

EXPLORE!

TRIP NOTES



Machu Picchu and Titicaca + Amazon Extension (PBA 2017)



TRIPDURATION
17
DAYS



Tour Style: Classic
Tour Pace: Moderate

Tour Type: Small Groups
Accommodation
Grade: Standard

Trip Code: PBA

Trip Highlights - Machu Picchu and Titicaca + Amazon Extension

- ✓ La Paz - Explore the 'City that touches the sky'
- ✓ Lake Titicaca - Spend two days trekking the Inca Pilgrim Way visiting Inca ruins along the way
- ✓ Cusco - Explore the ancient capital city of the Incas
- ✓ Inca Trail - Optional day walk from KM104 to Machu Picchu via the Sun Gate
- ✓ Machu Picchu - Travel by train to the 'Lost City', one of the New Seven Wonders of the World
- ✓ Sacsayhuaman - Visit the ancient fortress dramatically located high above Cusco
- ✓ Amazon - From a jungle lodge discover an exotic world of flora and fauna on foot and by canoe

Trip Essentials

Accommodation: 9 nights Standard Hotel
1 night Simple Hotel
2 nights Standard Guesthouse
1 night Simple Guesthouse
3 nights Simple Lodge

Included Meals: 15 breakfasts, 7 lunches, 5 dinners

Start Point: Join trip: La Paz

End Point: Trip ends: Puerto Maldonado Airport

Transport: Bus, Train, Boat, Flight, Public Bus

Countries: Bolivia, Peru

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Machu Picchu and Titicaca + Amazon Extension

Travelling on some of the planet's highest roads, we traverse the other-worldly Andean landscapes from La Paz to Cusco. Our trip includes a two-day trek centred round the Isla del Sol, visiting ancient ruins and enjoying spectacular views of Lake Titicaca. There is also the option to do a day trek along the Inca Trail to Machu Picchu, perfect for those who want to experience part of this famous walk but do not want to do the whole four-day trek. We end the trip in the tropical Amazon Rainforest, exploring jungle-lined river banks by canoe and searching for wildlife on walks through forest trails.

Why Book this trip

This tour includes an optional day walk along the Inca trail to Machu Picchu. Perfect for those who want to experience part of this famous walk but do not want to do the whole four-day trek. Your first glimpse of Machu Picchu will be from the Sun Gate.

In the Amazon we experience the jungle in the company of people that live there. The Amazon community of Infierno own and operate Nape Lodge. They also own the adjacent land, most of which is primary forest. The lodge staff are from the community and any money generated directly benefits the local population. Learn about the challenges of living in the jungle as well as discovering the fascinating local wildlife.



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.

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 in La Paz (Bolivia)

Tour only clients will arrive and check in at the first nights' accommodation in La Paz. Clients who have booked flights through Explore, will spend the first night of the tour on an overnight flight.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** None

DAY 2 In La Paz; time to acclimitise

Today is a free day to acclimitise. Clients who have booked flights through Explore will arrive in La Paz this morning.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** None

DAY 3 Walking tour of La Paz; optional trip to Tiahuanaco archaeological site

Standing at 3636m above sea level, La Paz is cupped in the palm of two magnificent mountains. We enjoy a walking tour of the colourful street markets and afterwards there is an optional excursion to Tiahuanaco, Bolivia's largest archaeological site. It is thought that this ceremonial complex stood at the heart of an empire extending over northern Bolivia, southern Peru, northern Chile and north-western Argentina, but we can only conjecture on how it came to an end. On one of our evenings here we have the opportunity to go and see the spectacle of Cholitas wrestling - a popular local spectacular sport (optional).

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 4 In La Paz; optional trip up Mount Chacaltaya

Today we have the day free to explore more of the city. You may wish to go up Mount Chacaltaya, which has the highest ski-lift in the world (5300m) and take the opportunity, if you feel fit enough, to walk to the peak at 5420m for stunning views over the saw-toothed Cordillera peaks, Lake Titicaca and La Paz.

Overnight: **Standard Hotel**

Single Room Available

 **Included Meals:** Breakfast

DAY 5 Drive to Copacabana on the shores of Lake Titicaca

A morning drive brings us to the small town of Copacabana, standing on a peninsula jutting into Lake Titicaca. We gain our first sight of one of the great highlights of our trip, Lake Titicaca (3810m). The lake itself is immense, the second largest in South America. It was from this lake that the Sun God sent forth the man and woman who founded the Inca Empire, the legendary Children of the Sun. Local people here have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles. This has enabled them to adapt to high altitude living. We will re-pack this evening, as tomorrow we take just what is needed for the next two nights.

