

EXPLORE!

TRIP NOTES



Peru and the Inca Trail (PE 2017)



TRIPDURATION
19
DAYS



Tour Style: Classic
Accommodation
Grade: Standard

Tour Type: Small Groups
Trek Grade: Moderate to Challenging

Trip Code: PE

EXPLORE! Share your experiences with us



Trip Highlights - Peru and the Inca Trail

- ✓ The Inca Trail - Fully supported four-day trek following the classic Inca Trail
- ✓ Machu Picchu - Discover one of the New Seven Wonders of the World, surrounded by cloudforest
- ✓ Cusco - Explore ancient capital city of the Incas
- ✓ Arequipa - Discover the fascinating Santa Catalina Convent
- ✓ Lake Titicaca - Cruise on the highest navigable lake in the world. Spend the night on Taquile Island
- ✓ Nazca - View the intriguing Nazca lines from platforms
- ✓ Colca Canyon - See condors fly above one of the world's deepest canyons

Trip Essentials

Accommodation:	11 nights Standard Hotel 1 night Simple Hotel 1 night Standard Guesthouse 1 night Simple Village House 3 nights Simple Camping 1 night Simple Guesthouse
Included Meals:	18 breakfasts, 3 lunches, 4 dinners
Start Point:	Join trip: Lima
End Point:	Trip ends: Cusco
Maximum Altitude on Trek (m):	4200
Transport:	Bus, Train, Boat
Countries:	Peru

Peru Inca Trail

On this tour of Southern Peru we journey along the Pacific Coast to the mysterious Nazca Lines, up to the 'White City' of Arequipa and on to the impressive Colca Canyon. At Lake Titicaca we visit Taquile Island and stay in a local village guesthouse. We also discover the ancient 'Inca Empire of the Sun' as we enjoy a four-day trek following the famous Inca Trail to the archaeological jewel of Machu Picchu. En route we hike through majestic mountain scenery, past impressive Inca ruins and amongst cloudforest. We also explore the vibrant former Inca capital of Cusco.

Why Book this trip

Our three night Inca Trail trek is designed so that we stay on quieter campsites away from the crowds. We also ensure that our porters are local people, so that the communities benefit from your visit, and we abide by the strict guidelines regulating both their working conditions and care of the Inca Trail. Our local partner also actively supports community projects in the villages of Mismanay and Anccoto.



Suitability

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

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

Accommodation Grade: Standard

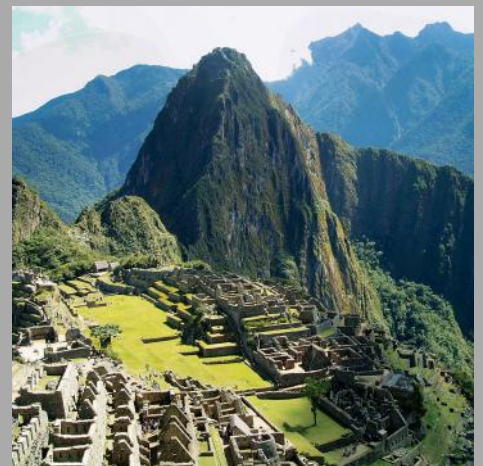
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

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

Trek Grade: Moderate to Challenging

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



Your trip itinerary

Tour itinerary notes

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

Your Tour Leader

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

DAY 1 Join tour Lima

Arrive to Lima and check-in at hotel. Afternoon tour of Lima. Lima, Peru's capital, was founded in 1535 AD by the Spanish conquistador Francisco Pizarro. It was built on the Pacific coast, by the Rimac River and close to the natural harbour of Callao, on land that had already been inhabited for thousands of years. Today Lima is a modern city, but there are obvious reminders of its ancient and colonial past. It is also gaining a reputation as a culinary centre.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** None

DAY 2 Visit Pachacamac. Drive to Paracas National Park

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 Optional boat trip to Islas Ballestas. Continue 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 cemetery or the Nazca aqueduct.

