



## **Absolute Peru**

21 days, Lima to Lima

Trip code PHPT

### **What's included**

- Your G for Good Moment: Lake Titicaca Homestay, Lake Titicaca

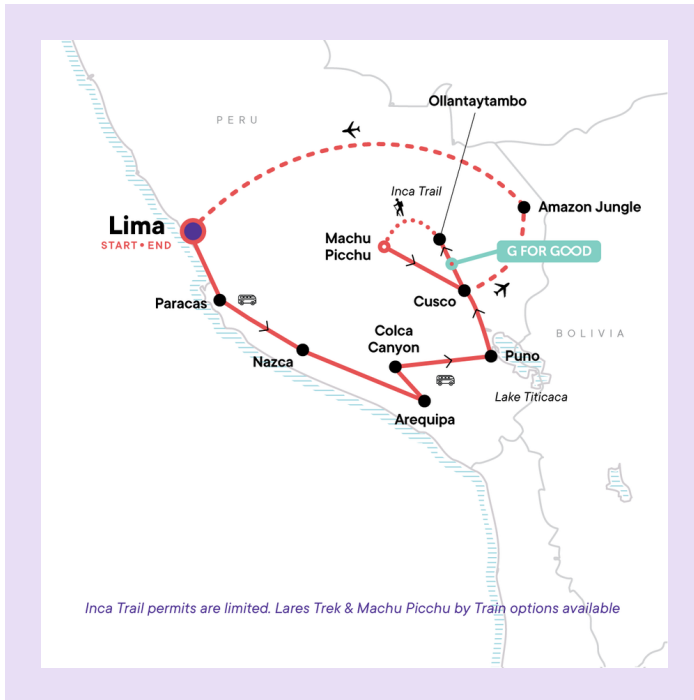
- Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Cusco
- Nazca desert cemetery and potter's studio guided tour
- Arequipa stay
- Colca Canyon guided tour
- Floating islands of Uros visit
- Lake Titicaca guided tour
- Sacred Valley guided tour
- Pottery making demonstration
- Inca Trail guided hike with cooks and porters (4 days)
- Machu Picchu guided tour
- Amazon Jungle stay at the exclusive G Lodge Amazon (3 days)
- Guided excursions with naturalists
- Rubber boot use
- Internal flights
- All transport between destinations and to/from included activities

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, 2018 and onwards

# Itinerary



## Itinerary Notes

Machu Picchu regulations require all visitors to follow a pre-determined circuit within the site as a way to prevent overcrowding. The circuit-specific entrance tickets are available on a first come, first served basis. At the time of booking, you may select your preferred circuit, subject to availability. If no selection is made, we will book a circuit based on availability at the time of booking. All circuits offer the opportunity to enjoy the beauty, history, and impressive ingenuity of this ancient site. TO NOTE:

Travellers completing the Inca trail and 1-day Inca Trail will be assigned Circuit 3 for their guided visit of Machu Picchu, but will also have access to the panoramic viewpoint upon arrival via the Sun Gate.

**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Lima

Arrive at any time.

If you booked the Lima Cooking Class it does not include extra time in Lima and we highly recommend booking pre-trip accommodation. You will be picked up from your hotel at approx 10:00 (10:30 from Aug-Dec) and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. You will return back to your hotel around 13:00.

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.



### Accommodation

Lima Wasi Hotel (or similar)

Hotel



### Today's Activities

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.



### Optional Activities - Day 1

Lima Cooking Class (4hrs)

Lima

Get a taste of Peruvian cuisine, visit local markets, sample exotic fruit, select fresh ingredients, and try your hand at preparing unique Peruvian dishes influenced by China, Italy, West Africa, and Japan.

Please note that if you are travelling with a family there is no age restriction on this activity and the cooking class is acceptable for children.

Day 2

## Lima/Paracas

Enjoy a free morning in Lima before travelling by bus to Paracas.

Take the morning to explore more of Lima before journeying down the coast to Paracas. Walk the town's lively peatonal (pedestrian avenue) and find a café to sample some Peruvian food, such as ceviche or papa a la huancaina (potatoes with a chili cheese sauce).

Try your first Pisco sour while staying in Pisco's neighbour of Paracas.