Overnight: **Simple Hotel**

 **Included Meals:** Breakfast

DAY 6 Walk the Inca Pilgrim Way; overnight on Isla del Sol

This morning we begin our two-day trek centering on the Isla del Sol. Leaving our main baggage behind, we use our daysacs for personal gear needed during the day and our overnight bags are transported for us. Leaving Copacabana, we walk to Kusijata village then we begin to climb the old Inca road, before descending to Sicuani. Next we take a short journey by motor launch to Pilkokaina, on the Isla del Sol to explore the ruins of the Palace of the Inca ruler Tupac Yupanqui, sited to overlook the Island of the Moon, the domain of his sister-queen (about 6 hours walking). This afternoon there may be a chance to take a boat trip to the Island of the Moon. The main occupation of the local people is fishing, cropping of reeds and farming. Much smaller than the Island of the Sun, it nevertheless has some interesting Inca ruins, and we may have time to explore the Inak Uyu (Sanctuary of the Virgins of the Sun) We continue by boat to Pilkokaina, where, if time permits, we will visit the ruins before walking to our accommodation near the village of Yuman. A highlight of our trip is our stay on the Island of the Sun where we stay in a locally run lodge. Although quite simple, all the rooms are ensuite and the views have to be seen to be believed.


Overnight: **Standard Guesthouse**
Single Room Available

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

DAY 7 Trek via Challa-Pampa to Jardin Incaico

We begin today by walking up and along a high ridge path, from where we can enjoy tremendous views, and passing through three stone gateways (through which pilgrims to the sacred stones would have travelled) before reaching the ruins of Chinkana, the Temple of the Sun, situated on the crag of Titi Kala. We then take the boat to the Jardin Incaico. A series of terraces, some still in use today, hug the short, narrow valley which drops to the lakeside and a small harbour where colourful boats are sometimes moored. Later, there is a climb to arrive to our hotel (about 6hrs).

Overnight: **Standard Guesthouse**
Single Room Available

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

DAY 8 Return to Copacabana and travel to Puno (Peru)

This morning we return across the lake to Copacabana before heading over the border to Peru and on to Puno. There may be an opportunity to visit Uros Islands (optional) - made entirely from reeds grown in the lake, these unusual man-made islands are home to small village communities.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 9 Public bus to Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco. Driving up to the northern limit of the Altiplano we cross La Raya pass (4335m) and descend to Cuzco visiting the Inca temple ruins at Raqchi en route. Depending on time, those who wish may visit the colonial church at Andahuaylillas. The scenery is desolate but magnificent and we may spot flocks of llamas and alpacas grazing on the windswept pastures. We arrive at the fascinating mountain city of Cusco in the late afternoon and check into our hotel.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast, Lunch

DAY 10 Walking tour of Cusco, visit Pisac Market and Sacsayhuaman Fortress

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 slate roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones - enormous blocks of grey granite fitted together with the precision of a jeweller. We take a walking tour of this fascinating city to see Inca and colonial monuments, and also visit the colourful market at Pisac in the Sacred Valley and Cusco's temple-citadel, Sacsayhuaman.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 11 Free day in Cusco; optional whitewater rafting

For river-lovers there is the opportunity of a 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 (grade 2-3).

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 12 Train to Machu Picchu - Optional Inca Trail day trek

We take an early morning train along the side of the Urubamba river, flanked by high cliffs and peaks up to Aguas Calientes. Those who wish to walk part of the famous Inca Trail will disembark at KM104 just short of Machu Picchu (on the Cuzco/Machu Picchu railroad) (optional) - this section of the trail will take you up from the valley floor to the abandoned ruins of Winay Wayna and on to the Gate of the Sun for dramatic views down on Machu Picchu (about 5hrs walking). This option is dependent on Inca pass availability and needs to be paid at the time of booking. For those not wishing to walk we will continue on the train to Aguas Calientes from where we will take a short bus trip to Machu Picchu, where the rest of the group will meet after their walk. The famous Lost City (at 2280m) is set in a grandiose landscape that amazes all spectators - temples, stairways, palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders, in the most dramatic setting of all of ancient America. We return to Aguas Calientes on the valley floor, to stay in a simple guesthouse with the chance to soak in the nearby natural hot baths (optional).

