

EXPLORE!

TRIP NOTES



Sacred Land of the Incas + Amazon Extension (PSA 2017)



TRIPDURATION
17
DAYS



Tour Style: Classic
Tour Pace: Moderate

Tour Type: Small Groups
Accommodation
Grade: Standard

Trip Code: PSA

Trip Highlights - Sacred Land of the Incas + Amazon Extension

- ✓ Machu Picchu - Travel by train to the 'Lost City', one of the New Seven Wonders of the World
- ✓ Cusco - Explore the ancient capital city of the Incas
- ✓ Arequipa - Discover the fascinating Santa Catalina Convent
- ✓ Lake Titicaca - Traverse the highest navigable lake in the world, visiting the Uros and Taquile Islands
- ✓ Sacred Valley - Unwind in this tranquil setting
- ✓ Amazon - From a jungle lodge discover an exotic world of flora and fauna on foot and by canoe

Trip Essentials

Accommodation: 11 nights Standard Hotel
1 night Simple Village House
1 night Simple Guesthouse
3 nights Simple Lodge

Included Meals: 16 breakfasts, 3 lunches, 3 dinners

Start Point: Join trip: Lima

End Point: Trip ends: Puerto Maldonado Airport

Transport: Bus, Train, Boat, Flight

Countries: Peru

Sacred Land Of The Incas + Amazon Extension

Experience the land of the Incas as we discover the vast Colca Canyon, explore the UNESCO World Heritage Site of Arequipa, sail along Lake Titicaca and unwind in the Sacred Valley. We also travel to Machu Picchu, known as the 'Lost City' of the Incas and one of the New Seven Wonders of the World. We end the trip in the tropical Amazon Rainforest, exploring jungle-lined river banks by dugout canoe and searching for wildlife on walks through forest trails.

Why Book this trip

We have planned one of the dates of this tour to coincide with the Inti Raymi celebrations in Cusco. The 'Festival of the Sun' was a religious ceremony of the Inca Empire. It is now celebrated every year in Cusco and is one of South America's largest pageants.



Suitability

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

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

Accommodation Grade: Standard

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

Tour Style: Classic

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

Tour Pace: Moderate

These moderately paced tours provide some busy days with plenty of experiences to enjoy, as well as time to relax along the way.

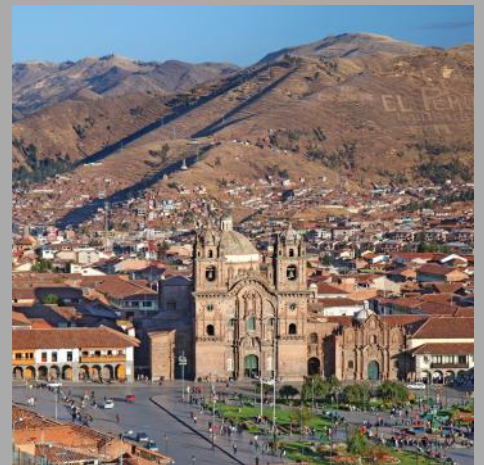
Your trip itinerary

Tour itinerary notes

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

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Tour Leader will also take care of all the planning and



organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others. Please note the Amazon Extension is unescorted.

DAY 1 Join tour in Lima

Arrive Lima and check-in at hotel.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** None

DAY 2 Fly to Arequipa, free afternoon to explore

This morning we transfer back to the airport and fly to the beautiful city of Arequipa. This afternoon is left free for you to explore and acclimatise.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 3 In Arequipa; visit South Catalina Convent

This morning we visit Santa Catalina Convent, a miniature walled town which once housed 450 nuns and serving ladies in total seclusion. The rest of the day is free to explore this beautiful city, situated at 2380m and surrounded by snow-capped 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.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 4 Drive to Chivay

This morning we head north where 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 4,910m where we stop for a photo before descending towards Colca Canyon.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 5 Visit the Colca Canyon, continue to Puno

