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Last Updated: December 17, 2013

Amazon Riverboat Adventure & the Inca Sacred Empire - PPIIA

17 days: Lima to Lima

What's Included

6 nights aboard the Amazon Riverboat, Canopy walkway excursion in Pacaya Samiria National Reserve, Visit to a Manatee rescue centre, All meals on board, Launches and land excursions with our expert naturalist team, Guided tour of Taquile and Uros Islands on Lake Titicaca, Cusco city tour with guide (half day), Sacred Valley tour, Guided tour of Machu Picchu, Arrival transfer and breakfast daily.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2013 - December 31st, 2013

Itinerary

Day 1 Lima

On arrival in Lima you will be picked up and a transferred to your hotel. The day is free to spend at your leisure.

Please note that if you booked the Culinary Theme Pack it does not include extra time in Lima and we highly recommend booking pre-trip accommodation. You will be picked up from your hotel at approx 10:00am and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. You will return back to your hotel around 13:00.

Known as the City of Kings, Peru's capital city Lima was founded by Francisco Pizarro on the Day of the Three Kings (Epiphany) in 1535. The Plaza de Armas is the heart of old Lima, and it is here you find the Cathedral, Government Palace and Archbishop's Palace. The Cathedral dates back to the 1700s and houses the remains of the conquistador Pizarro. To get a feel for colonial Lima, take a cab to the Plaza de Armas and watch the changing of the Palace Guard in the afternoon. Walk the streets surrounding the Jirón de la Unión for great examples of Spanish-colonial architecture and to get a taste for life in a large South American city.

There are many fine museums in and around the city, including the Museo Rafael Larco Herrera, which houses an equally impressive collection of pottery, mummies and textiles from the Paracas and Nazca cultures. An optional city tour visits many of the city's highlights. The more affluent districts of Miraflores, Barranco and San Isidro, which are on the coast, offer good nightlife and cafés all within walking distance. Limeños (Lima's residents) are friendly, and the city is filled with excellent restaurants; seafood lovers in particular should be sure to try a ceviche, for which Lima is well known.

Note: If you have pre-booked the Peru Culinary Theme Pack, your Lima cooking class can be today or on day 17 and the Cusco cooking class will be on one day 12. As this pack does not include extra on-trip time in Lima, it is necessary to bundle it with a pre- or post-trip stay.

Day 2 Iquitos/Amazon Riverboat (1B,1L,1D)

Today will begin very early, to give us time to eat breakfast and catch our flight to Iquitos, where we'll transfer to our Amazon River ship, our privately chartered home for the next seven days.

But before boarding, we get acquainted with this jungle port city an orientation tour. This is the country's main river port, established in 1864 in the heart of rubber country on the Amazon's deep waters. Like any port, it has a hustle-bustle feel, yet it is not without its places of quiet and shaded retreats. Much of the architecture we see is a 19th-century vestige of the era when European commercial barons held sway over life and culture here. And while Iquitos has seen many fortunes rise and fall, its isolation has remained constant: access to the city is by air or river only.

We will also make a brief stop at the Amazonian Manatee Rescue Centre. The Amazonian Manatee is very rare and endangered mammal unique to the Amazon Jungle. This centre focuses on rescuing orphaned manatees who have been victims of poaching. The centre helps rehabilitate and reintroduce these wonderful creatures back into the Amazon Basin. Here you will have a see the efforts of the rescue centre as well as have the opportunity to feed these amazing and loveable animals.

Once on board ship, you can just relax and let the wild rainforest surround you. Step out on deck to watch the riverbanks go by—but keep your eyes peeled for wildlife such as gray and pink dolphins.

Our ship casts off and wends its way to the confluence of the Marañon and Ucayali Rivers. Here, it is generally (but not universally!) considered that the Amazon River begins, at least in name.

Approximate Distance: 1020km
Estimated Travel Time: 3 hours

Day 3 Marañon River / Amazon River / Ucayali River (1B,1L,1D)

After breakfast, we have an excursion on the Amazon and some of its tributaries to see the wonders of the rain forest. This is our chance to see monkeys, sloths, and a variety of birds.

