
The Mabey Hotel is located in the province of Urubamba, in the Sacred Valley surrounded by stunning scenery and mountains. The hotel has beautiful gardens, a swimming pool, restaurant, bar and wireless internet.

Single Room Available

Included Meals: Breakfast

DAY 12 In the Sacred Valley; optional whitewater rafting

Today is a free day with a wide choice of things to do. For river-lovers there is a the opportunity of a full-day raft-trip (optional) down the Urubamba in the Sacred Valley of the Incas. This is an exciting way to see the valley and no previous experience of rafting is necessary - full instruction and safety equipment are provided.Please note: Participation in rafting requires that you are able to swim 25 meters unaided. There is also the opportunity to visit Misminay, home to many of the porters who work along the Inca Trail and within the valley itself. We can learn a little more about the lives of these descendants if the ancient Inca during our visit. Alternatively you could visit Maras and Moray where hot springs at the top of the valley have been diverted into terraced saltpans. Ollantaytambo itself is also worth spending time in; during the Inca Empire it was the royal state of Emperor Pachacuti who conquered the region and built the town as a ceremonial centre. Tonight we stay in the Sacred Valley and enjoy the spectacular views of the peaks of the Cordillera Urubamba.

Mabey Hotel - Urubamba
The Mabey Hotel is located in the province of Urubamba, in the Sacred Valley surrounded by stunning scenery and mountains. The hotel has beautiful gardens, a swimming pool, restaurant, bar and wireless internet.

Single Room Available

Included Meals: Breakfast

DAY 13 Fly to Puerto Maldonado, transfer to Amazon lodge

Today we transfer to the airport for a short flight to Puerto Maldonado, located in the Southern Amazon area of Peru. You can leave your main luggage in Puerto Maldonado and just take with you what you need for the next few days. The Amazon comprises 60% of Peru and the Peruvian Amazon is the second largest section of the Amazon Rainforest after Brazil. The Amazon basin covers two fifths of South America over many countries including Bolivia, Brazil, Colombia, Ecuador, Guyana, Peru and Venezuela and it is the most bio-diverse environment in the world. Most of the basin is covered by the rainforest, which is the largest rainforest in the world. We travel along the Tambopata River by dugout canoe (approximately 40 minutes) and check into our Amazon lodge. The lodge is comfortable but as it is in a remote location, the electricity is provided by a generator and is only available for certain hours of the

day. After lunch, we will have a guided walk through the jungle and the local guide will explain the tropical trees, medicinal plants, insects, butterflies and other animals we see en route. Then we will make a quick stop at a lookout point to hopefully spot toucans, macaws and other birds. In the evening we will enjoy a twilight boat journey searching for animals including caimans and capybaras.

Corto Maltes Lodge
Located on the right margin of the Madre de Dios River, the Corto Maltes lodge comprises of 27 comfortable bungalows, all with hot showers, private safe and terrace with hammocks. There are a bar including free hot drinks and a dining room overlooking the river, a swimming pool with bar and a craft shop. Windows are fitted with mosquito nets.

Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 14 In Amazon Jungle; walk to clay lick to watch birds, visit Monkey Island and Sandoval Lake

We have an early start this morning to walk to the clay lick. We watch from a hide as several different species of parrots and parakeets arrive to feed on special clay that is vital to their metabolism. The numbers of birds can reach as many as one hundred at a time and it is a very special and colourful spectacle to witness. Returning to the lodge, we have breakfast and then head off to 'Monkey Island' where four species of monkeys live, the largest being the spider monkey. These monkeys were originally captured by local people but were since rescued and now live on this island in freedom. Following another boat ride of approximately 30 minutes, we will enter the territory of the Tambopata- Candamo National Reserve. We will trek 5km through the dense vegetation of the tropical rainforest looking out for snakes, monkeys and birds. Our destination is Sandoval Lake. Numerous species of animals live near the lake, keep your eyes out for kingfishers, cormorants, squirrel monkeys, and capuchin monkeys. At the lake itself we may see giant river otters, black caimans and piranhas. This is also the habitat of the giant arapaima, a fish of more than 2.5m, weighing in at more than 200kg.

Corto Maltes Lodge
Located on the right margin of the Madre de Dios River, the Corto Maltes lodge comprises of 27 comfortable bungalows, all with hot showers, private safe and terrace with hammocks. There are a bar including free hot drinks and a dining room overlooking the river, a swimming pool with bar and a craft shop. Windows are fitted with mosquito nets.

Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 15 In Amazon Jungle; travel by boat to visit a native community

This morning, we will follow the course of the river for approximately 1.5 hours in order to visit a native community. Occasionally we can see monkeys, river turtles, caimans and various birds in the dense vegetation of the riverbanks. We will also see some medicinal plants. The 'Project for the Rescue of Cultural Values' supports the local native community of Palma Real. It is the biggest in the area with approximately 200 families of the Ese'eja tribe. This project, located at Gamitada Island works together with two families that will introduce us to the cultural values of their ancestors including their language, customs and their dances. Afterwards we will visit a chakra (farm), where we will learn about a variety of tropical fruits and other local products. We will enjoy a typical Amazonian dish for lunch.

Corto Maltes Lodge
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Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 16 Early morning boat to Puerto Maldonado and fly to Lima

Our Amazon adventure comes to an end today after breakfast and we will travel by boat back to Puerto Maldonado to catch our flight back to Lima.

