EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

High Trails of the Incas + Amazon Extension (HTA 2016)

WALK & TREK

TOURDURAT
16
DAYS

Tour Style: Classic
Tour Comfort: Standard
Tour Type: Small Groups
Trek Grade: Challenging
tour Code: HTA

Tour Highlights - High Trails of the Incas + Amazon Extension

- ✓ Salkantay Inca Trail - Trek the little-trodden long route to Machu Picchu through stunning high mountain scenery
- ✓ Inca Chiriasca Pass - The highest point of the trail at 5017m; walk past high peaks and glaciers
- ✓ Machu Picchu - One of the New Seven Wonders of the World
- ✓ Cusco - Walking tour of the ancient Inca Capital with the option to visit Sacsayhuaman temple-citadel

Tour Essentials

Accommodation:	6 nights Standard Hotel 5 nights Simple Camping 1 night Simple Guesthouse 3 nights Simple Lodge
Included Meals:	16 breakfasts, 9 lunches, 8 dinners
Start Point:	Join tour: Cusco
End Point:	Tour ends: Cusco
Maximum Altitude on Trek (m):	5017
Transport:	Bus, Train, Flight
Countries:	Peru
Minimum Age:	From 16 years

High Trail of the Incas + Amazon Extension

On this trip to Peru we trek along an extended route of the classic Inca Trail. We hike past Mount Salkatanay (6271m), through the Inca Tunnel and along the ridge of the Urubamba River. Ascending the staircase to the Sun Gate, we view the magnificent citadel of Machu Picchu for the first time. We tour the ancient mystical site including its temples, stairways, palaces and gabled stone dwellings.

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: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Trek Grade: Challenging

You need to have a good level of fitness and previous trekking experience is recommended. Trekking days are generally longer, challenging and at higher altitudes. Terrain may be difficult and ascents and descents are often demanding.

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.

DAY 1 Join tour in Cusco, afternoon walking tour of city

Joining the tour in Cusco this morning, you will be met by your tour leader. 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 afternoon we take a walking tour of this lovely city to see important Inca and Colonial monuments, such as Plaza de Armas, the Koricanha 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.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 2 Visit Pisac market and Sacsayhuaman

This morning we head out towards Pisac home to an interestng Inca site and fantastic craft market. We will spend time taking a guided tour of Pisac ruins before sourcing some great keepsakes and souvenirs at the vibrant and colourful market place. Heading back towards Cusco this afternoon we visit the outlying temple citadel of Sacsayhuaman. Its huge, zigzagging stone walls are broken into 66 sharply projecting angles to catch attackers in a withering crossfire. 20,000 conscripted workers toiled for 90 years to finish it. After a guided visit here we return to Cusco.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 3 Free day in Cusco

Today has been left free for activites in and around Cusco. You may want to explore more of the city on your own, gazing at the wonderful architecture and soaking up the history and culture of this beautiful place. For something alittl emore active you might want to try the option of a full days rafting of the white waters (grade 2-3) of the Urubamba River. No experience is neccessary and full instruction is given.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 4 Begin trekking the extended Inca Trail

The major highlight of the trip is without doubt the trek along the Inca Trail. It runs across the 'Machu Picchu Archaeological Park', part of it over the ancient Inca highway which connected Cusco with Machu Picchu. To the east runs the Kusichaca river; to the north the Urubamba; and to the south lies the Cordillera. The trail was first explored by Hiram Bingham in 1911 and opened for walkers in 1970 by an expedition led by the Peruvian archaeologist Victor Angles. The famous ruins of Machu Picchu are not the only historical remains within the area: many other interesting sites are hidden in places which can only be reached on foot, and have scarcely been explored. We take a bus to Mollepata and continue by truck to the start of the trek at Soraypampa. We hike for approximately two and a half hours to Salkantaypampa (3800m).