Back onboard , we'll gather for lunch, followed by a presentation on the Amazon River. Afterwards, we'll walk along the shores of the Ucayali River, located in the Yucuruchi region of the Amazon. Here we'll have an opportunity to see the Victoria Regia water lily—a gigantic aquatic plant

Day 4 Marañon River / Pacaya Samiria National Reserve / Shaman Visit (1B,1L,1D)

Today we rise early to visit the Pacaya-Samiria Reserve for a full day of discovery in Peru's largest national park.

Then, keep your eyes wide open and your binoculars at the ready to catch sight of cocoi heron and striated herons, colorful macaws, squirrel and woolly monkeys, caimans, sloths and many more primate, bird and mammal species. Current counts record more than 200 bird species and 10 primate species within its boundaries. Our route takes us over the tributary waters of the Marañon. Along the way, our guides will point out the interesting wildlife species that inhabit the riverbanks—not to mention unusual fish and vegetation in the river.

Back onboard, we'll gather for breakfast followed by a presentation on the life, history, and culture of the Amazon's main tribes.

After lunch, we have an introductory discussion about shamanism that will help us understand the traditions of the rain forest people. Our ship then arrives in the Amazon Natural Park where we'll take a short walk to the Enchanted Lake. Board a 'skiff' (local boat) and travel down the river listening to the local birdsong and keeping our eyes peeled for different animal species found in this area.

Before dinner, we'll touch upon the spirit realm, paying a visit to a local shaman. Mystic ... minister ... healer—one might consider a shaman to be "all of the above." But to understand shamanism requires something of a leap of faith, a leap into the spirit world that is the shaman's domain.

Shamanism is practiced around the globe, and is universally distinguished by a trance state called shamanic ecstasy. In these "out of body" travels, the shaman enlists denizens of the spirit world to help him with a variety of duties, from healing the sick to assisting a deceased person's soul into the afterworld—and all the while, the shaman remains conscious. Before you leave the Amazon jungle, you'll gain rare insight into the complexities of this phenomenon when you meet an actual practicing shaman in a river village. He'll introduce us to his spiritual healing craft and tell us about rain forest plants that indigenous peoples have for untold centuries held to possess curative properties. Your experience may not be "out of body," but it's sure to be out of the ordinary.

Day 5 Marañon River / Pacaya Samiria National Reserve (1B,1L,1D)

The early morning offers another opportunity to watch the world awakening in the rain forest. Perhaps you'll spy iguanas, river turtles, cormorants, or wattled jacana during this excursion.

We return to our riverboat and prepare to meet a local Indian family. They will welcome us into their home to share conversation over the midday meal, introducing you to their culture, costumes, and way of life. This is a rare and unforgettable opportunity to gain new insight into a world truly apart from our own.

Be sure to be well rested, so that you won't miss our late-night excursion to discover who comes out at night in the jungle! As we join our Trip Leader for a nighttime boat ride in the wild, be on the lookout for mammals, bats, and reptiles such as capybara, black caiman, poison frogs, and a vast number of other species.

Day 6 Marañon River / Pacaya Samiria National Reserve (1B,1L,1D)

Today we rise early and set out to explore the impressive biodiversity of this unusual ecosystem. We'll look for a quiet spot to enjoy our picnic breakfast, followed by a trip to explore Choroyacu. We'll also ride up the Nahuapa River for a little fishing expedition. What's biting? Piranhas, of course! Reputedly "the most ferocious fish in the world" (to quote Teddy Roosevelt), piranha are a dietary staple for many of the Amazon rain forest's indigenous people. While fearsome, they're also esteemed as some of the best eating fish in South America. They have a light, nutty-tasting flesh that lends itself wonderfully to any number of cooking methods, which we'll discover when we cast our lines today. Piranha aren't terribly selective about what they eat, making piranha fishing fairly easy. No hand-tied flies or special casting technique required. It's often enough just to drop a line—usually baited with raw meat or chicken—where they're swimming.

We will also visit Choroyacu Creek where we'll have the opportunity to climb in a dugout canoe and explore this scenic area with the locals.
After lunch, you're invited to plunge into the river for a swim, perhaps sharing the water with some pink or grey river dolphins. Back onboard, we'll enjoy a video about the flooded forest. Then we can kick up our heels as we learn a local dance.

