**Last Updated:** April 5, 2013

# Peru Panorama - PPP

15 days: Peru

## What's Included

Guided tour of Taquile and the Uros Islands on Lake Titicaca, Guided tour of Sacred Valley, 4-day Inca Trail hike with local guide, cook and porters, Guided tour of Machu Picchu, 3-day excursion to G Adventures exclusive rainforest lodge.

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

## Trip Style

**Classic**: **The trips we've build our reputation on.**

Designed for maximum variety, these trips are geared towards travellers searching for a healthy mix of active exploration, uncommon landscapes, amazing wildlife and local cultures.

## Service Level

**Standard**:

- Great value, reasonable prices, quality experiences
- Comfortable and varied tourist-class accommodations chosen for location and character
- Mix of public and private transport for the best overall experience
- All the top highlights included, plus plenty of time to explore on your own

## Physical Grading

**4**: You might encounter a few high-altitude hikes or other more strenuous activities. Pro tip: Put down that pastry, buster.

## Itinerary

**Day 1 Arrive Lima**

Arrive in Lima at any time. There are no planned activities so check into our hotel and enjoy the city.

Peru is made up of three main geographical areas: the Andes, the Amazon and the desert coastal area. On this trip we concentrate on exploring two of the more spectacular regions that Peru is known for - the Andes and the Amazon.

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 Mayor 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 at noon. 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, jewelery, mummies and textiles from the Paracas and Nazca cultures. The more affluent coastal districts of Miraflores, Barranco and San Isidro 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 2-4 Puno / Lake Titicaca (1B,1L,1D)**

Fly to Juliaca then take a short bus ride to Puno, on the shores of Lake Titicaca. The next morning we head out by boat across Lake Titicaca.

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 here). 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 only a short drive away.

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

This morning we board a boat on Lake Titicaca. We head to Taquile Island for lunch in a local restaurant and the chance for some shopping in the local weaving cooperatives. From there we head to Amantani where we overnight with a local family and enjoy typical music of the area. The following morning we will visit the floating islands of Uros en route to Puno.

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. For the night we split into smaller groups and billet into family homes to experience their style of living first-hand.

The following morning we visit the Uros Islands on our way back to Puno.

HEALTH NOTE: when you arrive in Puno, the altitude and resulting lack of oxygen may affect you. It may take a little time to acclimatize to this, but before long you probably will not even notice it. Just take it easy for the first day or two, and cut back on alcohol and cigarette consumption to minimize the effects. You may also find that your appetite is reduced. This is no cause for alarm, but simply a reaction to the altitude. Be sure to drink plenty of water and do not attempt too much in any given day.

Approximate Distance: 856km
Estimated Travel Time: 4.40 hours

**Day 5 Cuzco**

The trip from Puno to Cuzco takes the better part of the day, with stark, beautiful scenery en route as you travel through the high Altiplano region. Upon arrival in Cuzco we transfer to our hotel and relax for the evening.

Cuzco is the continent’s oldest continuously inhabited city, and the hub of the South American travel network. The city attracts travelers 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 Cuzco attracts thousands of travelers 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.

Cuzco’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 archeological sites 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 Cuzco, including the Archaeological Museum, which also houses a small art museum, the Regional History Museum, the Larco Herrera Museum and the Religious Art Museum. Our best advice for exploring Cuzco is to wear a comfortable pair of shoes, arm yourself with a city map and a bottle of water and set off to explore!

Approximate Distance: 389km
Estimated Travel Time: 7.30 hours

**Day 6 Sacred Valley/Ollantaytambo**

Travel with our local guide through the Sacred Valley of the Incas. An important source of food for the Inca, the Sacred Valley is a lush agricultural region that continues to supply the city of Cuzco with much of its produce. 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. Here we catch our breath and prepare for the hike ahead.

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.

Approximate Distance: 95km

Estimated Travel Time: 2.30 hours

**Days 7-10 Inca Trail/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.

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 Cuzco, 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 hike the Lares Trek.

Ollantaytambo to Inca Trail Start:
Approximate Distance: 20km
Estimated Travel Time: 40 minutes

Aguas Calientes to Cuzco:
Approximate Distance: 118km
Estimated Travel Time: 3.15 hours

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 11 Cuzco**

Cuzco is considered the mecca of Peru and rightly so. This beautiful colonial town offers nearby ruins, cobble-stoned streets, museums, churches and a lively atmosphere. Among the more adventurous optional activities available in Cuzco 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 Cuzco cooking class will be today and the Lima cooking class will be on Day 15 (departure day). 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 12-14 Amazon Jungle (2B, 2L, 2D)**

A short flight from Cuzco, high in the Andes, to Puerto Maldonado, deep in the lowlands of the Amazon jungle. Travel by motorized canoe to our lodge in the Tambopata Rainforest Area, which holds the world record for the most bird sightings in one area. Explore the jungle with local guides before flying to Lima for a final night out.