Overnight: **Simple Guesthouse**
Single Room Available

 **Included Meals:** Breakfast, Lunch

DAY 13 Explore Machu Picchu, return by train to Cusco

After more time exploring and soaking up the magic of the site. 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. This afternoon we return to Cusco.


Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 14 Fly to Puerto Maldonado. Travel to lodge by minibus and canoe

The Machu Picchu and Titicaca part of the trip ends this morning. Those doing the Amazon extension transfer to Cusco airport for the short flight to Puerto Maldonado, which is located in the Southern Amazon area of Peru. (Your tour leader stays in Cusco). The Amazon Basin covers two fifths of South America and is shared between many countries including Bolivia, Brazil, Colombia, Guyana, Venezuela, Ecuador and Peru. Most of the area is covered by rainforest - the largest rainforest and the most bio-diverse environment in the world. Sixty percent of Peru lies within the Amazon Basin, the greatest area of Amazon Rainforest after Brazil. On arrival in Puerto Maldonado you will be met by a representative of Nape Lodge. First you, and any other lodge guests, will be taken to the lodge office in the town. Here you can sort your luggage so that you only take what you need to the jungle. (Your main luggage can be left in a locked room at the office). You then travel by minibus to the community town of Infierno, this is mainly along unmade roads and it takes approximately an hour to reach the small port outside the town. From here you take a covered motorised canoe for approximately 30 - 40 minutes to Nape Lodge. Your guide will give you a typical jungle lunch to eat en route. The lodge is a short walk from the river bank. Below is the usual itinerary for clients arriving to Nape Lodge but this may vary depending on local conditions and circumstances. A guide from the lodge will accompany you on all your excursions. On arrival, after a drink and being shown to your room, you will take your first walk into the local jungle. Here, close to the lodge a member of the local community (through a translator) explains how the Ese Eja made their bows and arrows for hunting - Although hunting in this area is now restricted, it is still part of their culture. You also get the opportunity to try aiming at a cloth target with a traditional bow if you wish. There is then time to relax and acclimatise to the local humidity. After dinner you will return to the boat and search in the dark for caiman along the river banks and in the water - caiman eyes show red in torch light making them easier to spot. In this area there are mainly white caiman. If you are lucky you will also see some of the other nocturnal animals that roam the river banks.

Overnight: **Simple Lodge**
Single Room Available

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

DAY 15 Visit parrot clay lick and Tres Chimbadas Lago. Take a jungle night walk

This morning after an early breakfast you will travel by boat a short distance along the river to a local clay lick - a small clay cliff where macaws, parrots and other birds come to feed. It is thought that the salt from the clay detoxifies the fruit diet of the birds. You may be lucky enough to see the macaws circling above the site and then coming down to eat. They do this at several times in the day and are often at the site for 20 to 25 minutes - It can be very noisy. Continuing along the river for approximately 20 minutes, the boat then docks at a small jetty on the other side of the river to the lodge. As you follow the path through forest to Tres Chimbadas Lago, an oxbow lake, keep your eyes and ears open particularly for macaws and the sounds of approaching monkeys. At the lake itself common sights include the striking and noisy hoatzin bird. There is also a short cruise on the lake in a local style catamaran and if luck is on your side you may also see black caiman and river otters. On returning to the lodge there is time to relax before lunch. In the afternoon you will be taken on a tour of an area close to the lodge known as the 'medicine garden'. Here you will learn from the local shaman (or another member of the community) through a translator, about how these plants are used to treat illnesses. After dark you will be taken on a night walk along one of the lodge's trails. Your guide will know where to look for the insects, frogs, bats and nocturnal birds that come out at night. If you are in the right place at the right time you may also see some nocturnal mammals including the night monkey.

