# EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

## Peru and the Inca Trail (PE 2015)

WALK & TREK

TOURDURAT
**20**
DAYS

**Tour Style:** Classic
**Tour Comfort:** Standard

**Tour Type:** Small Groups
**Trek Grade:** Moderate to Challenging

**tour Code:** PE

## Tour Highlights - Peru and the Inca Trail

- ✓ The Inca Trail - Four-day trek following the classic Inca Trail to Machu Picchu
- ✓ Machu Picchu - Visit one of the New Seven Wonders of the World
- ✓ Cusco - Explore this interesting, historic city
- ✓ Arequipa - Discover the fascinating Santa Catalina Convent
- ✓ Lake Titicaca - The highest navigable lake in the world, spend the night on Taquile Island
- ✓ Nazca - View the intiguing Nazca lines from platforms
- ✓ Colca Canyon - See condors fly above one of the world's deepest canyons

## Tour Essentials

| | |
|---|---|
| **Accommodation:** | 11 nights Standard Hotel<br>2 nights Simple Hotel<br>1 night Standard Guesthouse<br>1 night Simple Village House<br>3 nights Basic Camping<br>1 night Simple Guesthouse |
| **Included Meals:** | 19 breakfasts, 4 lunches, 4 dinners |
| **Start Point:** | Join tour: Lima |
| **End Point:** | Tour ends: Lima |
| **Maximum Altitude on Trek (m):** | 4200 |
| **Transport:** | Bus, Train, Boat |
| **Countries:** | Peru |

# Peru Inca Trail

Discover the ancient Inca Empire of the Sun as we enjoy a four-day trek following the famous Inca Trail to the archaelogical jewel of Machu Picchu. We also explore the former Inca capital of Cusco, visit the indigenous communities on Taquile Island (Lake Titicaca), see the mysterious Nazca Lines and view the Colca Canyon.

## Suitability

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

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

### Tour Comfort: Standard

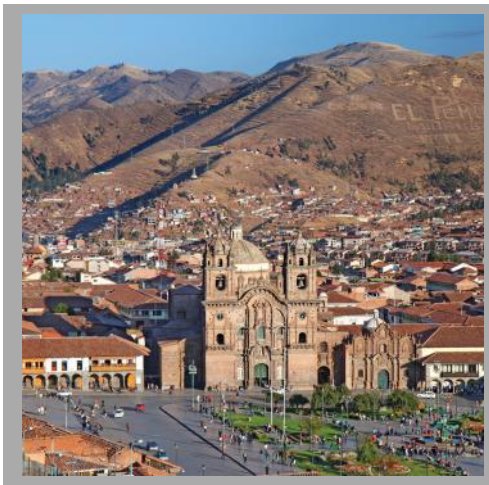
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

### Tour Style: Classic

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

### Trek Grade: 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 tour itinerary

### Tour itinerary notes

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

### Your Tour Leader

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

## DAY 1 Join tour Lima

Arrive Lima and check-in at the hotel.

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** None

## DAY 2 Drive to Paracas

Heading south on the Panamerican Highway we stop at the ancient religious centre of Pachacamac, whose many pre-Inca and Incan adobe walls and temples have miraculously stood for hundreds of years, preserved by the desert climate. We continue on to Paracas and its national park where we can observe some extraordinary lunar landscapes and have the chance to see varied birdlife.

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 3 Explore Paracas and drive to Nazca

There is the possibility this morning to take an optional excursion to the Ballestas Islands to see a large colony of sea lions, seabirds and even penguins. We then continue south pausing at Ica to visit the small but excellent museum (optional) or the huge sand dunes outside the town at Huacachina Oasis. Then we drive to the mysterious Nazca Lines. Some specialists have speculated that they represent the world's largest astrological calendar. Huge birds, spiders, whales, other creatures and geometrical figures are represented in outline. Here we'll climb the nearby viewing platform for views out over the lines etched into the desert. There should also be time for optional visits to the nearby Antonini Archaeological Museum, the Chauchilla pre-Inca cemetry or the Nazca aqueduct.