About half of Peru is located within the Amazon Basin, however, due to its isolation, not a lot of it is available to the casual traveler. Puerto Maldonado is the region’s principal city and is serviced by air from the capital and from Cuzco. The town is situated at the confluence of the Madre de Dios and Tambopata Rivers, and is a bustling, booming tropical frontier town. Its principal activities are gold mining, Brazil nut collecting, timber extraction, agriculture and ecotourism. After a brief stop in the town we depart on an afternoon boat trip by motorized canoe to our jungle lodge. Depending on flight arrival times we have either a boxed lunch aboard the boat or lunch upon arrival at the lodge. During our voyage you will have the chance to see bird species typical of the river or forest edge such as Black Skimmers, Pied Lapwings, Capped Herons, Jabiru Storks, Roadside Hawks and several species of kingfishers, swallows, and flycatchers. The Tambopata area includes habitats ranging from the Andean highlands around the rivers' headwaters through some of the last remaining intact cloud forests to the lowland rainforests of the Amazon basin. The area is renowned for its diverse plant and animal populations and include over 1,300 bird species (including 32 parrot species - 10% of the world’s total), 200 mammal species including 4 species of primates, 90 frog species, 1,200 butterfly species and 10,000 species of higher plants—all protected within the reserve. Some of the more famous residents are the Harpy Eagle, the prehistoric looking Hoatzin, tapir, peccary, jaguar, ocelot and playful river otters who live in the area’s oxbow lakes.

The lodge itself combines native architectural style and materials with low-impact eco-friendly technology. Rooms are simple but comfortable, with mosquito netting for individual beds, flush toilets, showers (no hot water), and kerosene lamps for lighting (no electricity). Local community members make up the majority the lodge staff, including multilingual Naturalist Guides. Here you have the opportunity to learn from them not only about the area’s rich flora and fauna, but also about their extensive practical uses for medicinal plants and other forest plant resources, through traditional techniques for building, fishing, and hunting.

Approximate Distance: 320km
Estimated Travel Time: 4 hours

**Day 15 Depart Lima**

None

## What's Included

Guided tour of Taquile and the Uros Islands on Lake Titicaca, Guided tour of Sacred Valley, 4-day Inca Trail hike with local guide, cook and porters, Guided tour of Machu Picchu, 3-day excursion to G Adventures exclusive rainforest lodge.

## Highlights

Meeting the locals at a Lake Titicaca homestay, climbing the Inca Trail to Machu Picchu, spotting wildlife at our exclusive G Lodge Amazon, devouring seafood in Lima.

## 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.

## 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 Cuzco, 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.

## 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 16, Avg 12

## 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

6 Breakfasts, 6 Lunches, 6 Dinners.

## 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. 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.

## Meal Budget

Allow USD200-320 for meals not included.

## Transport

Public bus, plane, train, boat, canoe, hiking.

## 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.

## 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

Hotels (8 nts), camping (3 nts), G Lodge Amazon (2 nts), homestay (1 nt).

## 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, with the following exceptions: Night 3: Lake Titicaca, Nights 7-9: Inca Trail, Nights 12-13: Amazon Jungle

## Joining Hotel

San Agustin Colonial
Avenida Comandante Espinar #310
Lima, Peru
Phone: 011 51 1 241 7471

## 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.

## 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 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 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

- 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 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 (one long-sleeve light weight shirt for the jungle)
- 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
- 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

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 Cuzco. 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

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

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. 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 tour leader 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 & Cuzco, 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:
These tours can be booked locally through our Lima office. Please call +51 (1) 989-042-261, contact: Elard Aranibar 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)

Puno:

Sillustani archaeological site $12

Cuzco:
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
Mountain biking $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

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 group leader 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

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/

## 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.

## Trip Specific Responsible Travel

The Problem
Peru's tap water is not potable; therefore most visitors and locals alike consume purified water, often from disposable plastic bottles. This results in a large amount of small plastic water bottles being used, most of which are not reused or recycled.

Just taking the example of 15 travellers on one G Adventures trip, if one person consumes 2 bottles a day, and there are 15 people on a 10 day trip, that's 300 water bottles – just for one group of travellers! As such, there are millions of water bottles used in a year in Peru, and plastic recycling is not an option in most places.

Our Solution
Water dispensers in hotels. Planeterra is working with our partner hotels throughout Peru to provide purified water, by means of a large water dispenser, to their guests, and this of course includes our travellers. Each individual staying at the participating hotels can refill their own bottles from the large water dispenser. This eliminates the need for the daily use and consumption of multiple single-use plastic water bottles.

Planeterra provides the start-up funds to each participating hotel for the purchase of two large water dispensers, and travellers are collaborating by paying about US$2.50, or just under the cost of one large bottle, per day, for access to an unlimited amount of

purified water from the dispenser.

Thanks Paula
Paula Quiros, Planeterra Ambassador for Peru, is leading this initiative. As a CEO who has been leading G Adventures trips in Peru for several years, and a passionate naturalist and environmentalist, this has been a personal mission of hers, as well as a Planeterra initiative, to try to eliminate the need for, and use of, single-use plastic water bottles. Thanks to Paula and all of our participating hotels for helping to decrease our impact on Peru's environment.

## 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)

## 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 Cuzco 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 Cuzco.

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 Cuzco. 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 Cuzco 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. 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.

## Departs

Typically departs every Monday & Saturday, and every Friday June-September