

EXPLORE!

TRIP NOTES



Peru Encompassed + Amazon Extension (DPRA 2017)



TRIPDURATION
16
DAYS



Tour Style: Premium
Tour Pace: Moderate

Tour Type: Small Groups
Accommodation
Grade: Premium

Trip Code: DPRA

Trip Highlights - Peru Encompassed + Amazon Extension

- ✓ Machu Picchu - Travel by train to the 'Lost City', one of the New Seven Wonders of the World
- ✓ Cusco - Explore the ancient capital city of the Incas
- ✓ Arequipa - Discover the fascinating Santa Catalina Convent
- ✓ Lake Titicaca - Traverse the highest navigable lake in the world, visiting the Uros and Taquile Islands
- ✓ Sacred Valley - Unwind in this tranquil setting
- ✓ Amazon - From a jungle lodge discover an exotic world of flora and fauna on foot and by canoe

Trip Essentials

Accommodation: 8 nights Premium Hotel
4 nights Standard Hotel
3 nights Standard Lodge

Included Meals: 15 breakfasts, 3 lunches, 3 dinners

Start Point: Join trip: Lima

End Point: Trip ends: Puerto Maldonado Airport

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 trip

This tour is ideal for travellers who are interested in discovering all the main cultural and nature sights of Peru in comfort. A particular highlight is the journey from Puno to Cusco; a chance to relax and watch the stunning Andean scenery pass us by.



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.

Accommodation Grade: Premium

Our comfortable accommodation is hand-picked and chosen for its character, location or local importance. These properties have excellent facilities and a higher level of comfort and service.

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 trip 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.

DAY 1 Join tour Lima

Arrive Lima and check-in at hotel.

Hotel la Hacienda

Hotel La Hacienda is conveniently located in the popular area of Miraflores, close to restaurants and shops. The main areas of the hotel have a colonial feel with wooden beams, bare walls, a stone floor and decorated with traditional art and pottery. There is a lovely large fireplace by the bar and plenty of seating where guests can relax. The spacious and comfortable rooms, by contrast are more modern in design. The hotel also has a rustic restaurant serving delicious local cuisine.

Single Room Available

 **Included Meals:** None

DAY 2 Tour Lima, fly to Arequipa

This morning we head out on a city tour of the colonial heart of Lima. In the afternoon, we transfer to the airport where we will take our flight to reach the beautiful city of Arequipa. You will have the afternoon free to explore and acclimatise.

Casa Andina Classic Arequipa

The Casa Andina Classic Arequipa enjoys stunning views towards El Misti volcano from its terrace. It is situated just a short, six-block walk away from central Arequipa, so enjoys a more tranquil location. Wi-Fi is available in the common areas.

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, is among the finest to be found in South America.

Casa Andina Classic Arequipa

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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 onto Chivay. Passing herds of llama and alpaca - if lucky we may spot the elusive vicuna. Today we briefly reach the highest point of our trip at 4910m where we stop for a photo before descending towards the Colca Canyon.

Casa Andina Classic Colca - Chivay

The Casa Andina Chivay is a charmingly rustic and cosy hotel, designed in the form of a small village. The rooms are built in individual 'casitas' (small houses) each with warm and cosy furnishings. Enjoy wandering around the hotel's garden, with its pretty flowers, fountain and vegetable growing area. In the evening there's the chance to visit the on site planetarium for a better understanding of the night sky.

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 3820m, 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.

Royal Inn Hotel

Royal Inn Hotel is stylish and comfortable located near the Main Square, in the heart of the historic and cultural area of Puno, close to the handicraft stores and restaurants. The hotel has 54 rooms, all with luxurious bathrooms, safe, cable TV and mini fridge. The hotel has a lobby bar and restaurant, offering traditional drinks and food.

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 people who live on the lake itself. Their islands are made from totora, 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.

Royal Inn Hotel

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Single Room Available



Included Meals: Breakfast

DAY 7 Journey to Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco. Travelling aboard our private bus, we will watch the spectacular Andean scenery rolling past our window as shepherds graze their flocks of llamas and alpaca on the altiplano grasslands. En route, we make two valuable stops to the archaeological sites at Sillustani and Raqchi. Sillustani is a pre-Incan burial ground with impressive views across Lake Umayo, near Puno. An old vestige of the Aymara culture, it makes an interesting comparison with our second stop at the Inca ruin of Raqchi, near Cusco, whose remnants have been kept in remarkable condition. We arrive in Cusco in the late afternoon and head to our hotel.

Eco Inn Hotel Cusco

The Eco Inn Hotel in Cusco is situated a few blocks from the main square and overlooks Cusco's craft market, making a welcome retreat at the end of a day's sight-seeing. With comfortable rooms, a restaurant serving local and international dishes and a spa, the hotel is a good value option. Complementary Wi-Fi is available.

Single Room Available



Included Meals: Breakfast

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 the Plaza de Armas (main square) 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 Sacsayhuaman 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.

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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 for you to enjoy further optional activities in and around Cusco or perhaps finish off the final souvenir shopping in the winding streets and alleys of the city.

