

## **Peru Multisport - SPHK**

15 days: Lima to Lima

### **What's Included**

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2 days of biking excursions in the Sacred Valley, 4-day Inca Trail hike with local guide, cook and porters, Guided tour of Machu Picchu, 2-day kayaking excursion on Lake Titicaca with visits to Taquile, Amantaní and the Uros Islands.

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**

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#### Day 1 Lima

Arrive Lima at any time. There are no planned activities so check into our hotel and enjoy the city. Your Chief Experience Officer (CEO) will hold a general briefing in the evening, normally between 7pm and 8pm (a note will be posted in the arrival hotel with details).

Note: If you have pre-booked the Peru Culinary Theme Pack, your Lima cooking class will be Day 1 and the Cusco cooking class will be on Day 10. As this pack does not include extra on-trip time in Lima, it is necessary to bundle it with a pre-trip stay.

Please note that hot water shortages and power outages can be fairly common in Peru (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control.

Peru is frequently referred to as the 'Land of the Incas'. It is true that the Incas formed the greatest empire on the continent and left mysterious cities such as Machu Picchu. However, it is important to remember that the Incas were the only the last in a long series of Peruvian civilizations spanning several thousand years and the ruins of many of these earlier civilizations can also be visited. Peru is made up of three main geographical areas: the Andes, the Amazon and the desert coastal area. In this trip we concentrate on the Andes region of south-central Peru and the ancient Inca capital of Cusco.

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.

## **Day 2 Cuzco**

Transfer early this morning to the airport for the flight to Cusco; the flight usually departs early – we may leave the hotel as early as 4:30 am. Spend the afternoon relaxing and exploring this fascinating city, and take time to acclimatize to the high altitude.

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.

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.

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!

## **Day 3-4 Biking the Sacred Valley / Ollantaytambo**

2 days of guided biking excursions through the Sacred Valley, in the Maras, Moray and Pisac areas, using Ollantaytambo as a base.

In the morning of day 3 we will check our bikes and then travel by private transport to Abra de Corao, on the edge of the Sacred Valley and where we will begin the tour. From our starting point at 3700 metres above sea level, we descend on our bikes into the Sacred Valley, arriving eventually to Taray (2800 metres above sea level), enjoying magnificent views along the way. We will also pass through rural areas where we can see the traditional farming and agriculture activities.

After lunch we continue by bicycle to the majestic Inca ruins of Pisac, where we will enjoy a guided tour of the site before transferring to Ollantaytambo for the night.

Throughout the bicycle excursion we will be able to rely on an expert local guide as well as a support vehicle.

On day 4 we rise early to transfer 30 minutes to Chinchero by private vehicle. After the obligatory safety briefing by the local guide, we will continue our bicycle adventure. Today's journey takes us past Huaypo Lake and the picturesque town of Maras, where we will get great views of the Sacred Valley. We will visit the archaeological site of Moray and then descend to the Salt mines (Las Salineras), eventually finishing our excursion in Urubamba. We'll have lunch here before returning to Ollantaytambo for a free evening to relax the sore legs.

## **Day 5 Ollantaytambo**

Enjoy a free day in Ollantaytambo for optional activities like visiting the ruins, horseback riding or relaxing before embarking on the Inca Trail.

Ollantaytambo is your first taste of what lies ahead on the Inca Trail. 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 for the start of the hike the next morning.

## Day 6-9 Inca Trail to Machu Picchu (3B,3L,3D)

The 4-day Inca Trail to Machu Picchu is physically challenging but worthwhile, and the excursion is within the ability of most reasonably fit. It is a 44-km (27 mile) hike, with 3 high passes to be crossed, one of which reaches an elevation of 4200m (13776 ft). The trail is often steep, and it may rain even during the dry season. The temperatures at night may fall below zero, so it is important to come prepared.

Depart Ollantaytambo for km 82 where we begin our walk in the footsteps of the Incas. Our local crew of porters, cook and guide look after us well for the duration of the hike. Porters carry the majority of the gear for the hike, so those passengers doing the hike only carry a small daypack with water, rain gear, snacks, a camera, etc. As you walk the trail that linked this ancient empire, admire breathtaking views at every step as we move from high plateau areas to dense cloud forest. Depending on the season, you may see a great variety of flora, including miniature and large orchids, and fiery rhododendron bushes.