We'll have another chance to witness the nocturnal life of the rain forest after dinner this evening, as we venture out in small boats onto the Marañon River. Perhaps our flashlights will reflect the red eye shine of the black caiman—or even the glowing yellow eyes of a jaguar!

Day 7 Nauta / Sapisapi River (1B,1L,1D)

This morning, we'll call on the town of Nauta, where the Ucayali and the Marañon—the major headstreams of the Amazon—join together. On our included tour, we'll ride the local motorcars and browse the local market. You're welcome to try your hand at bargaining!

Continuing on our way, we visit the Sapisapi River to look for charapas and turtles. The river has given up its secrets—or at least some of them.

Tonight, we'll celebrate our discoveries at our Farewell Dinner and Party, complete with live music, aboard our ship.

Day 8 Iquitos / Lima (1B)

Disembark at Iquitos. We will transfer to the Iquitos airport for our flight back to Lima. Once arriving in Lima you will be met by a G Adventures representative and transported to your hotel.

Spend a night in the City of Kings and enjoy a Pisco Sour or try some Peruvian ceviche!

In the evening you will meet your G Adventures CEO who will accompany you for the remainder of the journey to Cusco and Machu Picchu.

Day 9,10 Puno / Lake Titicaca (2B)

Fly to Juliaca and take a short bus ride to Puno, on the shores of Lake Titicaca. Afternoon free to come to terms with high altitude. The next morning we board our comfortable 35 foot fully equipped speed boat to explore the Taquile and/or Amantaní Island. En route, we stop on the floating reed islands of the Uros people.

Located at 3830 m above sea level, Puno is the highest altitude of any place we sleep on the tour. As a result the weather can be extreme with very cold nights and a strong sun during the day (don't worry, if you get cold, buy an alpaca sweater from the market—they are inexpensive). Puno is also known for its wealth of traditional dances: there are up to 100 different varieties, usually performed in the street processions celebrating Catholic feast days. If you are fortunate enough to be visiting at the right time you may even catch one of these celebrations.

Titicaca is also the largest lake in the world above 2000m, and the views from both Amantaní and Taquile Islands are stunning.

Our first stop on Lake Titicaca is the floating islands of the Uros people. The Uros began their unusual floating existence centuries ago in an effort to isolate themselves from the Colla and Inca tribes. Sadly, the Uros language has died out, and today the islanders speak Aymara due to intermarriage with Aymara-speaking clans. Today about 300 families live on the islands, however their numbers are slowly declining.

The Totora reeds that grow in the shallows of the lake are used for making everything from the islands themselves to the model boats that the islanders sell. The islands are made up of layers upon layers of reeds; as the layers closest to the water start to rot, they are replaced with fresh reeds on top. The reeds are also used to build their boats, which if constructed well will last up to 6 months.

The people of Taquile Island’s unique culture, style of dress and lifestyle make for a memorable visit. The men of the community do all the knitting, as this is strictly a male domain, while the women do the spinning. High quality, locally knitted goods are available for purchase at various cooperatives on the island. Despite the short distance that separates the two islands, Amantaní is quite distinct. Its soil is a rich terra cotta red, due to the high iron deposits, and the colour contrasts brightly with the deep azure blue of the lake and sky and the greenery of the local crops.

Approximate Distance: 856km
Estimated Travel Time: 4.40 hours

Day 11,12 Cuzco (2B)

The trip from Puno to Cusco by private vehicle takes the better part of the day, with stark, beautiful scenery en route as you travel through the high Altiplano region.

Our late afternoon arrival at the hotel is followed by a short familiarization walk around the Plaza de Armas (main square) and free time to explore this city steeped in one of the world's most alluring and ancient cultures. An evening briefing and dinner together before returning to your hotel prepare us for tomorrow's numerous activities.

Day 12 allows you to pick optional activities according to your interest. They include horseback riding, mountain biking, hiking or visits to Incan ruins around town.

Please note that if you booked the Culinary Theme Pack, on day 12 you will be picked up from your hotel at approx 12:30 and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. You will return back to your hotel around 16:00.