### Meals included

Breakfast



### Accommodation

Hotel Refugio del Pirata (or similar)

Hotel



### Today's Activities

Free Time

Lima

There's not a lot of time to explore this morning as the bus to the station picks up around midday.

Local Bus

Lima - Pisco

4h

250km

Climb aboard, grab a seat, and enjoy the ride.

Minibus

Pisco - Paracas

30m

It's bigger than a van, smaller than a bus, and just the right size for adventure.

Optional visit to Ballestas Islands before travelling to Nazca. En route, stop at a winery and at the Oasis of Huacachina.

There is time in the morning for an optional excursion to the popular Ballestas Islands, an excellent chance to view a lively sea lion colony, pelicans, penguins, and other varieties of birdlife. Pre-book by adding the Ballestas Islands Wildlife Tour on the checkout page or ask your GCO or travel agent for assistance.

Back on land, catch a bus south to Nazca. On the way, pass by the pleasant colonial town of Ica.

Ica enjoys a dry, sunny climate year-round and is known for its huge sand dunes. Located around the nearby oasis of Huacachina, the dunes are perfect subjects for photography and for a favourite local past time: sandboarding. Apart from the dunes, Ica is famous for its wines and there are several wineries and distilleries in the area.



## Meals included

Breakfast



## Accommodation

Hotel Alegria (or similar)

Hotel



## Today's Activities

Free Time

Paracas

Make the most of some free time.

Private Vehicle

Paracas - Ica

1h

60km

Settle in and scan the scenery from the convenience of a private vehicle.

Huacachina Winery Visit

Huacachina

45m

Learn about the wine and pisco production in the area and enjoy a tasting of different varieties, which are all available for purchase.

Huacachina Oasis visit

Huacachina

2h

Stop by this beautiful oasis and opt to try your hand at the favourite local sport: sandboarding. The oasis is also a great place to walk around and explore.

Private Vehicle

Ica - Nazca

3h

140km

Settle in and scan the scenery from the convenience of a private vehicle.

About 30 mins outside of Nazca is a lookout tower that some CEOs may stop for a quick look at two of the Nazca lines (Two Hands and the Tree). The climb will cost 2 soles (less than 1 USD).



### Optional Activities - Day 3

Sandboarding in Ica

Ica

65PEN

45m-1h

Drive into the dunes in a sand buggy, making four stops along the way. Take some photos of the magnificent scenery before trying your hand at sandboarding down dunes of different sizes.

Ballestas Islands Wildlife Tour

Paracas National Reserve - Pisco

Get ready to see some amazing wildlife on this trip to the Ballestas Islands (aka Peru's Little Galápagos). Spot playful sea lions, Humboldt penguins, boobies, pelicans, and more than 200 sea birds. Be sure to bring your camera along!

Take a guided tour of the Nazca desert cemetery and potter's studio. Opt for a flight over the Nazca Lines before the overnight bus to Arequipa.

Travel south to one of the world's greatest archaeological mysteries, the Nazca Lines. The lines consist of patterns and pictures etched in the ground, crisscrossing a wide area of flat desert. From the ground, we can make out very little, and the best view is from a light aircraft, which can easily be arranged.

Opt to pre-book your Flight over Nazca Lines on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.

Remains of the Nazca culture are still visible during our included tour of the ancient Pre-Inca desert cemetery site of Chauchilla, with 2000-year-old mummies, bones, and pottery on the desert floor. The tour also includes a visit to an artisan's workshop, where modern masters create Nazca style pottery.

Later, board a night bus to Arequipa.



## Meals included

Breakfast



## Today's Activities

Nazca Desert Cemetery and Potter's Studio Guided Tour

Nazca

2h30m-3h

See remains of the Nazca culture during an included tour of the ancient Pre-Inca desert cemetery site of Chauchilla. Spot 1500-year-old mummies, bones, and pottery on the desert floor. The entire desert area was also once home to the ancient Paracas and the Nazca cultures, which preceded the Incas by more than half a millennium. Stop for a visit at an artisan's workshop, where modern masters create Nazca style pottery.

Overnight Bus

Nazca - Arequipa

9h

This comfortable double decker bus has toilet facilities on board.



