EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Family Inca Trail Adventure (FPT 2016)

WALK & TREK

TRIPDURATI(
14
DAYS

Tour Style: Classic
Accommodation Grade: Standard

Tour Type: Small Groups
Trek Grade: Moderate to Challenging

Trip Code: FPT

Trip Highlights - Family Inca Trail Adventure

- ✓ The Inca Trail - Four-day trek through stunning scenery visiting Inca ruins en route to arrive at the mountain citadel of Machu Picchu
- ✓ Machu Picchu - One of the New Seven Wonders of the World
- ✓ Rafting and mountain biking - Enjoy an exhilarating downhill bike ride in the Sacred Valley and optional whitewater rafting
- ✓ Misminay - Trek to Misminay, home to our Inca Trail porters and spend the night in a village house
- ✓ Cusco - Explore the ancient capital city of the Incas

Trip Essentials

Accommodation:	8 nights Standard Hotel 1 night Simple Village House 3 nights Simple Camping 1 night Simple Guesthouse
Included Meals:	13 breakfasts, 5 lunches, 4 dinners
Start Point:	Join trip: Lima
End Point:	Trip ends: Lima airport
Maximum Altitude on Trek (m):	4200
Transport:	Bus, Train, Flight
Countries:	Peru
Minimum Age:	From 11 years

Family Inca Trail Teen Adventure

Following in the footsteps of Incas and Spanish explores as we trek along the famous mountain trail to Machu Picchu. We also explore the ancient capital of Cusco and visit the colourful Pisac Market. Stepping off the beaten track we experience traditional life with an overnight stay in a mountain village. Along the way there's the opportunity for rafting and mountain biking in the Sacred Valley.

TRIPLE ROOMS
This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

Why Book this trip

Imagine the bragging rights for the whole family after the holidays when explaining that your family met the challenge of the Inca Trail and visited a wonder of the world, Machu Picchu. Probably our best challenging adventure and perfect for active families who enjoy walking and undertaking a journey of exploration.

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: Standard

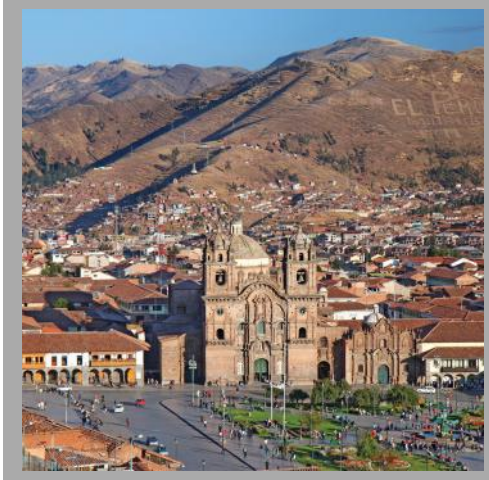
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

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: Moderate to Challenging

Combining moderate grade walks with some more strenuous hikes. This grade is ideal if you are fit and want to challenge yourself with a few longer, more demanding trekking days, possibly on difficult terrain or at higher altitudes.



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

Overnight: **Standard Hotel**
Triple Room Available

Included Meals: None

DAY 2 Fly to Cusco with tour of the city

This morning we head to the airport and fly to the beautiful city of Cusco. Today we explore Cusco seeing this lovely city and its important Inca monuments, such as 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. You can also visit the Koricancha to see the perfect fusion of Inca and Spanish architecture The old capital of the Inca Empire survives only in its ruins, imbued with an atmosphere of mystery and grandeur. The Spanish-style city of today, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones. The interlocking stones, assembled so carefully that a knife blade cannot be forced between the multi-sided joints, were highly functional as well as beautiful - they are earthquake proof. The rest of the day here is left free to explore the city.

Overnight: **Standard Hotel**
Triple Room Available

Included Meals: Breakfast

DAY 3 Visit the temple-citadel Sacsayhuaman

We will also visit Cusco's temple-citadel 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.