Hotel la Hacienda
La Hacienda Hotel & Casino is conveniently located in the popular area of Miraflores, close to restaurants and shops. The rooms are elegant and spacious; facilities include a restaurant and bar.

Single Room Available

Included Meals: Breakfast

DAY 17 Tour ends Lima

The tour ends in Lima this morning after breakfast.

Included Meals: Breakfast

Accommodation and Meals

Food & Drink

Included meals: 16 breakfasts, 4 lunches,3 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Tour

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.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide.Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Peru

Lunch £: 9.00

Dinner £: 13.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Peru

Bottle of Beer £: 1.50

Water £: 1.00

Other Sightseeing & Activities

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 these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Optional Excursions

Cusco and Sacred Valley - Rafting on Urubamba River (grade 2-3) US$ 40/45 (depending on numbers); Maras Moray tour US$ 54 (based on 4 people); Misminay Tour US$ 75 (minimum 4 people); Ollantaytambo site visit US$ 20,
Aguas Calientes - Hot Springs US$ 3.
Machu Picchu - Second visit approximately US$ 54 subject to availability, bus to site US$ 25
Huayna Picchu - US$86; Machu Picchu Mountain US$81 (both including transport) - Subject to availability - these must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel please take your original passport with you to avoid being fined.
Lima - Larco Herrera Museum US$ 35 guided, US$ 11 unguided; Lima Detour - alternative view of the city of Lima US$ 35 (price may go up if less than 4 passengers); Pucusana Fishing Village US$65 (based on 3); Pachacamac site US$45 (based on 4) inc. pottery class US$60 (time permitting)

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided.Accordingly, you should allow US$ 55 for tipping.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Foreign Exchange

Peru

ATM Availability: Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance: In major restaurants.

Travellers Cheques: Travellers Cheques are not always easy to exchange.

Local Currency: Nuevo Sol

Recommended Currency for Exchange: Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US$400-$500 of your total spending money in cash for your tour, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where to Exchange: Most major towns - your Tour Leader will advise you on arrival.

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a ‘flight inclusive’ package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the ‘Land Only’ arrangements of our tour, please ensure that you have checked your tour specific ‘Joining Instructions’ prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

Joining Tour Abroad

Customers booked on the ‘Land Only’ arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to https://www.explore.co.uk/transfers.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

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Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Peru: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. 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.

USA (If flights transit): According to US law, passengers will have to disembark, collect luggage and clear immigration before re-boarding for the onward flight.

Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP). This applies if you enter the country by sea or by air on a carrier participating in the visa waiver scheme, holding a return/ onward ticket. The passport requirements are that it must be machine readable, and must contain a digital photograph of the holder and also an integrated circuit chip that stores biographic information.

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.

When completing an application for transit you should enter the words 'In Transit' with your final destination location in the address line. Anyone applying for an Electronic Travel Authorisation (ESTA) to travel under the Visa Waiver system will be charged a fee of 14USD (9GBP).

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).

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

Vaccinations & Protection

Peru

We recommend protection against typhoid, tetanus, polio, infectious hepatitis and malaria. Consult your travel clinic for latest advice on different prophylaxis available against malaria.We recommend protection against yellow fever. There have been very few cases reported, but local authorities do recommend travellers get immunised against yellow fever. 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.

Preparing for your Tour

Altitude Description

As this tour reaches altitudes of over 3800 meters, we strongly recommend that travellers with heart or lung conditions, anaemia, asthma, high blood pressure or on the pill should seek the advice of their GP.
You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

Climate

Peru

There is a rainy season from Dec - Mar however on the coast it rarely rains. Jun-Oct is damp and misty, but temperatures never drop below 10°C. At high altitudes although there are sunny days temperatures can drop dramatically, and conditions can change suddenly.

Clothing

Select your clothing carefully: For the tropical jungle region (Amazonas) with its humid climate, loose fitting and lightweight clothing with long sleeves and a sun hat are essential. A complete set of clothes which can get grubby and muddy are useful. Bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves for cooler nights in the mountains when temps drop dramatically. Lightweight waterproofs are essential. Bring your swimsuit.

Equipment

A good insect repellent is essential. Also bring a small torch, sunhat, sunscreen and a small towel (for rafting and thermal baths).

Footwear

Comfortable shoes and lightweight walking shoes and sandals. If participating in the rafting or visiting the jungle, bring old trainers (as they will get wet).

Luggage: On Tour

One main piece of baggage and a daypack.Bring a small overnight bag for essentials at Machu Picchu and the Amazon lodge - main luggage will be stored at Cusco and Puerto Maldonado respectively.

Luggage allowance on tour: 20kg

General Information

Country details

Peru

Population: 29,496,000

Size of Country: 1,285,216 sq km

Major Language: Spanish

Religion: Catholicism

Time Difference to GMT: -5

Electric Supply & Plugs

Peru

2 Pin Flat

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, elephant, or any number of unusual forms of transport . Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Our commitment to the environment

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures and traditional, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We

currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

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 www.explore.co.uk/ResponsibleTourism/

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. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2014 and 31st December 2015.

Tour Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2015 itinerary versions are applicable to tours departing in 2015. 2016/17 itinerary versions are applicable to tours departing from 1st January to 31st December 2016.

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