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 5 Trekking along the Inca Trail

Today we trek to Inca Chiriasca, the highest point on the trail at 5017m. After crossing the pass we have lunch. We camp at Sisaypampa (4250m). Total walking 16km, 8 hrs.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 6 Inca Trail Trek

Today we have a slight descent to Paucarkancha seeing incredible landscape and ruins en route. Total walking 9km, 5hrs.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 7 Trek Inca Trail

Today we follow the course of the Kusichaca river and the trail leads to Wayllabamba, a quiet village of Inca origins and the last settlement on the route. We continue to Llulluchapampa (3750m) which affords stunning views of the snowy peaks around us. Here we set up camp for the night. Total walking 10km, 4 hrs.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 8 Exploring Inca Trail

Today we trek over the Warmiwanusca (Dead Woman) Pass (4200m), to the valley of the Pacamayo river with its tropical vegetation. We then cross the Runkuraqay Pass (3993m). Here the selva (jungle) becomes visible on the slopes of the mountains. Sayaqmarka ruins are on a rocky promontory. They command an imposing view and have only one means of access, a narrow granite stairway. Sayaqmarka was walled-in, and has an elliptical fortified tower and other interesting constructions. Our trail goes through high jungle with vines, exotic flowers (among them orchids) and luxuriant trees, then on through an Inca tunnel and along a ridge above the Urubamba river to the lovely Phuyupatamarka ruins (3650m). The views of the Urubamba and (if we are lucky) the snowcapped peaks of Veronica (5750m) and Salkantay make these ruins one of the most beautiful places on the trail. Total walking 15km, 7hrs.

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 9 Arrive at Sun Gate entrance to Machu Picchu

On our final day of the trek we descend to Winay-Wayna ruins (2650m), a small Inca city which, like Machu Picchu, was abandoned for unknown reasons. Then from Inti-Punku – the Gate of the Sun – there is a sudden and fantastic view of the 'Lost City' itself, Machu Picchu, set in a grandiose landscape that amazes all spectators. We walk down through the site and catch a local bus down the Hiram Bingham road to the small settlement of Aguas Calientes. Tonight we recommend a dip in the nearby thermal springs to ease aching limbs (optional). Total walking 16km, 6hrs.

Overnight: **Simple Guesthouse**
Single Room Available

Included Meals: Breakfast, Lunch

DAY 10 Re-visit Machu Picchu for sunrise, train to Cusco

Our final morning is spent at Machu Picchu, probably 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. 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. Later we return to Cusco by train and by bus.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 11 Free day, optional Maras and Moray tour

Today is left free for final exploration of Cusco. You may chose to take an optional trip out into the Sacred Valley and the areas of Maras and Moray. Known locally as the 'laboratory of the Incas' Moray contains unusual Inca ruins, mostly consisting of several enormous terraced circular depressions, the largest of which is about 30 m (98 ft) deep. The purpose of these depressions is uncertain, but their depth and orientation with respect to wind and sun creates a temperature difference of as much as 15 °C (27 °F) between the top and bottom. This large temperature difference was possibly used by the Inca to study the effects of different climatic conditions on crops. In other words, Moray was perhaps an Inca agricultural experiment station. As with many other Inca sites, it also has a sophisticated irrigation system.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 12 Tour ends in Cusco

The tour ends in Cusco this morning after breakfast.

Overnight: **Simple Lodge**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 13 Walking in the Amazonian rainforest

Overnight: **Simple Lodge**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 14 Explore on foot and by canoe

Overnight: **Simple Lodge**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 15 Fly Lima; optional city tours

