EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Heights of Machu Picchu (PM 2016)

WALK & TREK

TRIPDURATI
14
DAYS

Tour Style: Classic
Accommodation Grade: Standard

Tour Type: Small Groups
Trek Grade: Moderate to Challenging

Trip Code: PM

Trip Highlights - Heights of Machu Picchu

- ✓ Lake Titicaca - The highest navigable lake in the world. (Optional visit to Uros and Taquile islands)
- ✓ The Inca Trail - Fully supported four-day trek along the classic Inca Trail
- ✓ Machu Picchu - One of the New Seven Wonders of the World. Discover this famous Inca citadel surrounded by cloudforest
- ✓ Cusco - Explore the ancient capital city of the Incas

Trip Essentials

Accommodation:	9 nights Standard Hotel 3 nights Simple Camping 1 night Simple Guesthouse
Included Meals:	13 breakfasts, 4 lunches, 3 dinners
Start Point:	Join trip: Lima
End Point:	Trip ends: Lima
Maximum Altitude on Trek (m):	4200
Transport:	Bus, Train, Flight
Countries:	Peru

Heights Of Machu Picchu

Explore the highlights of Peru on this fascinating two-week trip. Along the way we discover Lake Titicaca, the birthplace of the Inca civilisation. From Cusco, the ancient Inca capital, we travel into the Sacred Valley to begin our four-day trek along the Inca Trail to the impressive mountain citadel of Machu Picchu.

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

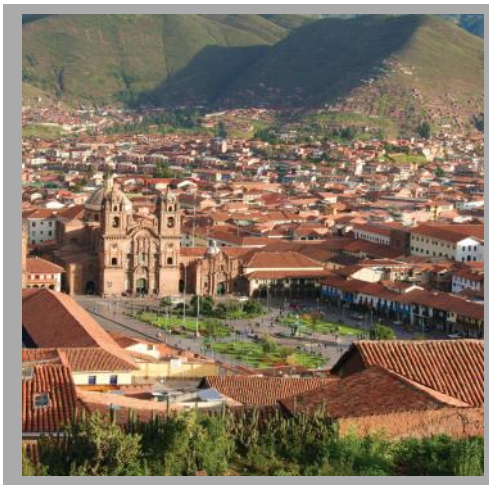
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

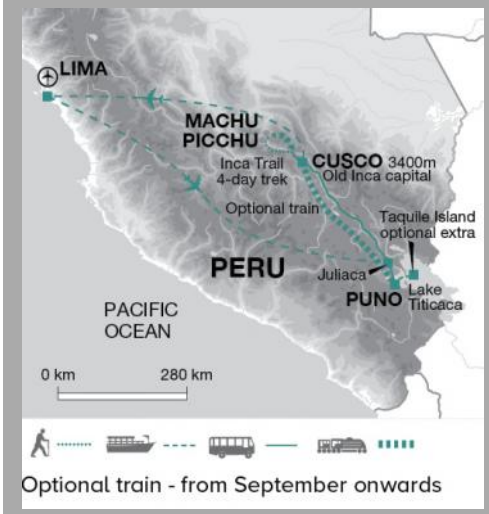
Tour Style: Classic

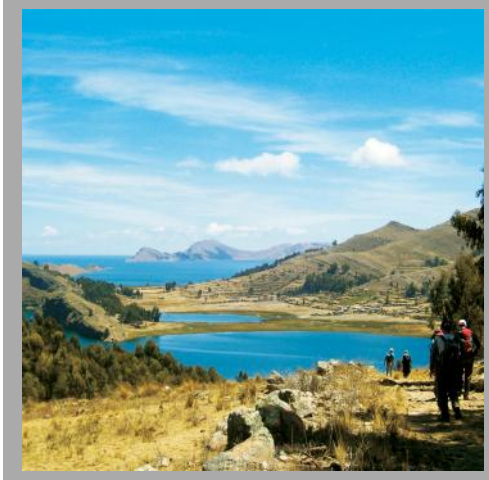
Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

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. 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 Fly to Juliaca; drive to Puno

We fly up to Juliaca on the high Altiplano, then make a short drive to Puno on the shores of Lake Titicaca, the highest navigable lake in the world at an elevation of 3860m, and also the legendary birthplace of the Inca civilisation. The local Aymara, Quechua and Uros people have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles, so have adapted to high altitude living. We drive to our hotel in Puno, a lake side town, and relax and acclimatise for the rest of the day.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 3 Visit Sillistani pre-Inca burial ground. Explore around Lake Titicaca