Eco Inn Hotel Cusco

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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 2400m. 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 hotel in Aguas Calientes, with the chance to soak in the nearby natural hot baths.

Taypikala 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 Machu Picchu 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

The Mabey Hotel is a mid-sized property located in the province of Urubamba, in the Sacred Valley. Surrounded by stunning scenery and mountains the hotel is situated off a main road, behind tall walls near to the village. The hotel has beautiful gardens, a swimming pool, restaurant, bar and Wi-Fi. Rooms are simple but comfortable.

Single Room Available

 **Included Meals:** Breakfast

DAY **12** In the Sacred Valley; optional whitewater rafting. Drive on to Cusco

Today is a free day with a wide choice of things to do. For river-lovers there is 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 metres 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 of 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 salt pans. 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. After our sight seeing or rafting is finished we will drive back to Cusco.

Eco Inn Hotel Cusco

The Eco Inn Hotel in Cusco is situated a few blocks from the main square and overlooks Cusco's craft market, making a welcome retreat at the end of a day's sight-seeing. With comfortable rooms, a restaurant serving local and international dishes and a spa, the hotel is a good value option. Complementary Wi-Fi is available.

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 has simple yet comfortable bungalows, all with a terrace where guests can relax in the hammocks. There is a bar including free hot drinks, a dining room overlooking the river and a craft shop. The lodge also has a swimming pool with bar, perfect for cooling-off when not watching the wildlife within the gardens.

Single Room Available

 **Included Meals:** Breakfast, Lunch, Dinner


DAY 14 In Amazon Jungle; visit Monkey Island and Sandoval Lake

This morning after breakfast we 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

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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'ejia 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 end trip at airport

Our Amazon adventure comes to an end today after breakfast and we will travel by boat back to Puerto Maldonado, before transferring to the airport. If you prefer you can end your trip at the office in Puerto Maldonado and arrange a taxi transfer to the airport yourself at a time that better suits your own itinerary. The office is a short taxi ride from the town, and about 20 minutes by taxi from the airport.

 **Included Meals:** Breakfast

Accommodation and Meals

Food & Drink

Included meals: 15 breakfasts, 3 lunches, 3 dinners included in the price of this trip. 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 Trip

You will need some extra money to cover meals and drinks not included in the trip 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 £: 3.00 - 5.00

Dinner £: 6.00 - 8.00

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 £: 2.00 - 4.00

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\$ 45 (depending on numbers); Maras Moray tour US\$ 58 (based on 4 people); Misminay Tour US\$ 89 (minimum 4 people); Ollantaytambo site visit US\$ 59 (based on 3 people);

Agua Calientes - Hot Springs US\$ 4.

Machu Picchu - Second visit approximately US\$ 54 (subject to availability), bus to site US\$ 25,

Huayna Picchu - £80; Machu Picchu Mountain £80 (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\$ 41 guided, US\$ 11 unguided; 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 recognised 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\$ 45 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. In some establishments Master card is not accepted.

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 Trip

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.

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

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>.

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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Travel Aware

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

EXPLORE! Share your experiences with us



We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

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.

USA: An electronic travel authorisation (ESTA) is required by British citizens transiting via the USA. This must be done on line (<https://esta.cbp.dhs.gov>) no later than 72 hours prior to travel. You must also have an electronic passport with a digital chip. The UK electronic passports feature a small gold symbol (camera) at the bottom of the front cover. Please note that if you have visited Iraq, Syria, Iran or Sudan since 2011 you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate.

Other nationalities should consult their local embassy or consular office.

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp>

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Vaccinations & Protection

Peru

Nothing compulsory, we recommend protection against typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. 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 Trip

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

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.

For your jungle extension, you can expect warmer and more humid conditions. However, there may also be heavy rain showers (it tends to be cooler and drier between May and October). Bring light and loose clothing - long sleeved shirts and long trousers are best when walking through jungle, and a lightweight rainjacket. The warmer clothes from your time in the mountains may also come in useful during the evenings, in case of cool weather.

Equipment

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

Equipment that you will need for your jungle experience is:

A good torch and spare batteries for night walks and when the generator is not on.

Card games or books for your evenings in the lodge, particularly if there is no electricity

Long sleeved tshirts and full length trousers are recommended to avoid insect bites
A small backpack for walks and boat trips
A good camera with zoom, spare battery and memory cards
Binoculars (optional)

Footwear

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

Luggage: On Tour

One main piece and a daypack and an extra bag for the overnight in Aguas Calientes / Amazon Extension. In Aguas Calientes - The main bags will be left in storage in your hotel in the Sacred Valley. In the Amazon your main luggage will be stored in the offices in Puerto Maldonado. Remember, you are expected to carry your own luggage (i.e. on and off transport etc.) so don't overload yourself. It is recommended you bring lockable bags.

Luggage allowance on trip: 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 & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of 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, 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.

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

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, 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) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.



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 Licence granted by the Civil Aviation Authority. 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 2016 and 31st December 2017.

Trip 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: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

These trip notes were printed on 28/06/2017 19:08:49