You pass several smaller ruin sites, the first of which is Llactapata. The second day climb the long steep path to Warmiwañusca, or Dead Woman's Pass. At 4198 m (13769 ft) above sea level, this pass is the highest point of the trek. The second pass of the hike is at 3998 m (13113 ft) where on clear days, we enjoy superb views of the snow-capped Cordillera Vilcabamba. The trail goes through some beautiful cloud forest on the gentle climb to the third pass, where you will walk through a causeway and a tunnel, both original Inca constructions. The highest point of the third pass is at 3700m (12136 ft). On clear days you are rewarded for all this work with beautiful views of the Urubamba Valley below. Soon you reach the serene ruins of Phuyupatamarca, or the 'Town above the Clouds', at about 3650 m (11972 ft) above sea level. We will camp either here or an hour and a half further along close to Wiñay Wayna (Forever Young) ruins, a grandiose terraced hillside site, with panoramic views of the valley below and just a short hike from Machu Picchu.

On the final day of the hike we climb the steps to the Sun Gate overlooking the peaks that surround Machu Picchu. When the morning is clear, there is no way to describe the feeling of the first views of Machu Picchu, as the mist rises off the mountains early in the morning and the famous site appears in front of you. Following the visit to Machu Picchu, time allowing, travellers can opt to visit the Inca Bridge (15 min walk away) for no additional charge. Explore the site with the expert local guide before returning to Cusco by train in the evening for the night and for some well-deserved rest.

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.

NOTE: Those passengers not able or interested in the hike spend 2 days in Cusco, then travel by train to Aguas Calientes, where they overnight. Next morning they take the bus to the Machu Picchu entrance and rendezvous with the hikers at the ruins. If you decide not to do the hike we need to know prior to your departure in order to obtain train tickets. There is an additional fee for any changes made once Inca Trail permits are confirmed. This fee may vary depending on the changes that are made to your itinerary. Please advise your agent or G Adventures.

Also note that portions of the Inca Trail will be closed for general maintenance during the month of February each year. Also, closures may occur at various times throughout the year due to inclement weather or other conditions beyond our control. During these periods, any tour affected will take an alternate route along the Urubamba River.

Distances of the Inca trail:

Day 1 Km 82 to Wayllambama

Approximate distance: 11 km

Estimated hiking time: 5-6 hrs

Day 2 Wayllabamba to Paqaymayo

Approximate distance: 12 km

Estimated hiking time: 6-7 hrs

Day 3 Paqaymayo to Wiñaywayna

Approximate distance: 16 km

Estimated hiking time: 8 hrs

#### Day 4

Wiñaywayna to Intipunku (Sun Gate)

Approximate distance: 4 km

Estimated hiking time: 1.5 hrs

Intipunku to Machu Picchu

Approximate distance: 1.5 km

Estimated hiking time: 45 min

#### Day 10 Cuzco

Today is free to relax, explore and shop in Cusco, or discover its surroundings on any number of optional excursions.

Cusco is considered the mecca of Peru and rightly so. This beautiful colonial town offers much to the visitor with its nearby ruins, cobble-stoned streets, museums, churches and lively atmosphere. Among the more adventurous optional activities available in Cusco are: horseback riding around archaeological sites such as Sacsayhuaman, Tambo Machay and Puca Pucara; white water rafting on the Urubamba River; and mountain biking down to the Sacred Valley, perhaps visiting an Inca ruin along the way.

Note: If you have pre-booked the Peru Culinary Theme Pack, your Cusco cooking class will be today and the Lima cooking class will be on Day 1. As this pack does not include extra on-trip time in Lima, it is necessary to bundle it with a pre-trip stay.

#### Day 11 Puno

Enjoy spectacular views of the countryside on this full day of travel from Cusco to Puno, through the high Altiplano. The next morning we board our comfortable, 35 foot, fully equipped, speed boat to explore the Taquile and/or Amantaní Island. We stop at various islands to enjoy the lake's scenic splendor and to meet the friendly people of these communities.