This morning we drive to the 'chullpas' (funeral towers) of Sillustani, which probably date from the 14th century. They are positoned on a peninsula overlooking a lagoon amongst stunning highland scenery. There is also the opportunity to visit a local farmers house (optional). In the afternoon we explore the small town of Chucuito, visiting the colonial churches, Inca fertilty temple and the Totora Museum.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 4 Free day. Optional visit to Uros and Taquile Islands

Today is free to explore the local area. We have the option to take a boat trip on Lake Titicaca to explore the floating reed islands, home to the Uros people who live on the lake itself. Their islands are made from totora, a reedlike papyrus that grows in the shallows and is used in most aspects of their life, including the construction of their boats and homes. We then continue to the less visited island of Taquile which has preserved much of its Inca and pre-Inca heritage and the islanders still speak the language of the Inca - Runa Simi or Quechua.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 5 Travel through the Andes 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 Las Raya pass (4335m) and descend to Cusco 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. NOTE For departures from July 2016 onwards it is possible take an optional excursion from Puno to Cusco on the Andean Explorer Train. This needs to be pre-booked at the time of booking.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 6 Visit to Sacsayhuaman and Pisac market

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 to visit the remarkable market at Pisac, perhaps the most famous indigenous market in Peru. We will also visit Cusco's temple-citadel Sacsayhuaman which broods high above the town, its huge, zigzagging stone walls broken into 66 sharply projecting angles to catch attackers in a withering crossfire - It took 20,000 conscripted workers toiling for 90 years to finish this fortress. We also plan a walking tour of the lovely city of Cusco to see important Inca monuments, such as the Inca wall of Hatunrumiyoc with its famous twelve-sided stone. The stone, measuring some 5 feet across, has the typical bevelled joints which create the patterns of light and shadow on Inca walls.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 7 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, and have scarcely been explored. Our trek starts by crossing the Urubamba river, then follow its rapids down the Sacred Valley of the Incas to Llaqtapata (2700m). Here we camp below the ruins of Llactapata. (Approx 5 hrs walking)

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 8 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. (Approx 5 hrs walk)

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 9 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 (3950m). Here the selva (jungle) becomes visible on the slopes of the mountains. Sayacmarca ruins are on a rocky promontory. They command an imposing view and have only one means of access, a narrow granite stairway. Our trail goes through cloud forest with vines, exotic flowers (among them orchids) and luxuriant trees, then on through an Inca tunnel and along a ridge above the Urubamba river to the lovely Phuyupatamarca ruins (3579m). The views of the Urubamba and (if we are lucky) the snowcapped peaks of Veronica (5750m) and Salkantay make these ruins one of the most beautiful places on the trail. We set up camp nearby. (Approx 8hrs walking)

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 10 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. (Approx 4 1/2 hrs walking)

Overnight: **Simple Guesthouse**
Single Room Available

Included Meals: Breakfast, Lunch

DAY 11 Revisit Machu Picchu. Return to Ollantaytambo by train. Continue by bus to Cusco

Our final morning is spent at Machu Picchu, probably the most astounding feat of engineering in all of ancient America. Temples, stairways, palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders. 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). Later we return to Cusco by train and then by bus.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 12 Free day. Opportunity to go white water rafting

Today is free to relax in Cusco. Alternatively for those interested in archaeology, the Inca sites of Qenko, Puka Pukara and Tambo Machay are readily accessible. Or you may wish to go white water rafting (grade 2-3) on the Urubamba river (optional). No previous experience is necessary as instruction is given and all safety equipment is provided.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 13 Fly to Lima

This morning we travel to the airport for an early flight to Lima. The rest of the day is free to explore the Peruvian capital. Founded in 1535 and known as the 'City of Kings', Lima today has a fascinating mix of historical sites and modern life. There is an optional city tour with a local guide which will include the colonial centre, walking under the balconies of Old Lima and admiring the architecture of original squares. Highlights include Plaza San Martin, Plaza Bolivar and the catacombs of the Convent of San Francisco.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 14 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 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.

