

Paracas & Nazca Discovery - TSPPNC

4 days: Peru

What's Included

Guided tour of Paracas National Park, Guided boat tour of the Ballestas Islands, Scenic Flight over the Nazca Lines.

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, 2012 - December 31st, 2012

Trip Style

Independent: If you prefer to experience the world on your own terms or as an extension to your group tour—this is your trip style. You're free to mix and match modules and local staff members are on standby to make sure your adventure goes off without a hitch. They'll take care of the details—but the adventure is all yours.

Service Level

Comfort:

- All the adventure you want, with a softer landing
- Handpicked, character-rich accommodations with upgraded amenities services
- Upgraded and private transport, including flights to maximize time
- More included meals, activities and transfers

Physical Grading

1: You'll have to walk around on your own, climb some stairs and carry your own bag. Easy does it.

Itinerary



Day 1 Lima

Arrive Lima at any time, and catch an included arrival transfer to the hotel. There are no planned activities so check into our hotel and enjoy the city. A G Adventures representative will hold a general briefing in the evening, normally between 7 pm and 8pm (a note will be posted in the arrival hotel with details).

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. An optional city tour visits many of the city's highlights.

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. 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.

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Day 2 Lima / Paracas (B)

Transfer by private vehicle to Paracas National Park. Included tour of the park to see the bird and wildlife, as well as the spectacular desert coastal scenery. Be sure to sample a pisco sour, one of the local specialties in the area.

Day 3 Paracas / Nazca Lines

Take an included boat tour in the morning to the Ballestas Islands. Home to hundreds of sea lions, many species of marine birds, including the Humboldt penguin, you are guaranteed to see some incredible wildlife.

In the afternoon we will transfer to Pisco for the scenic flight over the Nazca Lines.

The lines consist of patterns and pictures etched in the ground, crisscrossing a wide area of flat desert. Some of the lines measure up to 10 km (32 miles) in length, and yet remain perfectly straight. The depictions of birds, insects and animals are only recognizable from the air. Who drew the lines, and why, is something modern archaeologists can only theorize about, but current beliefs suggest

that they may be part of complex agricultural calendar.

Day 4 Lima (B)

Return by private vehicle in the morning to Lima. Tour ends at approximate 12 noon and drop-off points can be arranged on request. If you are planning to depart Lima on this day, we recommend that the earliest departure flight you should take is at 18:00.

What's Included

Guided tour of Paracas National Park, Guided boat tour of the Ballestas Islands, Scenic Flight over the Nazca Lines.

Highlights

Viewing wildlife and revelling in the scenery of Paracas National Park, soaring over the Nazca Lines, sampling seafood in Lima.

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

If you are planning to depart Lima on the final day of the tour, the earliest departure flight you should take is at 18:00.

Group Leader Description

The tour that you have selected is an independent tour. You will receive information about your tour upon arrival at the start hotel and will have a local guide for included activities.

Group Size Notes

No Maximum.

Your Fellow Travellers

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part.

Meals Included

4 Breakfasts.

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your group leader will be able to suggest favourite restaurants during your trip. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Meal Budget

Allow USD80-110 for meals not included.

Transport

Private car or van, light aircraft, boat.

Single 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

Comfort hotels (3 nts).

Joining Hotel

Please see your tour voucher for specific name and address of your joining hotel for day 1 of this tour.

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 tour leader 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.

Depending on your time of arrival, our meet and greet representative will either meet you at the airport or later at your hotel to go over the details of your tour, provide any additional documentation/e-tickets and answer questions about your tour. Check in time for most Hotels is after 3:00pm – should you arrive early, you can leave your baggage at the hotel and explore the city.

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 trip leader (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 G Adventures during a situation of dire need, it is best to first call our local office in Lima. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so we may return your call and assist you as soon as possible.

G Adventures Lima, Peru.

Office opened Monday to Saturday, from 9am to 6pm local time (GMT -5).

Tel: Int. Dialing Code +51 1 241 1650.

Lima Emergency Cell Phone: +51 99 758 2712, after office hours.