Overnight: **Simple Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 4 Drive to Puerto Inca

Following the coastal route through the desert we reach the tiny settlement of Puerto Inca. In Inca times relays of chasquis (runners) transported fresh fish 250km to Cusco in the mountains in just one day! In the afternoon you can watch the wildlife in the quiet bay or explore the ruins including ancient llama corrals and grain stores.

Overnight: **Standard Guesthouse**
**Single Room Available**

**Included Meals:** Breakfast, Dinner

## DAY 5 Drive to Arequipa

A full day’s drive takes us through strange desert scenery. As we leave the coastal plain behind, our road climbs steadily through the Andean mountains to reach the beautiful city of Arequipa.

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 6 In Arequipa

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

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 7 Drive to Chivay

Heading north from Arequipa we enter the world of the Altiplano. We pass behind the volcanoes that ring Arequipa and on to Chivay. Passing herds of Llama and Alpaca - if lucky we may spot the elusive Vicuña. Today we briefly reach the highest point of our trip at 4,800m before descending towards Colca.

Overnight: **Simple Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 8 Colca Canyon; drive to Puno

From Chivay we make an early start to the mirador Cruz del Condor, overlooking the magnificent Colca Canyon, in the hope of spotting the rare Andean Condor. Seeing these magnificent birds in flight is a highlight of any tour. We continue to Puno on the shores of Lake Titicaca: the highest navigable lake in the world at an elevation of 3,856m, and the legendary birthplace of the Inca civilisation. The local Aymara and Quechua-speaking indigenous people have adapted over generations to life at altitude and have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles.

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 9 Boat to Taquile via the Uros Islands

The Uros people dwell on the lake itself, on floating islands of totora, a reedlike papyrus that grows in the shallows and is used in the construction of houses and boats. We continue by motorboat to Taquile Island which has preserved much of its Inca and pre-Inca heritage and the islanders still speak the language of the Inca-Quechua. Accommodation is limited to rustic, dormstyle facilities in a local house. We recommend walking to the top of this terraced island to watch the sun set.

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

**Included Meals:** Breakfast

## DAY 10 Boat to Puno

This morning is free on Taquile Island where the local people still preserve a rich tradition of music and dance. This is the ideal opportunity to buy locally produced knitted goods – produced by the men of the island. In the afternoon we return to Puno by boat, where there is the opportunity to visit the British built Yavari Steamer now under restoration (optional). We return by bus to Puno later on.

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 11 Bus to Cusco via Sillustani

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco. En route to Cusco we stop at the beautifully scenic site of Sillustani - a fitting home for the chullpas (funeral towers), which probably date from the 14th century. Driving up to the northern limit of the Altiplano we cross La Raya pass (4335m) and descend to Cusco. 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.

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 12 In Cusco

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! During our stay, we plan a walking tour of this lovely city to see important Inca and Colonial 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. We will 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.

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 13 Inca Trail to Machu Picchu

We drive to Chilca, stopping at the Inca site of Ollantaytambo. The major highlight of the trip is without doubt the trek along the Inca Trail. To the east runs the Kusichaca river; to the north the Urubamba. The trail 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. Our trek starts at by crossing the Urubamba river, then following its rapids down the Sacred Valley of the Incas to Llaqtapata (2700m). Here we camp below the ruins of Llaqtapata. (6Km, 2.5hrs walking)

Overnight: **Basic Camping**

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

## DAY 14 Inca Trail to Machu Picchu

Following the course of the Kusichaca river the trail leads to Wayllabamba, a quiet village of Inca origins and the last settlement on the route. We continue to Llulluchapampa (3800m) which affords stunning views of the snowy peaks around us. Here we set up camp for the night. (10km, 5 hrs walking)

Overnight: **Basic Camping**

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

## DAY 15 Inca Trail to Machu Picchu

Today we trek over the Warmiwanusca (Dead Woman) Pass (4200m), to the valley of the Pacamayo river with its tropical vegetation. We then cross the Runkuraqay Pass (3993m). Here the selva (jungle) becomes visible on the slopes of the mountains. The Sayaqmarka 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 Puyupatamarka ruins (3597m). The views of the Urubamba and the snowcapped peaks of Veronica (5750m) and Salkantay make these ruins one of the most beautiful places on the trail. (15km, 8hrs walking)