Cusco is the continent’s oldest continuously inhabited city, and the hub of the South American travel network. The city attracts travellers who come not just to visit a unique destination but also to experience an age-old culture very different from their 20th century way of life; one could easily spend a week just in and around the area. Inca-built stone walls line most of the central streets and you don't have to go far to see other major Inca ruins. It is a city steeped in history, tradition and legend.

Every year Cusco attracts thousands of travellers who come to delve into its noble but tragic past. It is the perfect base for optional explorations around the city and area as well as a range of outdoor activities. Relax and explore this fascinating city, and take time to acclimatize to the high altitude.

Cusco’s numerous colonial churches are one of the city’s most common sights. The Cathedral was started in 1559 and took 100 years to build; it is also one of the city’s greatest repositories of colonial art. Immediately in front of the entrance is a vault containing the remains of the famous Inca historian, Garcilaso de la Vega. Also worth visiting are the churches of La Compañía, La Merced and San Francisco.

The city itself offers many museums, shops, churches, cathedrals and so much more to pass the day away. An evening of rustic restaurants, local cuisine, fine dining or anywhere in between are available here as well. Eat, drink and enjoy as little or as much as you like on this last night in Cusco.

While most ruins are just outside of the city, the main ruin within is that of the Coricancha, once the Inca Empire's richest temple. Today the ruin forms the base of the colonial church of Santo Domingo. During Inca times this temple was literally covered with gold, but within months of the arrival of the first conquistadors this incredible wealth had all been melted down. It is left to the individual imagination to envision the magnificence of the original structure.

There are several good museums in Cusco, including the Archaeological Museum, which also houses a small art museum, the Regional History Museum and the Religious Art Museum. Our best advice for exploring Cusco is to wear a comfortable pair of shoes, arm yourself with a city map and set off to explore!

Approximate Distance: 389km
Estimated Travel Time: 6 hours

Day 13 Sacred Valley / Ollantaytambo (1B,1L)

Travel with our local guide through the Sacred Valley of the Incas. Visit the impressive Pisac ruins and the colourful artisan market (market days only). The day trip finishes in the picturesque village of Ollantaytambo, site of another large Inca ruin.

The town and fortress of Ollantaytambo are strategically situated overlooking the beautiful Urubamba River Valley. This major ruin site is known as the best surviving example of Inca urban planning and engineering. It is admired for its huge steep terraces guarding the Inca Fortress and for being one of the few places where the Spanish lost a major battle during the conquest. We spend the night in this small town before heading out towards Machu Picchu the next morning.

Approximate Distance: 95km
Estimated Travel Time: 2.30 hours

Day 14 Aguas Calientes (1B)

We board a morning train that winds through the steep Urubamba Valley to its final destination of Aguas Calientes. Relax in the natural mountain hot baths that gave the town its name. For serious archaeology buffs, there is time for an optional independent visit to Machu Picchu before the guided tour the following morning.

*Please note: those who have pre-booked and purchased the "1-day Inca Trail" hiking option will disembark the train at km 104 to begin the trek. The trail rises steeply up into the mountains and will take hikers past the archaeological sites of Wiñay Wayna and Inti Pata, where the local guide will provide insights into the fascinating culture of the Incas en route to the trek's culmination at Machu Picchu. Enjoy a packed lunch along the way and reach the Sun Gate in the late afternoon with a chance for a preliminary exploration of Machu Picchu before the guided tour on Day 15.

Transfer by bus from Machu Picchu to Aguas Calientes to rejoin the group and spend the night in a hotel. If time permits, take an optional visit to the nearby hot springs to soak the sore muscles.

Approximate Distance: 43km
Estimated Travel Time: 1.45 hours

Those taking the 1-day Inca Trail option:
Approximate Distance: 15km
Estimated hiking Time: 5-6 hours

Day 15 Machu Picchu / Cuzco (1B)

Rise early to take advantage of viewing Machu Picchu in the early morning light. This is the best time to view the "Lost City of the Incas". Our local guide will provide a detailed interpretation of the Inca history before other tour groups arrive at midday. Leave Cusco by train in the afternoon.