Overnight: **Standard Hotel**
Triple Room Available

Included Meals: Breakfast

DAY 4 Visit the indigenous market in Cusco and a llama farm

We visit to the remarkable market at Pisac, perhaps the most famous indigenous market in Peru with a stop at Awanacancha where we visit a llamas farm. The remaining part of the day is left free to explore more of Cusco

Overnight: **Standard Hotel**
Triple Room Available

Included Meals: Breakfast

DAY 5 Drive from Cusco to Misminay via Chincheros

Leaving Cusco this morning we drive through the Andes to arrive at Chequerec Community, a typical Andean village where we will start to trek through narrow paths traditionally used by the locals. During this hike, we will see small indigenous villages, cultivated fields, peasants working, curious children and a variety of animals as well as a varied flora. This is a great opportunity to discover different lifestyles and be in contact with the natural atmosphere of the Andes and its people. After a few hours of walking, we will arrive at the community of Misminay. Located at 3,700m, its location is spectacular as a natural balcony from where we can look at the splendid landscape and snow - capped mountains that surround the Sacred Valley; this view certainly astounds and leaves

a deep impression on all those who visit this place. We will be received by the people of the village, and welcomed with a typical sweet spearmint tea; this agreeable herb is edible and medicinal for this people. Families live together in tiny, one or two-room adobe homes raising guinea pigs, cows and sheep. Fathers work as porters for hikers during the dry season and tend crops of potatoes, corn beans and quinoa during the wet months, while mothers watch the herds, take care of the household and raise their children. Women also weave, producing the family's colorful ponchos, chullos, skirts, shawls and other items, on their backstrap looms. After lunch we will have a demonstration of weavings made by the women of the community who will show us traditional and ancestral techniques. There will be also the opportunity to learn more about the local agriculture, they will show us instruments used by the Incas and still used today, especially in the highlands. Tonight we will take dinner at the community meeting room before overnighting at a local house.

Overnight: **Simple Village House**
Triple Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 6 Bike to Moray and Maras, on to Ollantaytambo

After breakfast, we leave Misminay for some easy downhill biking lasting for a few hours. We will drive from Misminay to Cruzpata in the pampas of Chinchero. Here we will practice with the bikes before beginning our route along a hilly track (single track , dirty road and down hill). We pass the Huaypo Lagoon to reach the experimental Agricultural Site of Moray a very unique archaeological site which consists of enormous natural depressions or hollows in the ground surface that the Inkas used for constructing irrigated farming terraces around them. This place was an important center of domestication, acclimatization and hybridization of wild vegetable species that were modified or adapted for human consumption. After a short visit at this site, we continue by bike toward the town of Maras. After visiting the Salineras of Maras (Salt mines), we have a 30-40 minute descent walking to Pichingoto in the Sacred Valley, crossing the Urubamba River where our private bus waits to transfer us to Ollantaytambo town.

Overnight: **Standard Hotel**
Triple Room Available

Included Meals: Breakfast

DAY 7 In the Sacred Valley; free for optional activities including rafting

Our base at Ollantaytambo makes the perfect place from which to discover the sites and activities around the Sacred Valley. Today there is the option for a full day's rafting of the white waters (grade 2-3) of the Urubamba River before returning to our comfortable accommodation in Ollantaytambo to prepare for the forthcoming Inca Trail.

Overnight: **Standard Hotel**
Triple Room Available

Included Meals: Breakfast

DAY 8 Start the Inca Trail trek with overnight camping in Llaqtapata (2700m).

This morning we visit the Inca ruins at Ollantaytambo before we drive to KM82. The major highlight of the trip is without doubt the trek along the Inca Trail which was first explored by Hiram Bingham in 1911 and opened for walkers in 1970. 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. Our trek starts by crossing the Urubamba river, then follow its rapids down the Sacred Valley of the Incas to Llaqtapata (2700m). Here we camp below the ruins of Llaqtapata. (6km 2.5 hours)

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 9 Trek to Llulluchapampa (3800m) with stunning views of the snowy peaks

Following the course of the Kusichaca river, the trail leads to Huayllabamba, a quiet village of Inca origins and the last settlement on the route. We continue to Llulluchapampa (3,800m) which affords stunning views of the snowy peaks around us. Here we set up camp for the night. 2nd Camp 3,800m (12km 5.5 hours)

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 10 Trek over the Warmiwanusca (Dead Woman) Pass (4200m), to our third camp at 3600m

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 (3950m). Here the selva (jungle) becomes visible on the slopes of the mountains. Sayacmarca ruins are on a rocky promontory. They command an imposing view and have only one means of access, a narrow granite stairway. Our

trail goes through cloud forest 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 (3800m). 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. 3rd Camp 3600m (15km 8 hours)

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 11 Travel through the Inti Punku - the Gate of the Sun to discover Machu Picchu

We descend to Winay-Wayna ruins (2591m), 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, then travel down to our simple accommodation in the town of Aguas Calientes situated on the valley floor below Machu Picchu.

Overnight: **Simple Guesthouse**
Triple Room Available

Included Meals: Breakfast, Lunch

DAY 12 Optional climb the Huayna Picchu to look down on Machu Picchu before returning to Cusco by train and bus

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 peak of Huayna Picchu to look down on the Temple of the Sun. This 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 the short distance by train to Ollantaytambo and on by bus to Cusco.