Overnight: **Basic Camping**

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

## DAY 16 Inca Trail to 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 accomodation in the town of Aquas Callentes situated on the valley floor. Tonight we recommend a dip in the thermal springs. (walking 4hrs)

Overnight: **Simple Guesthouse**

**Included Meals:** Breakfast, Lunch

## DAY 17 Revisit Machu Picchu; to Ollantaytambo

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 mountain to look down on the Temple of the Sun and admire the site from a different perspective. In the afternoon we get the train to Ollantaytambo, located in the Sacred Valley of the Incas.

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 18 Optional activities

There are plenty of things to do today. One possibility is to go whitewater rafting on the Urubamba River (grade 2-3) - no previous experience is necessary and all safety equipment is provided (optional). You can also choose to visit the market at Pisac and its incredible Inca ruins spread out amphitheatre fashion far above the town.

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 19 Fly to Lima

This morning we drive to the airport for our flight back to Lima. Founded in 1535 and called the City of Kings, Lima today is both ancient and modern. Time permitting there might be the opportunity to stroll through Plaza San Martin and Bolivar and enter the fascinating Catacombs of the convent of San Francisco. We can make an optional orientation tour on foot, passing through the colonial squares and under the intricate modern balconies of old Lima, seeing some of the city's best surviving examples of colonial architecture. There may be time for some last minute shopping.

Overnight: **Standard Hotel**
**Single Room Available**

**Included Meals:** Breakfast

## DAY 20 Tour ends Lima

The tour ends in Lima this morning after breakfast.

**Included Meals:** Breakfast

# Included Activities

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

# Accommodation and Meals

### Accommodation Rating

Whilst on trek we camp wild in two-man tents with plenty of room for bags. At our camps we set up a dining tent and tables and stools are provided. There is also a toilet tent. Due to the nature of the environment, personal washing water is limited. The trek is fully supported by our team of porters. They set up and take down the tents, prepare all the meals, carry all our bags (apart from daypacks) and gear and generally ensure our wellbeing during the trek. We ensure their wellbeing by adhering to good working practice.

### Food & Drink

Included meals: 19 breakfasts, 4 lunches,4 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

# Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

### Food

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

#### Peru

**Lunch £:** 9.00

**Dinner £:** 13.00

## Drink

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

### Peru

**Bottle of Beer £:** 1.50

**Water £:** 1.00

## Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

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

## Optional Excursions

Paracas - Trip to Ballestas Islands by launch US$ 28.
Nazca - Antonini archaeological museum entrance fee US$ 8 (US$ 23 for guided tour [includes entrance fee]); Chauchilla pre-Inca cemetery US$ 26 (includes guide, transport and entrance fee); Nazca aqueduct US$ 22 (includes guide, transport and entrance fee).
Puno - Yavari steamship US$ 5.
Cusco - Pisac market and ruins US$ 32 (min 4 persons); Maras and Moray tour US$ 54 (based on 4 persons); Outlying sites US$ 30; Sleeping bag hire US$ 20; Raqchi entrance US$ 4; Andahuaylillas entrance US$ 4.
Huayna Picchu - US$86; Machu Picchu Mountain US$81 (both including transport) -- From 1st July 2015 this must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel please take your original passport with you to avoid being fined.
Yucay - (Non-trekkers) Rafting on Urubamba River US$ 40/45 (depending on numbers). Visit Misminay Village US$ 75 (based on 4 people).
Aguas Calientes - Hot springs US$ 3.
Lima - City tour US$ 30; Larco Herrera museum guided US$ 35, unguided US$ 11.00; Lima detour - alternative view of the city of Lima US$ 35 (price may go up if less than 4 passengers); Pucusana Fishing Village US$65 (based on 3); Pachacamac site US$45 (based on 4) inc. pottery class US$60 (time permitting)

## Tipping - Tour Leader

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

## Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. 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. You should allow US$ 65 for tipping.
It is customary to tip our Porters, Cooks and Trail Guide at the end of the Trek, although this is entirely at your discretion.

