EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

Inca Trail Trek + Amazon Extension (PQA 2017)

WALK & TREK

TRIPDURATI
12
DAYS

Tour Style: Classic
Accommodation Grade: Standard

Tour Type: Small Groups
Trek Grade: Moderate to Challenging

Trip Code: PQA

Trip Highlights - Inca Trail Trek + Amazon Extension

- ✓ The Inca Trail - Fully supported four-day trek along the classic Inca Trail
- ✓ Machu Picchu - Discover one of the New Seven Wonders of the World, surrounded by cloudforest
- ✓ Cusco - Explore the ancient capital city of the Incas
- ✓ Sacred Valley - Visit the lively market town of Pisac. Opportunity to go whitewater rafting
- ✓ Amazon - Discover diverse jungle wildlife while staying as guests of the Infierno community.

Trip Essentials

Accommodation:	4 nights Standard Hotel 3 nights Simple Camping 1 night Simple Guesthouse 3 nights Simple Lodge
Included Meals:	11 breakfasts, 6 lunches, 6 dinners
Start Point:	Join trip: Cusco
End Point:	Trip ends: Puerto Maldonado airport
Maximum Altitude on Trek (m):	4200
Transport:	Bus, Train
Countries:	Peru

Inca Trail Trek + Amazon Extension

Join us as we walk along the classic Inca Trail to Machu Picchu, one of the New Seven Wonders of the World. We learn about traditional Andean culture on the four-day trek to 'The Lost City' and pass other fascinating Inca ruins en route. We also discover the Sacred Valley, visit lively Pisac Market and explore the historic town of Cusco. As a contrast to the mountains and cloudforests of the trail we then venture into the Peruvian Amazon jungle. Staying as guests of the Infierno Amazon community we learn about both the people and the wildlife of the Tambopata region through the eyes of our local guides.

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

Suitability

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

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

Accommodation Grade: Standard

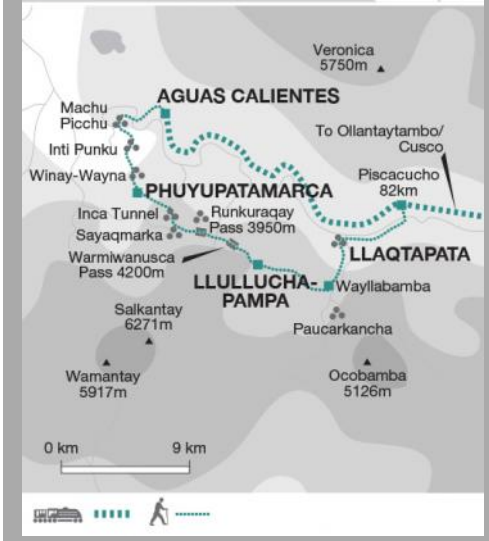
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

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

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 Cusco

Our journey begins in Cusco, the old heart of the Inca Empire and the archaeological capital of the Americas. One of the oldest continuously inhabited city on the continent, Cusco is 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, it's links with the Inca Empire everywhere to be seen, from the stone walls that line the city streets, to the museums filled with artefacts and relics of a long dead people. After a chance to freshen up and meet with your Tour Leader the rest of the afternoon is free to acclimatise and maybe gently begin to explore.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: None

DAY 2 Walking tour of Cusco. Free afternoon for acclimatisation

This morning we take a walking tour of Cusco taking in the grandeur of the city's more recent colonial past amongst the churches and galleries of the Plaza de Armas (main square) and learning about the incredible remains of Qoricancha, the most important temple of the Inca Empire dedicated to the Sun God Inti. The afternoon is left free to acclimatise and explore the city more. You may want to visit the cathdral or one of Cusco's museums, or enjoy the atmosphere of Plaza de Armas.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 3 Visit to Pisac market

This morning is left free. There is the option to go white water rafting in the Sacred Valley (not included). In the afternoon we leave Cusco and head for the stunningly beautiful setting of the Sacred Valley to visit the market town of Pisac, strategically located at the head of the Urubamba Valley. We spend time at the famous market before returning to Cusco for the evening.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 4 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 Llaqtapata. (Approx 5 hrs walking)

Overnight: **Simple Camping**

Included Meals: Breakfast, Lunch, Dinner

DAY 5 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 6 Cross 'Dead Woman's Pass' (4200m). Through cloudforest to Phuyupatamarca

Today we trek over the Warmiwanusca (Dead Woman's) 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. Sayaqmarca 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 7 Arrive to Machu Picchu through the Sun Gate

We descend to Winay-Wayna ruins (2591m), a small Inca city which, like Machu Picchu, was abandoned for unknown reasons. Then from Inti Punku - the Gate of the Sun - there is a sudden and fantastic view of the Lost City itself, Machu Picchu, set in a grandiose landscape that amazes all spectators. We walk down through the site, then travel down to our simple accommodation in the town of Aguas Calientes situated on the valley floor below Machu Picchu. (Approx 4.5 hrs walking).

Overnight: **Simple Guesthouse**
Single Room Available

Included Meals: Breakfast

DAY 8 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 both be pre-paid at time of booking. If you change your passport between your time of booking and travelling 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 bus.

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast

DAY 9 Fly to Puerto Maldonado. Travel to lodge by minibus and canoe

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

Overnight: **Simple Lodge**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 10 Visit parrot clay lick and Tres Chimbadas Lago. Take a jungle night walk

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

trails. Your guide will know where to look for the insects, frogs, bats and nocturnal birds that come out at night. If you are in the right place at the right time you may also see some nocturnal mammals including the night monkey.