Machu Picchu is both the best and the least known of the Inca ruins. It is not mentioned in any of the chronicles of the Spanish conquistadors and archaeologists today can do no more than speculate on its function. The local Quechua farmers in the area knew of Machu Picchu for centuries, but it was not until an 11 year old boy led the American historian Hiram Bingham (who was in search of Vilcabamba) to the site on July 24, 1911, that the rest of the world became aware of its existence. At that time the site was covered in thick vegetation, and Bingham and his team returned in 1912 and 1915 to clear the growth. Over the years, much work has been done on excavating and studying the site. Despite these efforts, many unanswered questions remain.

Approximate Distance: 118km
Estimated Travel Time: 3.15 hours

Day 16 Lima (1B)

After breakfast, you will be transferred to the airport and board your flight to Lima and enjoy a final night out on the town.

Approximate Distance: 572km
Estimated Travel Time: 2.20 hours

Day 17 Lima (1B)

After breakfast, depart Lima at any time.

What's Included

6 nights aboard the Amazon Riverboat, Canopy walkway excursion in Pacaya Samiria National Reserve, Visit to a Manatee rescue centre, All meals on board, Launches and land excursions with our expert naturalist team, Guided tour of Taquile and Uros Islands on Lake Titicaca, Cusco city tour with guide (half day), Sacred Valley tour, Guided tour of Machu Picchu, Arrival transfer and breakfast daily.

Highlights

Going deep into the Peruvian Amazon, visiting local communities, exploring the Sacred Valley and Pacaya Samiria Reserve, meeting locals on Lake Titicaca, absorbing Machu Picchu's stunning vistas.

Dossier Disclaimer

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. Last minute bookings of this trip when choosing the 1-day Inca Trail option will be on an "on request" basis only. To make a booking request of a tour which includes the Inca Trail G Adventures requires your full name, date of birth, nationality and passport number.

2. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

3. Looking to add to your experience? Check out our Theme Packs! Specially designed for travellers with unique interests, theme packs are optional add-ons to your G adventures trip that make your adventure more you-centric. Theme Packs must be booked prior to departure, please see details in our optional activities field and ask you sales CEO.

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides

where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 32 on riverboat, max 15 on land portion

Meals Included

16 breakfasts, 7 lunches, 6 dinners.

Meals

Meals and unlimited bottled water are included on board the Amazon Riverboat, drinks extra. Continental Breakfast included throughout.

Meal Budget

Allow USD215-265 for meals not included. Drinks and tips extra on board the Amazon riverboat.

Transport

Amazon riverboat, plane, train, private bus.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Amazon riverboat (6 nts), comfort hotels (10 nts).

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

Joining Hotel

Hotel Antigua Miraflores
Avenida Grau 350
Miraflores, Lima
Peru
Tel: +51 1 241 6116

Please note: If you are on the 14th September 2013 departure, your joining hotel will be:

Casa Suyay
Calle la Esperanza 144, Miraflores
Lima
Peru
Tel: + 511 2429432

Joining Instructions

Jorge Chavez International Airport in Callao Lima, is approximately a 45-minute drive from the Miraflores district, where our joining hotel is located. The easiest way to get there is via taxi. Immediately after the customs and immigration area, as you head to the exits, you will find an official taxi stand. You can pay for the car at set (approximately $27 USD) rates and won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic, with many drivers vying for few clients. There are exchange facilities in the Arrivals area open 24 hours.

If you are arriving from abroad and have paid in advance for an arrival transfer, someone will be at the airport to meet you. Upon leaving the baggage claim area you will see a large open area with sign boards all around. Look for a G Adventures sign board with your name. As there are many people and signs in this area it may be difficult for you to spot the sign immediately. Please take your time in doing so and if at that stage you do not see a G Adventures sign board with your name go to the customer service area to wait. In the event that your driver does not arrive within 20 minutes please ask the information desk to arrange an official taxi for you which should cost approximately $27 USD and this money will be reimbursed by your CEO or G Adventures representative.

FINDING YOUR TRANSFER - As you walk out of the airport there will be many drivers holding signs with agency or passenger names as well as taxi drivers asking you if you require their services. These are NOT our drivers and you should not accept their services. Please wait for our designated transfer person with a G Adventures sign board.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS
G Adventures Office Lima, Peru.
During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650 or 01 241 1650 (from mobile within Peru) or 241 1650 (from payphone within Peru)
After hours Emergency number: +51 99 758 2712,

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0844 272 0000
Calls from Germany: 01805 70 90 30 00
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

Most airlines allow two checked bags and one carry-on per person. To avoid any problems upon check-in and with possible excess baggage charges, please consult the airline for specific restrictions.