## Foreign Exchange

### Peru

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

**Credit Card Acceptance:** In major restaurants.

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

**Local Currency:** Nuevo Sol

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

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

# Joining your Tour

## Flight Information

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

## Booking a land only package with Explore

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

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

## Joining Tour Abroad

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

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

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

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

## Booking a flight inclusive package with Explore

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

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

# Important Information

## Travel Insurance

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

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

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

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## Under 18 immigration guidance

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

## Visa Information

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

Other nationalities should consult the relevant consulate.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

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

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

All passengers travelling to the USA under the Visa Waiver Programme must provide their details online no later than 72 hours prior to travel. British travellers who have not registered before their trip are likely to be detained and sent home.

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

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

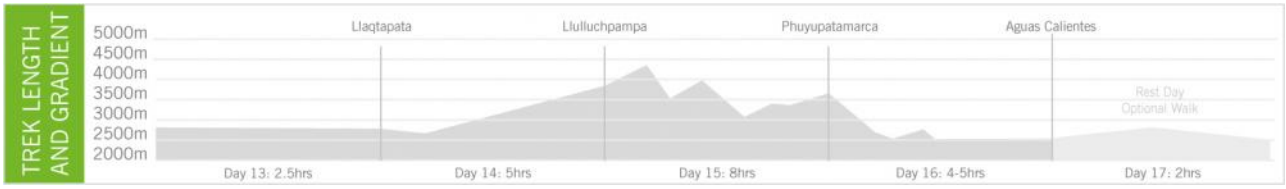
For more information about who is eligible for the VWP, or any other questions you may have regarding your eligibility, or machine readable passports, please contact your local consular office, or visit www.usembassy.org.uk

## Vaccinations & Protection

### Peru

We recommend protection against typhoid, tetanus, polio, infectious hepatitis and malaria. Consult your travel clinic for latest advice on different prophylaxis available against malaria.We recommend protection against yellow fever. There have been very few cases reported, but local authorities do recommend travellers get immunised against yellow fever. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider.

# Preparing for your Tour




## Maximum Altitude on Trek (m)

4200

## Trekking Details

This is a 4-day trek with an average of 5 to 6 hours walking each day. We reach a maximum altitude of 4200m. This trip has been graded moderate to challenging.

## Altitude Description

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

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

You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

## 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

On the coast take medium weight clothing and a sweater (June to October is winter). In the highlands conditions are generally dry and sunny during the day but cold at night. From May to August, it can be as low as -10°C. Be prepared for rain. Swimming costume needed for Aguas Calientes.

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 and Hat
Especially useful around camp in the morning and in the evening at higher altitudes.

## Equipment

Good insect repellent is essential. Bring a small torch. See below for details of sleeping bag and other equipment. If rafting old trainers are useful.

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. Please note 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. 2 litres is the minimum size suitable. 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 daypack 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 and table
• All cooking and kitchen gear

## Footwear

Walking Boots
Probably the trickiest part of all. 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.

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.

## Luggage: On Tour

One main piece of baggage and a daypack. Remember not to 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 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. Advice on how to pack will be given at the trek briefing. This bag will be supplied by our local agent for the duration of the trek.
Small Rucksack/Daypack:
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 daypack should, therefore, be large enough to carry the following: Waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, suncream, 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 daypack might be a diary or book to read at lunch time.

Luggage allowance on tour: 20kg

# General Information

## Country details

### Peru

**Population:** 29,496,000

**Size of Country:** 1,285,216 sq km

**Major Language:** Spanish

**Religion:** Catholicism

**Time Difference to GMT:** -5

## Electric Supply & Plugs

### Peru

2 Pin Flat

# Why Choose Explore

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

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

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

## Our commitment to the environment

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

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

## Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants,

allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

### Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to www.explore.co.uk/ResponsibleTourism/

### Know before you go

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

## Booking Your Holiday

### Peace of mind - book with confidence

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

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

### Reserving your place

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

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

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

### 100% No Surcharge Guarantee

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

### Tour Itinerary Versions

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

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

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

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