Overnight: **Simple Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 4 Follow coastal road to Puerto Chala

Following the coastal route through the desert we reach the settlement of Puerto Chala. In Inca times relays of chasquis (runners) transported fresh fish 250km to Cusco in the mountains in just one day from nearby. Depending on timing we will visit Quebrada de la Vaca Inca ruins either en route or tomorrow morning. These remains are thought to be part of an original Inca Trail to Cusco, and include ancient llama corrals and grain stores.

Overnight: **Standard Guesthouse**
Single Room Available

 **Included Meals:** Breakfast, Dinner

DAY 5 Journey through the Andean mountains 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 Explore Peru's 'White City'. Visit Santa Catalina Convent

This morning we 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 its 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. Are walking tour includes Santa Catalina Convent, a miniature walled town which once housed 450 nuns and serving ladies in total seclusion. The afternoon is free to further explore this fascinating city.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 7 Ascend to the Altiplano and town of 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: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 8 Walk by Colca Canyon. Drive to Lake Titicaca

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. From here we make a short walk to Cruz del Cura before continuing 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. Today's 4km walk is expected to take around 1hr with an ascent of 100m

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 9 Boat to Taquile. Stay in island village house

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. In the late afternoon we walk to the top of this terraced island to watch the sun set. Today's 1km walk is expected to take around 1hr with 200m of ascent.

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

 **Included Meals:** Breakfast

DAY 10 Island walk. Return to Puno by boat

This morning we walk across the island for the views. On Taquile Island 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 walk back to the harbour to return to Puno by boat, where there is the opportunity to visit the British built Yavari Steamer now under restoration (optional). Today's 5km walk is expected to take around 2.5hrs

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 11 Drive through mountains to Ollanta via Sillustani funeral towers

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to Cusco. En route we stop at the beautifully scenic site of Sillustani - where the chullpas (funeral towers) are thought to date from the 14th century. Driving up to the northern limit of the Altiplano we cross La Raya pass (4335m) and descend towards Cusco, and then continue on to Ollanta in the Sacred Valley. The mountain scenery is desolate but magnificent and we may spot flocks of llamas and alpacas grazing on the windswept pastures. Depending on time, those who wish may visit the colonial church at Andahuaylillas (45kilometres south of Cusco).

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 12 Free day in Sacred Valley. Optional whitewater rafting

Today is left free to explore the Sacred Valley and there are plenty of things to do. There is the opportunity to go whitewater rafting on the Urubamba River (grade 2-3) - no previous experience is necessary and all safety equipment is provided. 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 13 Commence Inca Trail. Walk to Llaqtapata ruins

We drive to Km 82, stopping at the Inca site of Ollantaytambo. The major highlight of this trip is without doubt the trek along the Inca Trail. 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. Today's 6km walk is expected to take around 2.5hrs with an ascent of 100m

Overnight: **Simple Camping**

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

DAY 14 Follow river to Wayllabamba village. Continue to Llulluchapampa

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. Today's 12kms walk is expected to take around 6hrs with 1080m ascent.

Overnight: **Simple Camping**

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

DAY 15 Cross 'Dead Woman's Pass' (4200m). Through cloudforest to Phuyupatamarca

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 Sayaanmarca 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 Puyupatamarca 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. We set up camp nearby. Today's 15km walk is expected to take around 9hrs with 1000m ascent and 630m descent.

Overnight: **Simple Camping**

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

DAY 16 Arrive to Machu Picchu through the Sun Gate

We descend to Winay-Wayna ruins (2591m), a small Inca site which, like Machu Picchu, was abandoned for unknown reasons. Then from Inti-Punku - the Gate of the Sun - there is a sudden and fantastic view of the Lost City itself, Machu Picchu, set in a grandiose landscape that amazes all spectators. We walk down through the site, then travel down to our simple accommodation in the town of Aguas Calientes situated on the valley floor below Machu Picchu. Tonight we recommend a dip in the thermal springs. Today's 12km walk is expected to take around 6hrs with 1000m descent.