Checklist

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash
- Credit or debit card (see personal spending money)
- G Adventures vouchers and trip details
- Any entry visas or vaccination certificates required
- Camera and film (be sure to bring extra batteries and a recharger to avoid disappointment)
- Reading/writing material
- Binoculars
- Windproof/waterproof jacket
- Fleece or heavy sweater for the Cusco region
- Small towel and swim wear
- Sun hat
- 2 pair of shorts
- 2 pairs of long trousers
- Sturdy walking shoes
- Sport sandals
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Insect Repellent
- 4 shirts/t-shirts (light weight long sleeve shirts are good protection against the sun and the mosquitos)
- Sun hat and warm hat
- Scarf and gloves for the Cusco region (can be purchased locally)
- Watch or alarm clock
- Water bottle
- Flashlight
- Moneybelt
- First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking) which should be packed in your carry-on luggage.

**Please note that walking sticks are provided on board for land excursions.

Laundry

Aboard the Amazon Riverboat laundry facilities are provided free of charge for each passenger daily except for the last day. Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. IT'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The currency in Peru is the Nuevo Sol (PEN).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money, a combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD $200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use.

We recommend tipping $15 per day or $90 in total for time spent on the boat. There will be two envelopes left by the staff one, for guides and one for crew. The recommended breakdown is 50% for the naturalist staff and 50% for the crew. This is only a suggestion as we understand that tipping is a personal choice.

For the land portion of your trip we recommend tipping drivers and local guides from $5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline $20-25 USD per person, per week can be used.

Optional Activities

CUSTOMIZE YOUR ADVENTURE
Our trip designers work very hard to assemble the life-altering experiences that fill this brochure. That said, our travellers are a diverse group driven by all sorts of different tastes, motivations and interests. What’s a trip designer to do? The solution? Theme Packs! Specially designed for travellers with unique interests, theme packs are optional add-ons to your G adventures trip that make your adventure more you-centric. Theme Packs must be booked prior to departure.

Theme Packs available on this trip:

PERUVIAN COOKING CLASS
Lima & Cusco, Half day
Influenced by such faraway places as China, Italy, West Africa and Japan, Peruvian cuisine is almost as much fun to make as it is to eat. The Peru culinary pack puts you in the kitchen alongside pro chefs who will teach you the delicate art of a mouth-watering ceviche. Please note: As this pack does not include extra on-trip time in Lima, we recommend bundling it with a pre or post-trip stay.

1-DAY INCA TRAIL HIKE:
Choose to add to your Machu Picchu experience by pre-booking the option of trekking from km 104 to the Sun Gate and Machu Picchu before re-joining your group at Aguas Calientes for the night. Please inquire at the time of booking about this option, spaces are limited by the number of Inca Trail permits available that day.

Lima City Tour $28

Tour colonial and contemporary Lima. - Approx 3 Hrs

Pachacamac $35
Visit the Lost Inca Citadel of Lima. - Approx 3 Hrs

Larco Museum $55
This museum contains the best quality gold and silver collection. - Approx 3 Hrs

Culinary Tour $55
Visit a local market. Learn how to make Ceviche and Pisco Sours like the experts. - Approx 3 Hrs

Ballestas Islands with Huacachina From $180
Enjoy wildlife and history, have lunch in a winery and visit the Huacachina Oasis. - Full day

Nasca Lines $300
Flight over the mysterious Nasca Lines. Services start and end in Lima. - Full day

City Contrasts $25
Visit the other face of Lima, the shanty towns or Pueblos Jovenes. - Approx 3 Hrs

Lima at Night $55
Visit the Magic Circuit of Water, walk through the centre of Lima and savour an included dinner. - Approx 3 Hrs

Palomina Islands $55
Visit the port area of Lima. Spot wildlife and swim with the sea lions. - Approx 5 Hrs (minimum 2)

Cusco:
Boleto Turistico (tourist ticket) $25 (half ticket) $46 (full ticket)
City tour $15-20
Horse riding around ruins (with guide) $40
Horse riding around ruins (without guide) $15
Whitewater rafting $55
Mountain biking $55
Inka Museum $3.5 entrance
Museo de Historia Regional entrance with Boleto Turistico

All prices are per person in US dollars amounts
(unless stated otherwise), and are subject to change as services are provided by third party operators.