From Chivay we make an early start to the mirador Cruz del Condor in the hope of spotting the rare Andean Condor. Seeing these magnificent birds in flight is a highlight of any tour. We continue to Puno on the shores of Lake Titicaca: the highest navigable lake in the world at an elevation of 3,820m, and the legendary birthplace of the Inca civilisation. The local Aymara and Quechua-speaking Indian people have adapted over generations to life at altitude and have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 6 Boat trip on Lake Titicaca; visit Uros Islands and overnight on Taquile Island

From Puno we 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 reed-like 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. We take our time walking across the island and we will have the chance to buy locally produced embroidery - the men's handiwork for once. This evening there will be the option to visit a local folklore show before returning to our local village house for our overnight stay on the island.

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

 **Included Meals:** Breakfast

DAY 7 Morning on Taquile Island, afternoon return to Puno

This morning we have the option to visit the local Inca ruins before descending to the docks and taking our lunchtime boat back to Puno. This afternoon there is the option to visit the Yavari Steamer Ship or the local market.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 8 Bus to Cusco via Sillustani

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco. During our bus journey we stop at the beautifully scenic site of Sillustani - a fitting home for the chullpas (funeral towers), which probably date from the 14th century. Driving up to the northern limit of the Altiplano we cross La Raya pass (4335m) and descend to Cusco. Depending on time, those who wish may visit the colonial church at Andahuaylillas or the Inca temple ruins at Raqchi (optional) The scenery is desolate but magnificent and we may spot flocks of llamas and alpacas grazing on the windswept pastures. We arrive late afternoon at this fascinating mountain city and check into our hotel.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 9 Walking tour in Cusco, visit Sacsayhuaman Fortress

The old capital of the Inca Empire survives only in its ruins, imbued with an atmosphere of mystery and grandeur. The Spanish colonial city, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones. This morning we take a walking tour of this lovely city to see important Inca and Colonial monuments, such as Plaza de Armas, the Koricanha and 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 one of the outlying Inca sites - Cusco's temple-citadel, Saqsaywaman which broods high above the town, its huge, zigzagging stone walls broken into 66 sharply projecting angles to catch attackers in a withering crossfire. 20,000 conscripted workers toiled for 90 years to finish it.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 10 Free day in Cusco

Today has been left free for further sightseeing in and around the Cusco area.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 11 Train to Aguas Calientes; visit Machu Picchu

We take an early morning train along the side of the Rio Urubamba, flanked by high cliffs and peaks, then climb by bus to Machu Picchu - the famous Lost City at 2,400m. The existence of this exquisite masterpiece of ancient civilisation remained unknown to the outside world until it was 'discovered' by an American archaeologist, Hiram Bingham in 1911. We explore this mountain-top stronghold - the most spectacular feat of engineering in ancient America. Returning to the valley floor, we stay in a simple hostel in Aguas Calientes, with the chance to soak in the nearby natural hot baths.

Overnight: **Simple Guesthouse**
Single Room Available

 **Included Meals:** Breakfast

DAY 12 More time to discover Machu Picchu (optional); train to Ollantaytambo

We have another chance this morning to explore the site and if you want to have a very early start it may be possible to catch sunrise. It is also possible to climb the steep and difficult peak of Huayna Picchu to look down on the Temple of the Sun. This must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel please take your original passport with you to avoid being fined. Alternatively, you can walk along part of the Inca Trail to the Gate of the Sun. Later we take the train to Ollantaytambo and transfer to our hotel.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 13 In Sacred Valley; optional whitewater rafting

Today is a free day with a wide choice of things to do. For river-lovers there is the opportunity of a raft-trip (optional) down the Urubamba in the Sacred Valley of the Incas. This is an exciting way to see the valley and no previous experience of rafting is necessary - full instruction and safety equipment are provided. There is also the opportunity to visit Misminay, home to many of the porters who work along the Inca Trail and within the valley itself. We can learn a little more about the lives of these descendants of the ancient Inca during our visit. Alternatively you could visit Maras and Moray where hot springs at the top of the valley have been diverted into terraced salt pans. Ollantaytambo itself is also worth spending time in; during the Inca Empire it was the royal state of Emperor Pachacuti who conquered the region and built the town as a ceremonial centre. After our rafting or sightseeing, we return to Cusco for our final night in the Andes.

