# EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

## Comfort Itinerary Version (TMPE5)

WALK & TREK

TOURDURAT
**14**
DAYS

**Tour Type:** Tailormade

**tour Code:** TMPE5

### Tour Essentials

**Accommodation:**
**Included Meals:** 12 breakfasts, 6 lunches, 7 dinners
**Transport:**
**Countries:** Peru

# Tailormade The Inca Trail and Amazon Cruise

## 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.

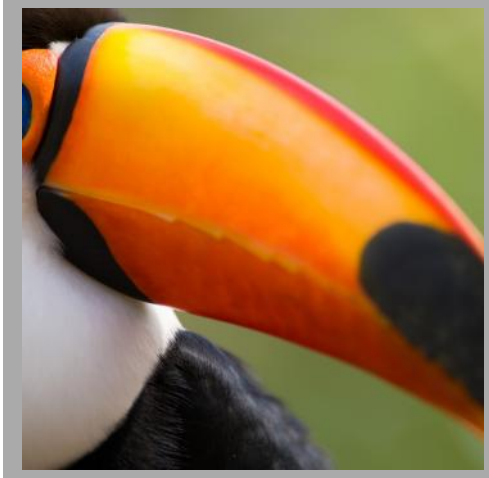
# Your tour itinerary

### Tour itinerary notes

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

## DAY 1 Depart the UK

Depart the UK on your flight to Lima, transfer to hotel



**Included Meals:** None

## DAY 2 Lima

Founded in 1535 and called the City of Kings, Lima today is both ancient and modern. This morning you have a city tour of Lima; stroll through Plaza San Martin and Bolivar. Enjoy an on-foot orientation tour of the city, passing through the colonial squares and under the intricate modern balconies of old Lima, seeing some of the city's best surviving examples of colonial architecture. The afternoon is free for you to explore at your leisure and enjoy souvenir shopping.

**Included Meals:** Breakfast

## DAY 3 Fly to Cusco

Departing Lima, you fly to Cusco for an afternoon city tour of the town's main sights. The old capital of the Inca Empire, Cusco is the archaeological capital of the Americas and the oldest continuously inhabited city on the continent. 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. Its links with the Inca Empire are everywhere to be seen, from the stone walls that line the city streets, to the museums filled with artefacts and relics of long dead people. The city itself is filled with monuments to its more recent colonial past too, with churches and galleries in abundance, making it an ideal city to enjoy at your own pace. You will also visit Saqsaywaman, a fortress that once protected Cusco; it is an amazing feat of engineering that symbolically mirrors the shape of a puma’s mouth. The temple-citadel 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.

**Included Meals:** Breakfast

## DAY 4 The Inca Trail

Over the next four days, you'll trek the iconic Inca Trail. The Inca Trail is one of South America's greatest trekking adventures. It 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.

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

## DAY 5 The Inca Trail

Following the Inca trail continues to Huayllabamba, a quiet village of Inca origins and the last settlement along the route. You continue to Llulluchapampa set at an altitude of 3800m and affords stunning views of the snowy peaks around. Here you set up camp for the night.

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

## DAY 6 The Inca Trail

Today you trek over the Dead Womans Pass (4200m), to the valley of the Pacamayo River with its tropical vegetation. You then cross the Runkuraqay Pass (3950m). Here the 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. Your trail goes through cloud forest with vines, exotic flowers and orchids, 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 you are lucky) the snowcapped peaks of Veronica (5750m) and Salkantay make these ruins one of the most beautiful places on the trail.

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

## DAY 7 Machu Picchu

After a very early start, you begin your two hour hike to the Sun Gate, Intipunku, for your magical first glimpse of Machu Picchu emerging from the mist. A short walk brings you into the ruins for a guided tour. The rest of your morning can be spent exploring the ruins further. In the afternoon you travel by bus to Aguas Calientes village from where you catch the Expedition train to Cusco, and transfer to your hotel.

**Included Meals:** Breakfast

## DAY 8 Cusco to Lima

Today you fly back to Lima for a free afternoon to relax.