Huayna Picchu: Whilst we appreciate that this hike may be promoted by others, at this time we cannot verify that this hike meets G Adventures minimum safety standards. For this reason, we do not include the Huayna Picchu hike in any of our itineraries, and our CEO's and support staff are prohibited from providing advice or assistance with booking this activity.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

For your own safety, we strongly recommend that you advise us of any medical condition that may affect you while traveling.

If you are carrying any prescribed medication, or if you have any particular health needs, please bring with you a signed and dated letter from your physician stating any such health problems and dosage requirements for any medication to be provided to our doctor on board, as well as to any medical authorities in case of an emergency.

We suggest that you confer with your own physician to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before traveling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

Also, please note that if you are particularly sensitive to heat, this may not be the trip for you.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Care should be taken when wandering around on your own in central Lima, as some areas can be dangerous and pickpockets are daring.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.
Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program
Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Associated Planeterra Project

On this tour you may have the opportunity to visit the following Planeterra projects:

HOUSE OF THE PEOPLE OF THE SUN
Inti Runakunaq Wasin (IRW) is Quechua for "House of the People of the Sun". It is a non-profit organization based in Cusco that acts as a haven for children and adolescents who live in extreme poverty. The home is open during the day and is run by a staff of volunteer teachers and social workers. Children are given the opportunity to voluntarily drop-in to receive help with homework, a warm meal and participate in a variety of classes and workshops that teach them valuable skills including jewelry making, leather working, cooking, music and English. IRW currently supports 50 children through their programs. However, there are still many more children working and living on the streets of Cusco.

After fundraising for 5 years, a dream was made into a reality in 2009 when Planeterra purchased a permanent home for IRW. Planeterra continues to support the children's training workshops and support programs.

It is possible to visit this project on most tours that pass through Cusco. To arrange a visit please speak to your G Adventures CEO.

How You Can Help? All donations to this project are being matched by G Adventures, please go to www.planterra.org to learn more or make a donation.

WOMEN'S WEAVING PROJECT – Ccaccaccollo Community
In January and March 2005, G Adventures developed and offered training courses to 123 people from four local communities just outside of Cusco to work as Porters and Cooks on the Inca Trail. The women and wives of our cooks and porters from the

Ccaccaccollo Community saw how G Adventures was working to provide jobs on the Inca Trail and approached us to ask us for support to develop a women's weaving project.

Three women from the Ccaccaccollo Community took part in a three month training course held by a local organization in which they learned ancient weaving techniques of the Incas including how to dye the wool using native flowers and plants. Each of the three women continued on to teach the rest of the women what they had learned and today 60 women have joined together to create the Ccaccaccollo Women's Weaving Project.

Beginning in April 2005, G Adventures groups began to visit this community as part of the Sacred Valley Tour where they have the opportunity to meet the women and learn about all the stages of the weaving process; from spinning the sheep wool, to dying the wool using natural dyes, and participating in a weaving demonstration. Travellers are also given the opportunity to purchase high quality textiles directly from the women who made them.

By working directly with the Ccaccaccollo community G Adventures and the Planeterra Foundation are encouraging men and women to be proud of their cultural heritage, and enabling them to benefit from tourism in a way that avoids negative social and cultural impacts while providing economic benefits.

How You Can Help
You can help support this project by purchasing these high quality weavings during your visit to the Ccaccaccollo community. All proceeds go directly to the woman who made the weaving.

Donations made through the Planeterra Foundation are based on the needs of the community. In the past our donation has been used to purchase needed construction material to build a place for the women to weave indoors on rainy days and showcase their work. We have also used donation to purchase alpacas for the community so that they do not have to purchase the wool but instead will have their own animals provide a steady supply.

For more information about these projects and/or to make a donation please visit our website at www.planeterra.org or contact us at info@planeterra.org

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that you'll receive a special discount code for free online prints and we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for Planeterra's monthly news to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by The Watering Hole, our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the Departure Lounge section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.