Overnight: **Standard Hotel**
Single Room Available


 **Included Meals:** Breakfast

DAY 14 Fly to Puerto Maldonado, in the Amazon Rainforest

Today we transfer to the airport for a short flight to Puerto Maldonado, located in the Southern Amazon area of Peru. You can leave your main luggage in Puerto Maldonado and just take with you what you need for the next few days. The Amazon comprises 60% of Peru and the Peruvian Amazon is the second largest section of the Amazon Rainforest after Brazil. The Amazon basin covers two fifths of South America over many countries including Bolivia, Brazil, Colombia, Ecuador, Guyana, Peru and Venezuela and it is the most bio-diverse environment in the world. Most of the basin is covered by the rainforest, which is the largest rainforest in the world. We travel along the Tambopata River by dugout canoe (approximately 40 minutes) and check into our Amazon lodge. The lodge is comfortable but as it is in a remote location, the electricity is provided by a generator and is only available for certain hours of the day. After lunch, we will have a guided walk through the jungle and the local guide will explain the tropical trees, medicinal plants, insects, butterflies and other animals we see en route. Then we will make a quick stop at a lookout point to hopefully spot toucans, macaws and other birds. In the evening we will enjoy a twilight boat journey searching for animals including caimans and capybaras.

Overnight: **Simple Lodge**
Single Room Available

Swimming Pool Available 


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

DAY 15 In Amazon Jungle; walk to clay lick to watch birds, visit Monkey Island and Sandoval Lake

We have an early start this morning to walk to the clay lick. We watch from a hide as several different species of parrots and parakeets arrive to feed on special clay that is vital to their metabolism. The numbers of birds can reach as many as one hundred at a time and it is a very special and colourful spectacle to witness. Returning to the lodge, we have breakfast and then head off to 'Monkey Island' where four species of monkeys live, the largest being the spider monkey. These monkeys were originally captured by local people but were since rescued and now live on this island in freedom. Following another boat ride of approximately 30 minutes, we will enter the territory of the Tambopata-Candamo National Reserve. We will trek 5km through the dense vegetation of the tropical rainforest looking out for snakes, monkeys and birds. Our destination is Sandoval Lake. Numerous species of animals live near the lake, keep your eyes out for kingfishers, cormorants, squirrel monkeys, and capuchin monkeys. At the lake itself we may see giant river otters, black caimans and piranhas. This is also the habitat of the giant arapaima, a fish of more than 2.5m, weighing in at more than 200kg.

Overnight: **Simple Lodge**
Single Room Available

Swimming Pool Available 

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


DAY 16 In Amazon Jungle; travel by boat to visit a native community

This morning, we will follow the course of the river for approximately 1.5 hours in order to visit a native community. Occasionally we can see monkeys, river turtles, caimans and various birds in the dense vegetation of the riverbanks. We will also see some medicinal

plants. . Afterwards we will visit a chakra (farm), where we will learn about a variety of tropical fruits and other local products. We will enjoy a typical Amazonian dish for lunch.

Overnight: **Simple Lodge**
Single Room Available

Swimming Pool Available 

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

DAY 17 Early morning boat to Puerto Maldonado and end trip at airport

Our Amazon adventure comes to an end today after breakfast and we will travel by boat back to Puerto Maldonado, before transferring to the airport. If you prefer you can end your trip at the office in Puerto Maldonado and arrange a taxi transfer to the airport yourself at a time that better suits your own itinerary. The office is a short taxi ride from the town, and about 20 minutes by taxi from the airport.