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 16 Tour ends Lima

Included Meals: Breakfast

Included Activities

Additional notes for tours that include the Inca Trail
1. In order to regulate the number of people walking on the Inca Trail it is necessary to buy an Inca Trail Pass specific to the days that you wish to travel. There are 200 passes per day for tourists, the remainder are for guides and porters.
2. If you are travelling on an Explore tour, Explore buy the necessary permit on your behalf. This is non-refundable and can't be refunded or transferred after you have confirmed your booking.
3. Passes are sold on a 'first come first served basis' and sell out quickly, so we would urge that you book your tour well ahead of your intended travel date. New Inca Passes are released in January of each year so ideally we would recommend that you book your tour at least 6 months ahead and by December for the following year where possible.
4. In order to buy your pass we will need your: full name, passport number, date of birth and nationality. If you change passport before travelling it will be necessary to provide a copy of both passports in advance of travelling and to carry a copy of your previous passport with you.
5. The Peruvian authorities may change the regulations for the Inca Trail Pass at any time. In the event of this we will inform you as soon as possible.

Accommodation and Meals

Food & Drink

Included meals: 16 breakfasts, 9 lunches,8 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 - Rafting on Urubamba River US$ 35/40 (depending on numbers).
Aguas Calientes - Hot Springs US$ 3.
Huayna Picchu - £45; Machu Picchu Mountain £40 (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 - City tour approximately U$ 33 (price may increase if less than 4 people); Larco Herrera Museum or Gold Museum US$ 33 guided, US$ 11 unguided; Lima detour - alternative view of the city of Lima US$ 30 (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 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 at least US$ 50 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

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

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).

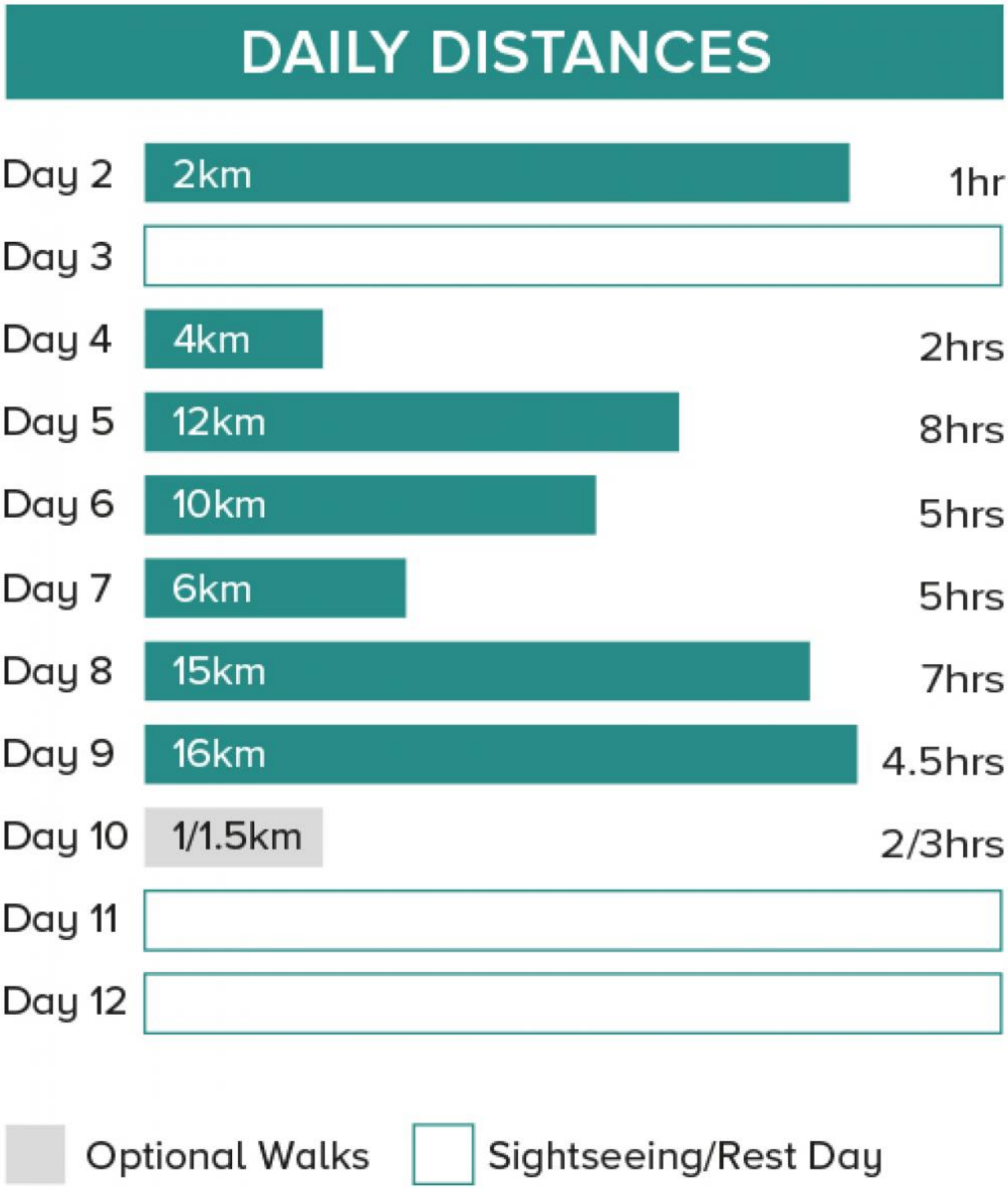
For more information, and to apply online, please visit the following website at https://esta.cbp.dhs.gov. Once obtained, the application will be valid for a period of two years, or for the validity of your passport (whichever is shorter).