If you are unable for any reason to contact our local office in Lima, we have a toll-free line for North America, which will connect you directly with our Toronto office. In the event that you cannot get through, you can reach a member of our Operations department at the mobile number below.

Toll-free, North America only: 1 800 465 5600.

Calls from UK: 0844 272 0000

Calls from Australia: 1 300 796 618

Outside North America, Australia and the UK: +1 416 260 0999

What to Take

We recommend the use of a duffel bag or backpack (whatever you find easiest to carry) however suitcases are acceptable for this style of tour. A good size daypack is also essential.

Checklist

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash and travellers cheques
- Credit or debit card (see personal spending money)
- G Adventures vouchers and trip details
- Any entry visas or vaccination certificates required
- Camera and film
- Reading/writing material
- Binoculars
- hand sanitizers/ antibacterial wipes
- Cover for backpacks
- Concealable money belt
- Fleece top
- Windproof/waterproof jacket
- Small towel and swim wear
- 4 shirts/t-shirts
- Sun hat
- 1 pair of shorts
- 2 pairs of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/ sturdy walking shoes
- Sport sandals - Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- First-aid kit(should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, DEET bug repellent, extra prescription drugs you may be taking).

Laundry

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**

Destination Guide

For practical information on weather, typical costs, visa information, special events and much more, our Destination Travel Guide is the place to visit! This handy guide will tell you everything you need to know about everywhere we go! Head to <http://www.gadventures.com/travel-guide> for detailed information on the countries and cities we visit.

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

Debit and credit cards are very useful for cash advances, but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs.). Both Cirrus and Plus system cards are the most widely accepted debit cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will work in all of the ATMs in Latin America due to their affiliation with certain card systems. Credit cards can be used in major cities and towns **ONLY** but please do not rely on them as a method of payment because they are generally not widely accepted. 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.

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!

Departure Tax

Domestic flight tax - \$6.05 USD

International flight tax - \$32.25 USD

Tipping

It is customary in Latin America to tip service providers such as waiters, and local guide(s) 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.

Optional Activities

Lima:

These tours can be booked locally through our Lima office. Please call (1) 719-8866 to reserve your tour and to find out about other available options. All prices are in USD.

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)

All prices are per person in US dollar amounts

(unless stated otherwise), and are subject to change as services are provided by third party operators.

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 ratings for trip specific information. G Adventures reserves the right to exclude any traveler from all or part of a trip without refund if in the reasonable opinion of our group leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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. Make sure that you are aware of your things at all times and don't go out carrying expensive gear or jewelry.

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.

Responsible Travel

Being a responsible tour operator is at the heart of what G Adventures is all about. From the start, G Adventures has been committed to offering low-impact tours that benefit traveler and host alike. While our sustainable tourism policies are constantly evolving, our commitment to socially conscious, grassroots style travel has never changed. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies while minimizing negative environmental and

cultural impacts.

We would like to give you a couple of tips to start you thinking about traveling sustainably.

-Please bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are incredibly toxic and many places that we travel do not have proper disposal facilities. Rechargeables are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.

-Please ask before taking pictures. Just as you would not like to have a stranger come up to you and take a picture of you while sitting on your front porch either do the locals of the places that we visit. As you can imagine pictures of their children are also not appreciated.

For more information about our commitment to responsible travel, please visit the Sustainable Tourism section of the G Adventures website: www.gadventures.com

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)

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. Please visit <http://www.gadventures.com/evaluations>

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/newsletter_signup

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.

Keeping in Touch

If you need to be contacted while travelling we recommend that you set up an email address that can be accessed on the road, rather than relying on postal mail. Email cafes are becoming increasingly commonplace and cheap throughout the regions we visit, and have quickly become the preferred way for our CEOs and travellers to stay in touch. If someone wishes to contact you in an emergency while you are on one of our trips we recommend that they contact your local booking agent, or refer to our Emergency Contact. We recommend that family and friends don't try to contact you through phoning hotels en route, as our hotels are subject to change, and our hotel receptions often don't have English speaking staff.