Overnight: **Simple Lodge**
Single Room Available



Included Meals: Breakfast, Lunch, Dinner

DAY 16 Hike through jungle to mammal clay lick. Learn about local exotic fruits

An hour's walk from Nape Lodge is a mammal clay lick. As with the parrots and macaws, some mammals eat clay from certain areas - however they are much more reserved about this and less predictable. Animals known to use this clay lick included peccaries, deer, agouti and tapir. On arrival you will settle down to observe the spot quietly from a distance and hope to be rewarded. On the way to and from the clay lick your guide will be looking out for other birds, animals and plant species of interest. After lunch you will visit a local organic fruit farm down river from the lodge. It is owned by a family from the Infierno community who grow a variety of tropical fruit and vegetables - many of which you will experience over your time at Nape Lodge. The family will explain through a translator how they grow their crops in a sustainable way, and introduce you to some produce you may never have heard of. You will also gain an insight into local life. As the farm is beside rainforest you may also see and hear wildlife such as parrots close by.

Overnight: **Simple Lodge**
Single Room Available



Included Meals: Breakfast, Lunch, Dinner

DAY 17 Return to Puerto Maldonado by canoe and minibus, 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

Accommodation Notes

Nape Lodge has been built just inland from the banks of the Tambopata River, on land granted to the Amazon community of Infierno nearly forty years ago. This land is adjacent to the then newly formed Tambopata National Reserve. Many of the community's families are descendants of the Ese Ejas, historically the dominant group of the region. Most live in the small town of Infierno about one hour's drive from Puerto Maldonado, but others live more remotely. The community are mainly farmers, but some now also work in local tourism.

Over twenty years ago the community set 3,000 hectares of their land, primary forest, aside and banned all hunting, logging and farming. In partnership with a Peruvian Ecotourism company they opened an eco-lodge which they still co-run. Money generated by this partnership has helped build a secondary school for the community, provided support for the elderly and assisted students with the costs of further education. More recently the community decided to use their many years of experience of co-managing a lodge to build their own. Nape Lodge welcomed its first guests at the end of 2015.

The guest accommodation at Nape Lodge, although simple, is built to a high standard. The communal area and dining room is an impressive wooden structure with a high roof, thatched in traditional style with palm fronds. The 16 rooms are a short walk from here and are also built in local wood, blending in with the surrounding forest. They are all furnished with crafted wooden furniture and have en suite bathrooms equipped with a cold (lukewarm) water shower, basin with running water and flushing toilet. There is also a safety box for storing valuables and food. The design of the buildings allows the rooms to be naturally ventilated - the rooms are almost a metre off the ground and have high unsealed roofs that encourage air-circulation. Copying the successful style of their partners the



community have also designed their rooms to maximise the feeling of being in the forest, and the fourth side of the room looking out to the forest is open. Good mosquito nets cover the beds (which are well off the floor). Electricity is provided by a generator twice a day so room lights can be used, batteries charged, etc. but a strong torch is also required.

Meals are all included during your stay and combine delicious local produce with culinary skill - One of the lodge's cooks is a consultant for a well-known Lima restaurant. Breakfast, lunch and dinner are served in the communal area and depending on the number of guests meals are either served at the table or self-serve style. Boiled, filtered drinking water is also available at all times, as is tea and coffee during the day. Fruit juices are provided with breakfast, and beers and soft drinks are also available to buy.

The lodge guides all have a recognised national guiding qualification and most are from the local area. During your stay they will help you explore the primary forest around the lodge, identify animals and plants, and learn about the local way of life. If available the community shaman will also tell you, through a translator, about the preparation of local medicines from jungle plants, and how the community used to hunt.

Keep your eyes open as you travel around by boat or walk through the forest as there is abundant wildlife in the area around the lodge. Animals often seen include: different types of monkeys (squirrel, red howler, brown capuchin, saddle backed tamarins, dusky titi), parrots and macaws (including scarlet macaws), hoatzin birds, caiman, giant river otters, agouti and different types of frogs, insects and butterflies.

Food & Drink

Included meals: 15 breakfasts, 7 lunches, 5 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.

Bolivia

Lunch £: 5.00

Dinner £: 8.00

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.

Bolivia

Bottle of Beer £: 1.47

Water £: 0.60

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

La Paz - Half day to Mount Chacaltaya US\$ 35 (minimum - 3 passengers); Tiahuanaco (Bolivia's most important archeological site) US\$ 68; Cholitas Wrestling US\$ 10.

Puno - Uros Islands US\$ 30;

Cusco - Rafting on the Urubamba US\$ 75 (depending on numbers), Andahuaylillas entrance US\$ 4.

Aguas Calientes - Hot springs US\$ 4; Huayna Picchu - £60; Machu Picchu Mountain £60 - 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.