Located at 3830 m above sea level, Puno is the highest night stop on the tour. As a result the weather can be extreme with very cold nights and a strong sun during the day. 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. A popular optional activity in Puno is a visit to the spectacular chullpas (funerary towers) of Sillustani, a pre-Inca archaeological site.

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 they speak Aymara due to intermarriage with Aymara-speakers. 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.

#### Day 12-13 Kayak Lake Titicaca (D)

An unforgettable sea kayak adventure, paddling to Taquile & Amantani and exploring the beauty of Lake Titicaca. This trip will give you the chance to get in contact with the nature, culture & traditions of the islands from up close. The expert local guides will make you a direct participant in the local culture and not being just an observer. We will visit 3 different islands on this trip, giving you a wide perspective of life in Lake Titicaca.

#### Day 12 - Kayak to Taquile / Amantani

This unique journey Begins at 6:45 am with transfer from your hotel to the port. Then by motor boat (7:00 am we head to the base camp at the Peninsula of Capachica in a 2 1&#8260;2 hours trip, arrival at 09:30am. There our sea kayak guide will provide the security briefing and we get all the necessary adventure gear, then we paddle towards Taquile Island, (It takes 2 hours approximately). As we paddle an atmosphere of tranquility invades our journey and the views of the endless Lake Titicaca horizon welcome you in this part of the trip. Arrive to Taquile Island, then hike to the village and observe a traditional culture & people that had conserved authentic clothing and great textile skills. After lunch we will continue by motor boat to Amantani Island. There meet your designated host family and friendly inhabitants, by narrow path ways they will lead you to the home stay. In the afternoon have go for a cultural exploration where the locals will show you aspects of their real culture, Optional football matches with the locals or hike to the top of the island to observe the pre-Incan temple of the father earth and watch sunset over lake Titicaca. After dinner we go for a small celebration with native music and dances. Variation: In case of bad weather conditions or if the clients decide to have a

shorter ride there is the option to paddle along the coasts of Taquile island on the first day, instead of paddling From Llachon to Taquile.

#### Day 13 - Kayak to Llachon and visit the Uros islands

After breakfast we say good bye to our host families and kayak onto Llachon paddling for about 2 1&#8260;2 hours, it is a great kayak experience with the fresh morning winds at arrival back to the base camp to enjoy a hot drink before continuing . In the afternoon stop at reed banks and visit the incredible reed floating islands inhabited by the Uros an ethnic group that had made of the use of the Totora reeds and art and way of surviving. There reed boat rides can be arranged with the local fishermen, and then we continue back to Puno. Overnight in a hotel in Puno.

#### Day 14 Lima

We make the short drive to Juliaca for our flight to Lima, the final stop on our journey. Enjoy one last night out on the town.

#### Day 15 Lima

Depart at any time.

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## What's Included

2 days of biking excursions in the Sacred Valley, 4-day Inca Trail hike with local guide, cook and porters, Guided tour of Machu Picchu, 2-day kayaking excursion on Lake Titicaca with visits to Taquile, Amantaní and the Uros Islands.

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## Highlights

Soaking in the views by bicycle in the Sacred Valley, climbing the Inca Trail to Machu Picchu, kayaking Lake Titicaca, mingling with the locals and learning about traditional life, savouring the Altiplano scenery, devouring seafood in Lima.

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## Dossier Disclaimer

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## 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.

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## Important Notes

1. The rules and regulations controlling the Inca Trail and Machu Picchu are continually changing. Before embarking on your adventure to Peru it is very important that you familiarize yourself with the Inca Trail booking policies and guidelines as described in a document available on our website, at the following URL address:

<http://www.gadventures.com/before-you-go/>

2. Please advise at time of booking if you do not wish to hike the Inca Trail. Instead, you will have 2 nights in Cusco, travel by train for a night in Aguas Calientes, and join the hikers for the tour of Machu Picchu.

3. Portions of the Inca Trail will be closed for general maintenance during the month of February each year. Also, closures may occur at various times throughout the year due to inclement weather or other conditions beyond our control. During these periods, any tour affected will hike the Lares Trek.

4. 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.

5. 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.

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## 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.

