

EXPLORE!

TRIP NOTES



Comfort Itinerary Version (TMPE6)



TRIPDURATION
13
DAYS



Tour Type: Tailormade

Trip Code: TMPE6

Trip Essentials

Accommodation: 3 nights Premium Hotel
2 nights Hotel
3 nights Camping

Included Meals: 11 breakfasts, 3 lunches, 3 dinners

Transport:

Countries: Peru



Tailormade Inca Trail and Beaches

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 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.

DAY 1 Arrive Lima

Depart from the UK, arriving Lima later the same day.

Overnight: **Premium Hotel**



 **Included Meals:** None

DAY 2 Lima

Founded in 1535 and called the City of Kings, Lima today is both ancient and modern. You will have an orientation tour, passing through the colonial squares and under the intricate modern balconies of old Lima. Visting the Main Square you will see the Government Palace, the cathedral, Archbishops Palace and City Hall, some of the city's best surviving examples of colonial architecture. You'll visit Santo Domingo Convent, the modern district of San Isidro and then Miraflores, with a stop at the "Parque del Amor" for its incredible views of the Pacific Ocean.

Overnight: **Premium Hotel**

 **Included Meals:** Breakfast

DAY 3 Fly to Cusco, city tour

This morning depart Lima and fly to Cusco. 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 afternoon take a walking tour of this lovely city to see important Inca and Colonial monuments, such as Plaza de Armas, the main square and the Koricanha, once an Incan Palace dedicated to the sun god, Inti. You then 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. The journey continues to the archaeological sites at Qenko, Puca-Pucara and Tambomachay, and ends with a visit to an Andean art workshop.

Overnight: **Hotel**

 **Included Meals:** Breakfast

DAY 4 The Inca Trail

You will be driven to 82km, stopping at the Inca site of Ollantaytambo. 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. Your trek starts by crossing the Urubamba river, then follow its rapids down the Sacred Valley of the Incas to Llaqtapata (2700m). You will visit the ruins here and enjoy lunch before heading up the valley, gaining altitude until you reach Huayllabamba (2954m), a quiet village of Inca origins and the last settlement on the route, where you camp for the night. (Approx 5-6 hrs walking)

Overnight: **Camping**

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

DAY 5 The Inca Trail

Today you continue along the trail to Llulluchapampa (3800m) which affords stunning views of the snowy peaks around you. You'll then trek over the Warmiwanusca (Dead Woman) Pass (4200m), and in the afternoon descend to the valley of the Pacamayo River (3500m) with its tropical vegetation. Here you will camp for the night (Approx 6-7 hrs walk).

Overnight: **Camping**

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

DAY 6 The Inca Trail

This morning you 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. Your 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 the snowcapped peaks of Veronica (5750m) and Salkantay make these ruins one of the most beautiful places on the trail. Finally you descend to Winay-Wayna ruins (2591m), a small Inca city which, like Machu Picchu, was abandoned for unknown reasons, your camp for the night. (Approx 8hrs walking)

Overnight: **Camping**

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

DAY 7 Machu Picchu

Early this morning you trek to Inti Punku - the Gate of the Sun - where there is a sudden and fantastic view of the Lost City itself, Machu Picchu, set in a grandiose landscape that amazes all spectators. 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. (Approx 2 hrs walking)

Overnight: **Hotel**

 **Included Meals:** Breakfast

DAY 8 Fly back to Lima, free afternoon

Today you depart Cusco and head back to Lima, where you have the afternoon free to relax or explore the city at your leisure.

Overnight: **Premium Hotel**

 **Included Meals:** Breakfast

DAY 9 Fly to Piura

Depart Lima on a short flight to Piura and transfer to the coast for the next three days of relaxation. Mancura is famous for its beautiful beaches and warm sea, Vichayito Beach is perfect for trying out some active water sports or just relax after your past few days trekking.

 **Included Meals:** Breakfast

DAY 10 Relax on the beach

Enjoy another day relaxing in Mancora. Bars and vendors along the beach serve delicious fresh seafood, or head to the main street for a range of restaurants.

 **Included Meals:** Breakfast

DAY 11 Relax on the beach

Today is your last day for relaxation, soak up the sun on the beach, perhaps go surfing or enjoy a cocktail while the sun sets over the ocean. The perfect end to a wonderful holiday.

 **Included Meals:** Breakfast

DAY 12 Depart Peru

You will be transferred to the airport and fly back to Lima to connect with your flight onto the UK.

 **Included Meals:** Breakfast

DAY 13 Arrive UK

Arrive back in UK.

 **Included Meals:** None

Accommodation and Meals

Food & Drink

Included meals: 11 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

Foreign Exchange

Peru

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

Credit Card Acceptance: In major restaurants. In some establishments Master card is not accepted.

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

Local Currency: Nuevo Sol

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

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

Joining your Trip

Flight Information

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

Booking a land only package with Explore

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

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

Joining Tour Abroad

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

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

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

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

Booking a flight inclusive package with Explore

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

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

Important Information

Travel Insurance

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

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



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

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

Travel Aware

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

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

Under 18 immigration guidance

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

Vaccinations & Protection

Peru

Nothing compulsory, we recommend protection against typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. 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

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 & 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: 6 itinerary versions are applicable to tours departing in 6. 7/ itinerary versions are applicable to tours departing from 1st January to 31st December 7.

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