Overnight: **Standard Hotel**
Triple Room Available

Included Meals: Breakfast

DAY 13 Day in Cusco for souvenir buying

Today has been left free for some rest and relaxation in Cusco after your trek. It will also be the perfect time to visit the markets and shops in the old City to take back some lovely souvenirs before your flight home tomorrow.

Overnight: **Standard Hotel**
Triple Room Available

Included Meals: Breakfast

DAY 14 Fly to Lima, tour ends

Depending on flight times we may have some free time in Cusco this morning before flying to Lima, where the tour ends.

Included Meals: Breakfast

Included Activities

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 early 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. Please note that due to the way the passes are distributed in January although a tour departure may be 'Guaranteed' we are unable to guarantee individual Inca Trail passes until we have confirmation that the passes have been purchased. On booking we will be able to tell you the date that your pass should be confirmed, and will contact you immediately in the (unusual) event that it is not. We do not recommend confirming your flights until your Inca Trail pass is confirmed.
5. 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.

6. 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.

Ability to swim required

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

Accommodation and Meals

Food & Drink

Included meals: 13 breakfasts, 5 lunches,4 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

Aguas Calientes - Hot springs US$ 4.
Sacred Valley - Rafting on Urubamba River US$ 75 (based upon 4 passengers).
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 approx. US$ 28; Gold Museum US$ 58 guided (minimum 2 people), US$ 11 unguided; Lima detour - alternative view of the city of Lima US$ 30 (price may go up if less than 4 passengers).

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.
It is customary to tip our Porters, Cooks and Trail Guide at the end of the Trek, although this is entirely at your discretion.

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. 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.
Accordingly, you should allow at least US$ 40 for tipping.

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 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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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

On the 21st of December 2015 a bill was passed by the US Congress that will no longer allow citizens of the 38 countries (including the UK) which are included in the Visa Waiver Programme - who have either travelled to Iraq, Syria, Iran or Sudan in the past five years or are dual nationals of these states, to travel to the US without having an official visa (the ESTA in these circumstances will not be sufficient).

If you have visited one of these countries in the past five years, you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

For further information please check out the US embassy website.
Visa applications - http://london.usembassy.gov/niv/apply.html
Visa Waiver Programme - https://travel.state.gov/content/visas/en/visit/visa-waiver-program.html

Lone Parents

Peru

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the Peru embassy for further information on exactly what may be required.

Vaccinations & Protection

Peru

Nothing compulsory, we recommend protection against malaria, 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. 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 Trip

Maximum Altitude on Trek (m)

4200

Trekking Details

The trip may be taken by almost anyone who enjoys good health and a good level of fitness, and appreciates that walking the Inca Trail to Machu Picchu is fairly rugged and involves trekking over rough pathways. The highest point on the route is 4200m – the realm of thin, cold, dry air. We acclimatise slowly.
Insurance: Please ensure that your insurance policy covers you to the altitude indicated before you come on tour. If you have Explore insurance, you will be covered to this altitude.
Medical Examination: You should visit your GP and specifically mention the maximum altitude the trek reaches, i.e. 4200m/13,779'.

Altitude Description

As this tour reaches altitudes of 4200 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.

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

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

Equipment

You will need a good insect repellent, suncream, a small torch and a personal water bottle. See notes regarding sleeping bags for the Inca Trail.

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.

Personal Equipment: On Trek
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.
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. Sandals are ideal for rafting as they protect the soles of your feet and also keep them cool.
Comfortable shoes and sandals. Please see notes regarding trekking boots for Inca Trail. If participating in rafting old trainers (as they get wet) are useful.

Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.
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 this is stored at the hotel in Cusco while you are trekking.
Trek Kit Bag: Before leaving Cusco there is plenty of time to re-sort luggage into what you need on trek and what can be left in Cusco (see above). Your trek luggage, including sleeping bag, needs to be packed into a kit bag, soft holdall, frameless rucksack or similar to be carried by the porters. The weight limit for this is 7kg but you will probably find that you do not need this much.
Small Rucksack/Daysac: During the course of a trekking day, you do not have access to the luggage which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysac should, therefore, be large enough to carry the following: Waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sunhat, sun cream, water bottle (at least 2 litre or 2 1litre bottles), tissues and your packed lunch. Most people normally find

that this adds up to about 6kg. Camera equipment can be heavy so think carefully when deciding what to take. Other optional items in a day pack might be a diary or a book to read at lunch time.

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 & 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, 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, 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 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: 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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