Day Trek on Inca trail from Km 104 - £70 - must be paid at time of booking. Please see Inca Pass notes below

Lima - City Tour US\$ 30; Larco Herrera Museum US\$ 41 guided, US\$ 11 unguided; Lima Detour - alternative view of the city of Lima US\$ 35 (price may go up if less than 4 passengers); Pucusana Fishing Village US\$65 (based on 3); Pachacamac site US\$45 (based on 4) inc. pottery class US\$60 (time permitting)

Notes for Inca pass -

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.

Tipping - Tour Leader

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

Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. 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 US\$ 35 for tipping for the Machu Picchu and Titicaca tour.

Foreign Exchange

Bolivia

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

Credit Card Acceptance: Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques: Travellers Cheques can be awkward or expensive to change

Local Currency: Boliviano.

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.

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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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

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

Bolivia: Visas are not required for UK, New Zealand, Australian, and Canadian citizens. However, US citizens will require a visa.

Peru: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant

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consulate.

USA: An electronic travel authorisation (ESTA) is required by British citizens transiting via the USA. This must be done online (<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 in the past five years 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

Bolivia

A yellow fever certificate is necessary for passengers visiting the lowlands Bolivia (BA trip). We also recommend protection against typhoid, polio, infectious hepatitis and tetanus. 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.

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 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

Bolivia

Conditions vary from region to region and with altitude. Bear in mind that at high altitude temperatures can drop dramatically, and conditions can change suddenly. Inland - Hot and humid from October to March (summer). Mild to hot from April to September (winter). Highlands -- All year, sunny days, chilly to cold evenings. Rainy December to March. Mainly dry rest of year best time for mountain travel.

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

The highlands of Bolivia have dry sunny days but extremely cold nights so thermal underwear, a well-insulated fleece/jacket and a thick sweater are essential. Bring a warm hat and gloves as the Island of the Sun can be especially cold during June and July. Bring something warm to sleep in. A light raincoat is recommended. A sun hat and sunglasses are advisable as is high factor sunscreen, due to the thinness of the atmosphere. Bring a swimming costume for the thermal baths at Aguas Calientes.

For you jungle extension:

Expect warm and humid conditions. However there may also be heavy rain showers. (It tends to be cooler and drier between May and

October, the winter)

Bring light clothing (cotton or wicking material) - Long sleeve shirts and long trousers are best when walking through jungle, and a light weight rainjacket. It is worth also bringing some warmer clothes, particularly between May and September, in case of cool weather.

Equipment

General: Binoculars, torch, water bottle, insect repellent, suncream (at least factor 15), good quality sunglasses and a lipsalve with sun protection.

Personal Equipment: On Trek

Trekking poles:

Trekking poles are recommended. Please note metal tipped trekking poles are NOT permitted - in order to reduce erosion - please ensure they have rubber/plastic tips (not 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. Disposable plastic bottles are not allowed on the trail. It is a good idea to add some powdered fruit juice for flavouring. Please 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).

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).

For your jungle experience bring:

Suncream, sunhat and sunglasses

Jungle formula insect repellent

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

Small backpack for walks and boat trips

Good camera with zoom, spare battery and memory cards

Binoculars (optional)

Footwear

General: Comfortable lightweight walking/trekking boots, trainers and sandals.

For you jungle experience:

Bring comfortable enclosed walking shoes that can cope with mud if needed.

Luggage: On Tour

One main piece of luggage, a good sized daypack and a small bag to contain clothing for the two nights at Lake Titicaca (your main luggage will be stored in Copacabana). Whilst trekking, our luggage for the Inca Pilgrim Way will be carried for us, but your daypack should be large enough to carry warm and waterproof clothing as weather can be quite changeable. Remember you are expected to carry your own luggage so don't overload yourself. It is recommended you bring lockable bags.

In the Amazon your main luggage will be stored in the offices in Puerto Maldonado. You will need a strong bag suitable for carrying clothes, toiletries, shoes, etc for four days e.g. a waterproof duffel bag or rucksack.

Luggage allowance on trip: 20kg

General Information

Country details

Bolivia

Population: 10,907,778

Size of Country: 1,098,581 sq km

Major Language: Spanish

Religion: Roman Catholic

Time Difference to GMT: -4

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

Bolivia

3 Pin Flat

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.

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