Food & Drink

Included meals: 13 breakfasts, 4 lunches,3 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

Area Text: Since Hiram Bingham, the American explorer, described Machu Picchu as a 'wonderland', the fabled Inca city has become perhaps the single image that says ‘Peru’. But it’s not even half the story. Peru has more ancient archaeological sites than any other country in South America, with more being discovered all the time. There is much more to Peru than old stones, however. Peru has life zones from mangroves to cloudforest, mist-fuelled oases in the desert to glacial lakes. Jungle covers 60% of the country, and while less than 6% of its population lives there, the forest provides a home for the greatest diversity of plants and wildlife on the planet. The variety that Peru offers the visitor is enormous. At the end of the Inca Trail is Inti Punku, the Gate of the Sun. Through it you not only see Machu Picchu for the first time, but you are transported back through history to the cultures from which the Inca civilization developed. Machu Picchu’s near neighbour, Cusco, is the gateway to natural history. Its festivals are a microcosm of 3000 others across the country. Look south beyond Cusco to the islands in the sparkling waters of Lake Titicaca, where communities preserve traditions untouched by modernity. In the magnificent city of Arequipa, watched over by volcanoes, the high walls of the Santa Catalina convent conceal a perfectly preserved miniature colonial town which was, until recently, closed to the outside world. Nearby are the Colca and Cotahuasi canyons, remarkable chasms twice as deep as the Grand Canyon, where you can trek along pre-Hispanic agricultural terraces that are still in use, and look for mighty condors rising on the thermals. Cusco also gives access to the jungle reserves of Manu and Tambopata, where the tally of birds, mammals, reptiles, butterflies and plants has yet to be fully catalogued. Without doubt, Peru is the best place on earth for seeing jungle wildlife. In northern Peru, just as in Cusco, the sporting possibilities are endless: hiking to ruined cities, whitewater rafting or biking down the mountains. Often forgotten, northern Peru hides archaeological sites to match the south – in terms of the physical location and their size and intricacy of architecture. Chachapoyas, the 'Land of the Cloud people' is one of Peru’s least frequented and under-rated areas – the ruins of Kuelap are simply staggering.

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

Puno - Boat trip to Taquile island including Uros island en route US$ 35; Yavari Steamer US$ 5;
Cusco - Rafting on Urubamba River US$ 40/45 (depending on numbers); Outlying sites US$ 36;
Machu Picchu - Huayna Picchu £45; Machu Picchu Mountain £40 (both including transport). 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.
Aguas Calientes - Hot springs US$ 3.
Lima - City tour approximately US$ 30; Larco Herrera Museum US$ 35 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)
Puno - (July 2016 onwards) Andean Explorer train to Cusco GBP£115 - must be 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.

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. Accordingly, you should allow at least US$ 45 for tipping. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. 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

Major Language: Spanish

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

Credit Card Acceptance: In major restaurants.

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

Local Currency: Nuevo Sol

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

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

Joining your Trip

Flight Information

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

Booking a land only package with Explore

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

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

Joining Tour Abroad

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

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

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

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

Booking a flight inclusive package with Explore

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

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

Important Information

Travel Insurance

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

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

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

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Under 18 immigration guidance

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

Visa Information

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

Other nationalities should consult the relevant consulate.

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

USA (If flights transit): you will need to apply for an ESTA if you are transiting the USA as you will have to disembark 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) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - https://esta.cbp.dhs.gov no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely be refused boarding. When completing an application for transit you should enter the words 'In Transit' with your final destination location in the address line.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