Overnight: **Simple Lodge**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 11 Hike through jungle to mammal clay lick. Learn about local exotic fruits

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

Overnight: **Simple Lodge**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 12 Tour ends Puerto Maldonado airport

Your Amazon adventure comes to an end today after breakfast and you travel back to Puerto Maldonado by covered motorised canoe and minibus. Once in the town you will collect our luggage from the lodge office and then head to the airport where your trip ends. (If you prefer you can end your trip at the lodge office in Puerto Maldonado and arrange a taxi transfer, at your own expense, to the airport at a time that better suits your own itinerary. The office is a short taxi ride from the town, and about 20 minutes by taxi from the airport).

Included Meals: Breakfast

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 sell out quickly, so we would urge that you book your tour well ahead of your intended travel date. New Inca Passes are released in early January of each year, so ideally we would recommend that you book your tour at least 6 months ahead and by December for the following year where possible.
4. Please note that due to the way the passes are distributed in January although a tour departure may be 'Guaranteed' we are unable to guarantee individual Inca Trail passes until we have confirmation that the passes have been purchased. On booking we will be able to tell you the date that your pass should be confirmed, and will contact you immediately in the (unusual) event that it is not. Because of this we would recommend that you either book your flights through Explore or ensure that your tickets are flexible / refundable.
5. In order to buy your pass we will need your: full name, passport number, date of birth and nationality. If you change passport before travelling it will be necessary to provide a copy of both passports in advance of travelling and to carry a copy of your previous passport with you.
6. The Peruvian authorities may change the regulations for the Inca Trail Pass at any time. In the event of this we will inform you as soon as possible.

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.

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

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

The guest accommodation at Nape Lodge, although simple, is built to a high standard. The communal area and dining room is an impressive wooden structure with a high roof, thatched in traditional style with palm fronds. The 16 rooms are a short walk from here and are also built in local wood, blending in with the surrounding forest. They are all furnished with crafted wooden furniture and have en suite bathrooms equipped with a cold (lukewarm) water shower, basin with running water and flushing toilet. There is also a safety box for storing valuables and food. The design of the buildings allows the rooms to be naturally ventilated - the rooms are almost a metre off the ground and have high unsealed roofs that encourage air-circulation. Copying the successful style of their partners the community have also designed their rooms to maximise the feeling of being in the forest, and the fourth side of the room looking out to the forest is open. Good mosquito nets cover the beds (which are well off the floor). Electricity is provided by a generator twice a day so room lights can be used, batteries charged, etc. but a strong torch is also required.

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

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

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

Food & Drink

Included meals: 11 breakfasts, 6 lunches,6 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

Ollantaytambo - Rafting on Urubamba River US$ 45 depending on numbers.
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.

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 look to members of the group for personal recognition of particular services provided. Accordingly you should allow approximately US$ 45 for tipping for the Inca Trail Trek part of 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. You may also wish to tip the staff and guides at the jungle lodge.

Foreign Exchange

Peru

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

Credit Card Acceptance: In major restaurants.

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

Local Currency: Nuevo Sol

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

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

Joining your Trip

Flight Information

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

Booking a land only package with Explore

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

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

Joining Tour Abroad

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

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

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

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

Booking a flight inclusive package with Explore

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

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

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking

at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

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

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Under 18 immigration guidance

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

Visa Information

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

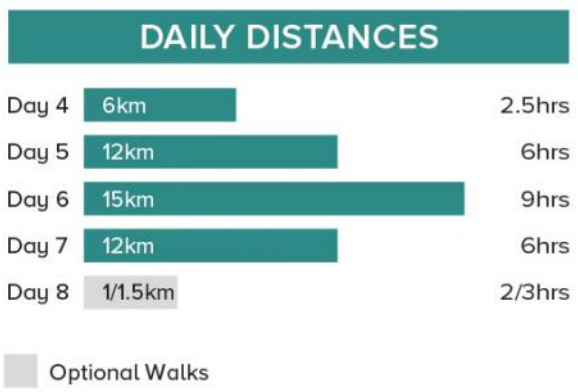
USA (If flights transit): you will need to apply for an ESTA if you are transiting the USA as you will have to disembark and clear immigration before re-boarding for the onward flight. Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United 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

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 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. 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.

For you jungle extension:
Expect warm and humid conditions. However there may also be heavy rain showers. (It tends to be cooler and drier between May and October, the winter)

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

Equipment

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 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

For your jungle experience bring:
Suncream ,sunhat and sunglasses
Jungle formula insect repellent
Good torch and spare batteries for night walks and when the generator is not on.
Small backpack for walks and boat trips
Good camera with zoom, spare battery and memory cards
Binoculars (optional)

Footwear

For your trek (and Cusco)
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.

For you jungle experience:
Bring comfortable enclosed walking shoes that can cope with mud if needed.

Luggage: On Tour

For your trek bring one main piece of baggage and a daypack.
For your jungle experience you will also need a sturdy bag suitable for carrying four days clothes, etc.

Main luggage:
Your main bag should be lockable as this will be left in storage in Cusco whilst on the trek, and also in a locked room in Puerto Maldonado when visiting the jungle lodge

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.

Jungle bag:
This should be a strong bag suitable for carrying clothes, toiletries, shoes, etc for four days e.g. a waterproof duffle bag or rucksack.

Luggage allowance on trip: 20kg

General Information

Country details

Peru

Population: 29,496,000

Size of Country: 1,285,216 sq km

Major Language: Spanish

Religion: Catholicism

Time Difference to GMT: -5

Electric Supply & Plugs

Peru

2 Pin Flat

Why Choose Explore

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

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

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

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.

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: 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 05/12/2016 12:44:13