 **Included Meals:** Breakfast

Accommodation and Meals

Accommodation Notes

The Ecoamazonia Lodge is a relatively large property located in the middle of the Tambopata ecological reserve; only 30km from Puerto Maldonado on the Madre de Dios River. The accommodation comprises of simply furnished individual wooden bungalows with a porch. The bungalows have mosquito nets on their windows and each have en suite bathroom. The property has a main dining room where buffet breakfasts and lunches are served, a games bar and indoor pool where guests can relax. The property is accessed by a network of bridges and pathways where you'll likely spot some of the resident wildlife. Electricity is provided by a generator twice a day 5am to 6am and from 5pm to 10pm so room lights can be used, batteries charged, etc. but a strong torch is also required. Hot water can be intermittent, the lodge use solar panels to obtain hot water therefore if overcast this may be luke warm.

Food & Drink

Included meals: 16 breakfasts, 3 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

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

Cusco and the Sacred Valley - Rafting on Urubamba River (grade 2-3) US\$45 (depending on numbers); Maras and Moray tour US\$58 (based on 4 passengers); Misminay tour US\$89 (based on 4 passengers); Raqchi entrance US\$4, Andahuaylillas entrance

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US\$4.
Aguas Calientes - Hot Springs US\$4.
Machu Picchu - Second entry US\$54 and subject to availability; bus US\$25 return;
Huayna Picchu - £80; Machu Picchu Mountain £80 (both including transport) - Subject to availability - these must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel please take your original passport with you to avoid being fined.
Lima - City tour approximately US\$30; Larco Herrera Museum US\$41 guided, US\$11 unguided; Lima detour - alternative view of the city of Lima US\$35 (price may go up if less than 4 passengers); Pucusana Fishing Village US\$65 (based on 3); Pachacamac site US\$45 (based on 4) inc. pottery class US\$60 (time permitting)
Puno - 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. The train will no longer be running from 1st May 2017
Taquile Island - Evening folklore show US\$41

Tipping - Tour Leader

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

Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow US\$ 40 for tipping.

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.

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The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



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

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Travel Aware

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

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

Under 18 immigration guidance

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

Visa Information

Peru: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate. You should confirm all visa related issues with the relevant Embassy prior to departure.

USA: (including those in transit) 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.

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 since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and 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.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit)

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

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 certificate 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. Yellow fever is only recommended for those travelling on the Amazon Extension. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Preparing for your Trip

Altitude Description

As this tour reaches altitudes of over 3800 meters, we strongly recommend that travellers with heart or lung conditions, anaemia, asthma, high blood pressure or on the pill should seek the advice of their GP.

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

Climate

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

Select your clothing carefully. A complete set of clothes which can get grubby and muddy are useful. Bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves for cooler nights in the mountains when temps drop dramatically. Lightweight waterproofs are essential. Bring your swimsuit.

For your jungle extension, you can expect warmer and more humid conditions. However, there may also be heavy rain showers (it tends to be cooler and drier between May and October). Bring light and loose clothing - long sleeved shirts and long trousers are best when walking through jungle, and a lightweight rainjacket. The warmer clothes from your time in the mountains may also come in useful during the evenings, in case of cool weather.

Equipment

A good insect repellent is essential, particularly for use in the jungle. Also bring a small torch, sunhat, sunscreen and a small towel (for rafting and thermal baths).

Equipment that you will need for your jungle experience is:

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

Card games or books for your evenings in the lodge, particularly if there is no electricity

Long sleeved tshirts and full length trousers are recommended to avoid insect bites

A small backpack for walks and boat trips

A good camera with zoom, spare battery and memory cards

Footwear

Comfortable shoes and lightweight walking shoes and sandals. If participating in the rafting, old trainers (as they will get wet).

Luggage: On Tour

One main piece and a daypack and an extra bag for the overnight in Aguas Calientes / Amazon. In Aguas Calientes - The main bags will be left in storage in your hotel in the Sacred Valley. In the Amazon your main luggage will be stored in the offices in Puerto Maldonado. Remember, you are expected to carry your own luggage (i.e. on and off transport etc.) so don't overload yourself. It is recommended you bring lockable bags.

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.

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