Overnight: **Simple Guesthouse**
Single Room Available

 **Included Meals:** Breakfast

DAY 17 Revisit Machu Picchu. Return to Ollantaytambo by train.

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. We have a guided tour with our Tour Leader then have some free time to explore further. It is also possible to climb the steep peak of Huayna Picchu to look down on the Temple of the Sun, or the nearby peak of Machu Picchu Mountain. (These must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel it is important for both the Inca Trail pass and these excursions that you bring your original passport with you). In the afternoon we get the train to Ollantaytambo, located in the Sacred Valley of the Incas, and then return to the historic town of Cusco by bus.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 18 Walking tour of Cusco. Visit to Sacsayhuaman

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's Cusco, 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 also visit Cusco's temple-citadel, Sacsayhuaman which broods high above the town, its huge, zigzagging stone walls broken into 66 sharply projecting angles to catch attackers in a withering crossfire - and walk back down to the city centre.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 19 Tour ends

Your tour ends in Cusco 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 Notes

We avoid the crowds on our three night trek, and camp away from the main campsites. Two-man tents are provided with plenty of room for two people and bags. There is also a dining tent and a toilet tent. The trek is fully supported by our team of porters who set up and take down the tents, and prepare our meals. They also carry water and all bags except daysacks, under strict guidelines.

EXPLORE! Share your experiences with us



Day three you stay in a simple hotel with en-suite rooms and a small swimming pool. Day nine you stay in a simple village house, with dormitory accommodation and basic toilet facilities. Day 16 you stay in a simple hotel with en-suite facilities.

Food & Drink

Included meals: 18 breakfasts, 3 lunches, 4 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Trip

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

Food

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

Peru

Lunch £: 3.00 - 5.00

Dinner £: 6.00 - 8.00

Drink

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

Peru

Bottle of Beer £: 2.00 - 4.00

Water £: 1.00

Other Sightseeing & Activities

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

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

Optional Excursions

Paracas - Trip to Ballestas Islands by launch US\$ 38

Nazca - Antonini archaeological museum entrance fee US\$ 8 (US\$ 33 for guided tour [includes entrance fee]); Chauchilla pre-Inca cemetery US\$ 39 (includes guide, transport and entrance fee); Nazca aqueduct US\$ 22 (includes guide, transport and entrance fee); Nazca Planetarium US\$9

Puno - Yavari steamship US\$ 5.

Cusco - Pisac market and ruins US\$ 48 (min 4 persons); Maras and Moray tour US\$ 54 (based on 4 persons); Outlying sites US\$ 30; Machu Picchu - Huayna Picchu £60; Machu Picchu Mountain £60 both are subject to availability and 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\$ 45 (depending on numbers). Visit Misminay Village US\$ 75 (based on 4 people).

Aguas Calientes - Hot springs US\$ 4

Lima - City tour US\$ 35; 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. In some establishments Master card is not accepted.

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

Local Currency: Nuevo Sol

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

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

Joining your Trip

Flight Information

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

Booking a land only package with Explore

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

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

Joining Tour Abroad

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

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

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

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

Booking a flight inclusive package with Explore

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

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

Important Information

Travel Insurance

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

EXPLORE!

The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



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

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

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

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

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

Other nationalities should consult their local embassy or consular office.

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

Other nationalities should consult their local embassy or consular office.

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

Vaccinations & Protection

Peru

Nothing compulsory, we recommend protection against typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Preparing for your Trip

DAILY DISTANCES

Day 8	4km	1hr
Day 9	1km	1hr
Day 10	5km	2.5hrs
Day 11		
Day 12		
Day 13	6km	2.5hrs
Day 14	12km	6hrs
Day 15	15km	9hrs
Day 16	12km	6hrs
Day 17	1/1.5km	2/3hrs

 Optional Walks

Maximum Altitude on Trek (m)

4200

Trekking Details

4-day trek walking for an average of 5 hours each day. 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 the tour notes 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

For your trek:

In the highlands conditions can be dry and sunny during the day but bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves. These will be needed when the temperatures drop, especially at night when temperatures can drop dramatically. Lightweight waterproofs are also essential. You may also wish to bring your swimsuit.