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## Group Size Notes

Max 16, Avg 10

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## Meals Included

3 Breakfasts, 3 Lunches, 4 Dinners.

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## 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 CEO will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the M/S Expedition or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

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## Meal Budget

Allow USD190-250 for meals not included.

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## Transport

Public bus, plane, biking, train, boat, kayak, hiking.

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## 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.

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## 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.

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## Accommodation

Hotels (10 nts), camping (3 nts), homestay (1 nt).

## My Own Room Exceptions

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Nights 6-8: Inca Trail, Night 12: Lake Titicaca.

## Joining Hotel

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Lima  
La Castellana Hotel  
Grimaldo del Solar 222  
Miraflores, Lima  
Tel: +51 1 444-3530  
Fax: +51 1 446-8030

Please note, if you are on the November 16 departure your joining hotel is the Casa Suyay :

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

## Joining Instructions

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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

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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

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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

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Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. We recommend the use of a duffel bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

## Checklist

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- 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 dossier
- Any entry visas or vaccination certificates required
- Camera and film/memory card
- Reading/writing material
- Binoculars
- Cover for backpacks
- Pocketknife.
- 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 (convertible, quick-dry pants are recommended)
- Hiking boots/ sturdy walking shoes
- Sport sandals
- Sunblock
- Sunglasses
- Toiletries (biodegradable)
- Watch or alarm clock
- Refillable water bottle
- Flashlight
- Money belt
- 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).

## RECOMMENDED FOR THE INCA TRAIL

- Inner sheet (for sleeping bag)
- Wool hat, mitts or gloves (preferably waterproof)
- Rain poncho
- Strong plastic bags to help keep gear dry
- Sleeping bag (this can also be hired locally for approximately \$15 USD)
- Mattress (a foam mattress is included as part of the hike; self inflating type mattresses are available for hire)
- Anti-inflammatory tablets (e.g. Ibuprofen)
- Thermal underwear
- Rubber-tipped walking poles (can be rented locally or a wooden walking pole can be purchased for approx \$10US)

All other camping equipment is provided for the Inca Trail excursion. Porters carry the camping gear, food, and a portion of your personal belongings. All you will need to carry is a day-pack, containing waterproof jacket, fleece top, camera, water bottle, snacks, sunscreen, and hat during the hike.

In our continued effort to support the rights of the porters on the Inca Trail we would like ensure that they never exceed the weight limit for their packs as set out by the Peruvian authorities. Porters are allowed to carry no more than 6Kg of personal belongings per hiker. That means that including your sleeping bag, toiletries, clothing, etc... you are allowed a total weight of 6KG for the hike which will be carried in a duffle bag provided by our local office. Any additional weight must then be carried by you in your day pack. To help achieve this goal we recommend that you carry travel sized toiletries, eg. contact lens solution, that you bring sport sandals that can be worn with socks (which are lighter than running/walking shoes) and that you limit electronics such as MP3 players to those that you are willing to carry. Please note, the remainder of your luggage will be stored for you at one of our hotels in Cusco. It is advised that you bring anything of value (eg. money, passport, credit cards, camera, etc) with you on the trek.

If at the end of your trek, you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline we suggest each hiker contributes the following to a collective pool. We suggest a tipping amount of \$40 per person for the Inca Trail and \$35 per person for the Lares Trek.

## Laundry

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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

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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

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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

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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](http://www.xe.com)

## Emergency Fund

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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

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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. Recommendations for tipping drivers and local guides would range 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

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### 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.

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)

Puno:

Sillustani archaeological site \$12

Cusco:

Boleto Turistico (tourist ticket) \$25 (half ticket) \$46 (full ticket)

City tour \$15-20

Horse riding around ruins (with guide) \$40

White water rafting \$55

Inka Museum \$3.5 entrance

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.

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

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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.

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

## Safety and Security

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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/](http://www.gadventures.com/travel-resources/safety/)

## Medical Form

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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](http://www.gadventures.com/medical-form).

## A Couple of Rules

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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

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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

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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](http://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

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After your travels, we want to hear from you! Your feedback information is so important to us that 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](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

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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/](http://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

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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](http://wateringhole.gadventures.com).