**Included Meals:** Breakfast, Dinner

## DAY 9 Amazon Cruise

Today you depart Lima on a short flight to the northern jungle city of Iquitos. From here you board your Amazon cruise boat, your home for the next three days. Taking to the water you'll explore the upper region of the Amazon to see areas that are otherwise inaccessible.

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

## DAY 10 Amazon Cruise

During your cruise you have the opportunity to head out on smaller boats to explore the Amazon's many tributaries in search of caimans, turtles and monkeys, while on some of the more open river areas you may spot giant otters, sloths, anacondas and pink river dolphins as well as exotic plants and trees. Heading out early in the morning allows the best bird spotting, before the temperatures get too hot, you may see macaws, parrots, egrets, kingfishers, toucans and many more. You may also have the chance to fish for piranhas for your dinner!

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

## DAY 11 Amazon Cruise

Continue your journey deep into the jungle. Relax aboard your boat, enjoying local life scenery unfold around you. You also have the opportunity to visit ethnic minority villages and trek into the jungle. Look out for birds flying overhead and dolphins swimming alongside your boat.

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

## DAY 12 Lima

Today you disembark from your cruise boat and fly from Iquitos back to Lima on an afternoon flight. The rest of you afternoon/evening is free.

**Included Meals:** Breakfast

## DAY 13 Depart Lima

Depart Lima for your flight back to the UK

**Included Meals:** Breakfast

## DAY 14 Arrive UK

**Included Meals:** None

# Accommodation and Meals

### Food & Drink

Included meals: 12 breakfasts, 6 lunches,7 dinners included in the price of this tour. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

# Budgeting for your Tour

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

## Food

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

### Peru

**Lunch £:** 9.00

**Dinner £:** 13.00

## Drink

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

### Peru

**Bottle of Beer £:** 1.50

**Water £:** 1.00

## Foreign Exchange

### Peru

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

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

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

**Local Currency:** Nuevo Sol

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

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

# Joining your Tour

## Flight Information

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

## Booking a land only package with Explore

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

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

## Joining Tour Abroad

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

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

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

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

### Booking a flight inclusive package with Explore

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

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

## Important Information

### Travel Insurance

It is a condition of joining any of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable. You will also need to ensure your travel policy covers you for all activities you intend to do whilst on tour.

We are delighted to include FREE travel insurance **for all qualifying customers** who book an Explore trip from 01 January 2015.

For more information about Travel insurance and to check whether you are eligible to receive free cover, please visit www.explore.co.uk/insurance. Explore Worldwide Ltd are an Appointed Representative of Campbell Irvine Limited. who are authorised and regulated by the Financial Conduct Authority. The registration number can be checked by visiting the the FCA's website www.fca.gov.uk or by contacting them on 0800 111 6768.

### Vaccinations & Protection

#### Peru

We recommend protection against typhoid, tetanus, polio, infectious hepatitis and malaria. Consult your travel clinic for latest advice on different prophylaxis available against malaria. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at http://www.explore.co.uk/Travelhealth/ and from your local healthcare provider.

## Preparing for your Tour

### 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.

## General Information

### Country details

#### Peru

**Population:** 29,496,000

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

**Major Language:** Spanish

**Religion:** Catholicism

**Time Difference to GMT:** -5

### Electric Supply & Plugs

#### Peru

2 Pin Flat

## Why Choose Explore

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

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

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

### Our commitment to the environment

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

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

### Cool Earth

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

### Earth Matters

- The Travel Foundation

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

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to http://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 andÂ security, entry requirements, health, local laws and customs. ForÂ UK Foreign and Commonwealth Office Advice follow the link atÂ http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety

## Booking Your Holiday

### Peace of mind - book with confidence

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

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

### Reserving your place

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

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

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

## 100% No Surcharge Guarantee

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

## Tour Itinerary Versions

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

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

Please note: 5 itinerary versions are applicable to tours departing in 5. 6/ itinerary versions are applicable to tours departing from 1st January to 31st December 6.

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