Thermals:

Useful for walking when cold, around camp and much more practical (and warmer) to sleep in than pyjamas.

Trainers or Trekking sandals:

Useful around camp, in towns and when travelling. Waterproof sandals are ideal for rafting.

Socks:

Use good quality socks that you are used to walking in, plus liner socks if you are used to these.

Waterproofs:

Breathable waterproofs not only protect against rain and wind, but also stop you from overheating.

Thick jumper/fleece jacket:

A thick jumper or fleece jacket is necessary as nights can be very cold at altitude, especially in their winter months (June to September). Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

T-shirts:

We recommend t-shirts made from wicking materials as these keep you drier and warmer.

Shorts:

Shorts can be comfortable to walk in but carry long trousers with you in case of strong sun or you feel cold. Remember we shall be passing through the occasional remote village and short shorts (especially on women) can give offence to the local inhabitants.

Gloves and Hat:

Essential around camp in the morning, and in the evening, at higher altitudes.

Equipment

For your trek:

Remember to bring: torch, water bottle, insect repellent, suncream (at least factor 30), lip salve, good quality sunglasses and sunhat. You may also wish to bring binoculars and your own sleeping bag.

Sleeping Bag:

This may be down or synthetic, but should be 4-season. A cotton liner helps to keep your bag clean. You do not need a foam mat as thermarests are provided. It is possible to hire an appropriate down sleeping bag for the trek locally (US\$ 20).

Personal Equipment On Trek

Trekking poles:

Trekking poles are recommended. Please note metal tipped trekking poles are NOT permitted so please ensure they have rubber/plastic tips

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 bottle. Your bottle should hold at least one litre. Disposable plastic bottles are not allowed on the trail. Metal bottles can also double up as hot water bottles when hot water is available.

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 to bring spare batteries.

Toiletries:

Only bring essential toiletries such as toothbrush/paste, soap and a small towel. Wet wipes are great for a quick clean up in your tent.

Personal First Aid Kit:

On each trek a first aid kit is carried but you should have your a blister kit, supply of plasters, pain relief etc. for you own use.

The following equipment list is provided by Explore for the trek:

- 2-person tents
- Dining tent
- Thermarest sleeping mat
- Stools and table

Footwear

For your trek:

Your boots should 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 boots are the one thing which will be irreplaceable. If you are rafting bring shoes that you don't mind getting wet.

Luggage: On Tour

For your trek bring one main piece of baggage and a daypack.

Main luggage:

Your main bag should be lockable as this will be left in storage in Cusco whilst on the trek.

Trek Kit Bag (provided):

Before leaving Cusco there is time to re-organise your luggage. Your trek luggage, including sleeping bag, should be packed into the kit bag to be carried by the porters. The weight limit for this is 7kg but you will probably find that you do not need this much. Advice on how to pack will be given at the trek briefing.

Small Rucksack/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 be large enough to carry your day things including: waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, suncream, water bottle, tissues and your packed lunch. Camera equipment can be heavy so think carefully when deciding what to take. A rucksack with 20 or 25 litres capacity is usually sufficient.

Luggage allowance on trip: 20kg

General Information

Country details

Peru

Population: 29,496,000

Size of Country: 1,285,216 sq km

Major Language: Spanish

Religion: Catholicism

Time Difference to GMT: -5

Electric Supply & Plugs

Peru

2 Pin Flat



Why Choose Explore

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

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

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

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

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

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

Booking Your Holiday

Peace of mind - book with confidence

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

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

Reserving your place

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

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

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

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

Trip Itinerary Versions

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

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

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

These trip notes were printed on 28/06/2017 01:57:44