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.



Maximum Altitude on Trek (m)

5017

Trekking Details

This is a 6-day trek with an average of 6 to 8 hours of walking each day. We reach the highest point at 5017m. We have graded this trek as challenging.

To enjoy any trek such as the exciting Inca Trail 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. The Inca Trail has a great many steps, therfore, step exercises are particularly suitable for preperation fitness.

Altitude Description

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on tour you must let your tour leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of "Medex" and downloading their information booklet: http://medex.org.uk/medex_book/english_version.php

Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude the trip reaches (please refer to Tour Essentials box on front page of your Tour Notes). Please take these to your medical appointment so that your doctor has the full details of your trip.

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.

This trip includes night stops where we sleep at altitudes in excess of 4000m. For this reason it is suitable only for participants aged 16 and over.

Walking Boots

Walking Boots - 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 Goretex 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.

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

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

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.

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

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

Thick sweater/fleece or down jacket - A thick sweater or fleece / down 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 / down jacket.

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.

In the highlands, conditions are generally dry and sunny during the day. Nights can be very cold at altitude so it is essential to bring adequate warm clothing for the trek especially between May and August. It can drop as low as -10°C at night. Be prepared for rain.

Take your swimming costume for the thermal baths at Aguas Calientes.

Equipment

Personal Equipment On Trek:

Sleeping Bag - As you do not carry it yourself this may be down or synthetic, but it must be 4-season (temperature -10°C to -5°C). A cotton liner helps to keep your bag clean. You do not need a foam mat as thermarests are provided. Note: it is possible to hire a down sleeping bag locally for US$ 20 for the whole trek. Let your tour leader know at the beginning of the tour.

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. Wooden poles are readily available locally.

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 as 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).

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 binliner to pack inside your daysac is also a good idea.

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.)

Equipment Provided On Trek:
The following equipment list is provided by Explore once you are on the trek:
2-person tents.
Dining tent.
Thermarest.
Stools, table.
All cooking and kitchen gear.

Footwear

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

Luggage: On Tour

Main Baggage: Your main piece of baggage - suitcase or rucksack - must be lockable as this becomes the receptacle for anything you don't want on the trek and 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 (provided) 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.

Small Rucksack/Daysack: 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 daysack should, therefore, be large enough to carry the following: Waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sunhat, sun cream, water bottle (at least 2l or 2 1l 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 if needed with you during the day. Other optional items in a day pack might be a diary or a book to read at lunch time.

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: 2016 itinerary versions are applicable to tours departing in 2016. 2017/18 itinerary versions are applicable to tours departing from 1st January to 31st December 2017.

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