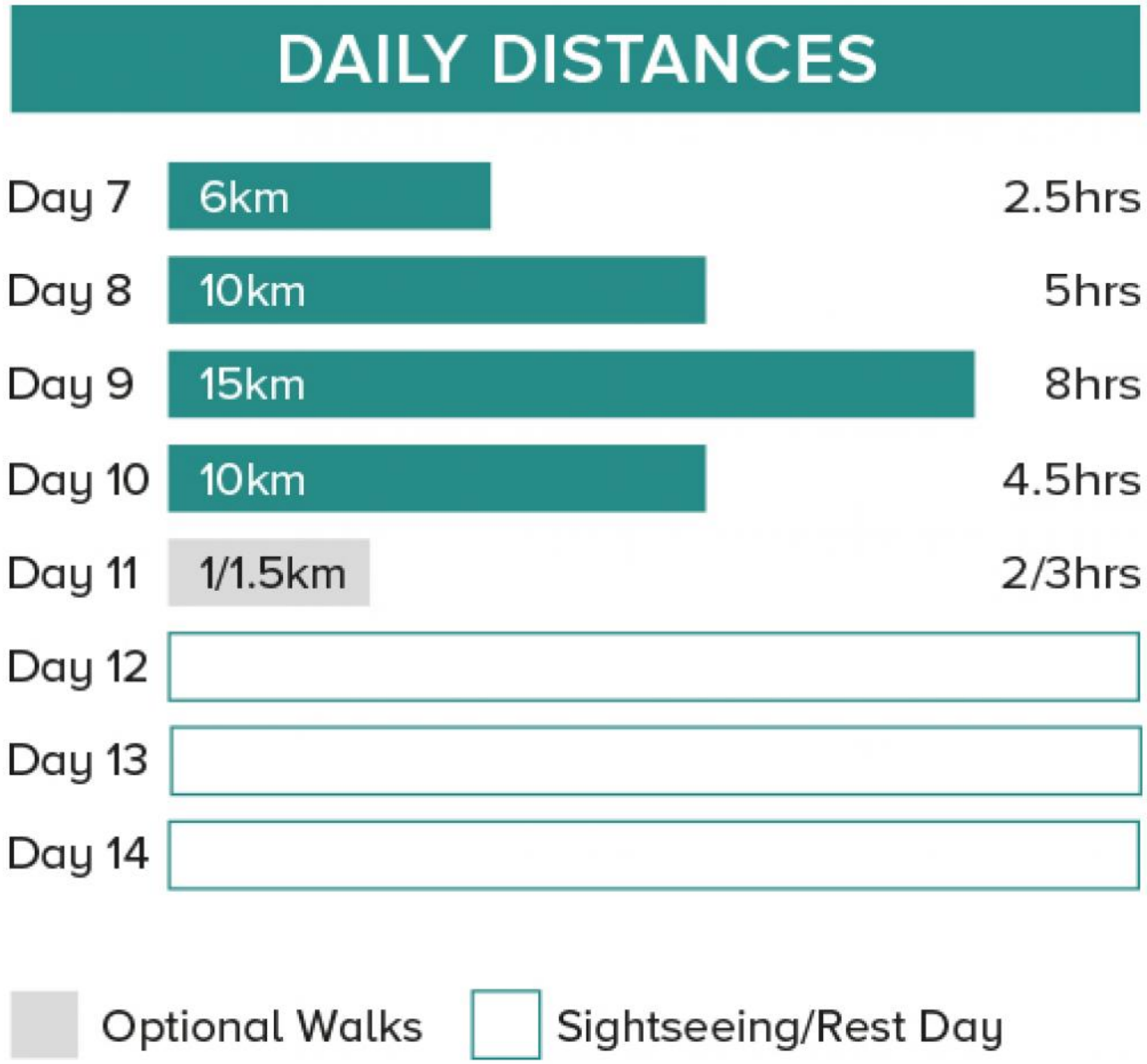
If you have visited Iraq, Syria, Iran or Sudan in the past five years or are dual nationals of these countries, you cannot travel under the Visa Waiver Programme. Instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

For further information please check out the US embassy website.
Visa applications - http://london.usembassy.gov/niv/apply.html

Vaccinations & Protection

Peru

Nothing compulsory, we recommend protection against malaria, typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. We recommend protection against yellow fever. There have been very few cases reported, but local authorities do recommend travellers get immunised against yellow fever. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider.



Maximum Altitude on Trek (m)

4200

Trekking Details

4-day trek walking for an average of 5 hours each day. Generally we walk between 3000m and 4000m, reaching a maximum altitude of 4200m. We have graded this trek as 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.

Walking Boots

Walking Boots - We strongly recommend walking in good boots. Trainers, tennis shoes etc simply do not give the ankle support afforded by a decent pair of boots. Many people now trek in the lighter weight Goretex or leather boots sold under the brand names 'Karrimor', 'Berghaus' or similar and these are usually satisfactory. They have the advantage that they take
little breaking in. The slightly heavier traditional leather walking boots are also good. Avoid the types often found in high street shoe shops which are simply cheap trainers with a higher canvas side sewn on - they give little support and will probably not last the trek. Above all, your boots must be well broken-in and comfortable. We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them - should your luggage be delayed, your well broken-in boots are the one thing which will be irreplaceable..

Climate

Peru

There is a rainy season from Dec - Mar however on the coast it rarely rains. Jun-Oct is damp and misty, but temperatures never drop below 10°C. At high altitudes although there are sunny days temperatures can drop dramatically, and conditions can change suddenly.

Clothing

In the highlands conditions 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

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 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

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 a 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

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

Religion: Catholicism

Time Difference to GMT: -5

Electric Supply & Plugs

Peru

2 Pin Flat

Why Choose Explore

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

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

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

Our commitment to the environment

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

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

Cool Earth

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

Earth Matters

- The Travel Foundation

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

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

Know before you go

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

Booking Your Holiday

Peace of mind - book with confidence

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

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

Reserving your place

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

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

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

100% No Surcharge Guarantee

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

Trip Itinerary Versions

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

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

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

These trip notes were printed on 02/07/2016 09:32:14