## Optional Activities - Day 4

Flight over Nazca Lines

Nazca

Take to the skies for the best view of the enigmatic Nazca Lines, a series of patterns and pictures etched in the ground, crisscrossing a wide area of flat desert. Marvel at the lines measuring up to 10km (6 mi) in length, yet, remaining perfectly straight. See depictions of birds, insects, and animals only recognizable from the air. Decide for yourself the origin of the lines – who drew the lines, and why, remains a mystery. Current beliefs suggest that they may be part of complex agricultural calendar.

Please note that this activity does not include a tourist ticket fee of S/47 PEN per person, payable directly by each traveller at the airport in Nazca.

Day 5

## Arequipa

Enjoy a free day in Arequipa. Opt for a city tour or visit to the Santa Catalina Monastery.

Explore Arequipa, the 'white city'. Interested in history and architecture? Opt to visit to the Santa Catalina Monastery, offering a brief respite from the outside world and a unique view into a bygone way of life. Pre-book by adding the Arequipa City Tour & Santa Catalina Monastery on the checkout page or ask your GCO or travel agent for assistance.

For those spicy food lovers, checking out one of the “Picanterías” is a must. Arequipa holds a variety of regional food– alpaca, shrimp, pork, lots of soups, and spicy sauces waiting for you to dig in.



### Accommodation

Hostal El Solar (or similar)

Hotel



### Today's Activities

Free Time

Arequipa

Make the most of your time here.



### Optional Activities - Day 5

Juanita Museum

Arequipa

60PEN

Visit the Museo Santuarios Andinos, also known as the Juanita Museum for the well-preserved mummy of a young Incan girl sacrificed to the Incan Gods in the 1500s. Juanita remained preserved on the top of Mt Ambato until quite recently, she was discovered in the mid-90s and was briefly displayed in the National Geographic headquarters in Washington, D.C.

Arequipa City Tour

Arequipa

Get out and explore "the white city" on this walking tour, stop at picturesque viewpoints to capture the surrounding volcanoes, marvel at the white volcanic sillar rock architecture, and visit one of the most stunning colonial buildings in the country, Santa Catalina Monastery.

AlaSeña Meal Experience with Peruvian Sign Lanuage

Arequipa

Enjoy a memorable meal at a G for Good partner restaurant, AlaSeña, where delicious food is served with a unique twist. You'll be hosted by a deaf team member who will teach you basic Peruvian Sign Language, allowing you to order your food and connect in a meaningful new way. This is an interactive dining experience that fosters inclusion, breaks down communication barriers, and creates lasting impact.

Day 6

## Arequipa/Colca Canyon

Travel to Chivay, a village near Colca Canyon, relax or take an optional dip in the thermal baths.

Travel a rough, rutted road through the Salinas y Aguada Blanca National Reserve. Along the way there are chances to see vicunas, alpacas and llamas. Stop at Mirador de Patapampa lookout, the highest point on the tour at 4,910m with views of nearby volcanoes.



### Meals included

Breakfast



### Accommodation

Vita Colca Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Arequipa - Chivay

4h30m-5h

165km

Settle in and scan the scenery from the convenience of a private vehicle.



### Optional Activities - Day 6

Hot Springs

Chivay

15PEN

Soak your weary bones in steaming hot water pouring from the earth and relax.

Day 7

## Colca Canyon/Puno

Rise early for a tour of Colca Canyon to spot condors. Continue by bus to Puno. Arrive with a little time to wander the markets and explore the city.

Climb over the mountains today, descending at Puno, which is on the shores of Lake Titicaca. Titicaca is also the largest lake in the world above 2000m, and the views from its Islands are stunning.

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### Meals included

Breakfast

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### Accommodation

Puka Kantuta Hostal (or similar)

Hotel

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### Today's Activities

Local Bus

Colca Canyon – Puno

6h

250km

Climb aboard, grab a seat, and enjoy the ride.

Colca Canyon Guided Tour

Colca Canyon

Spot condors on this guided tour, and keep your eyes peeled for other unusual animals. Look for three different species of camelids: alpaca, llama, and vicuña, which are all typical of Peru.

Day 8

## Puno/Lake Titicaca

Enjoy a guided tour of Lake Titicaca with a homestay in a small village.

Head out by boat across Lake Titicaca. Visit the community on the Taquile Islands and opt to have lunch in a local restaurant with spectacular views.

After, cruise to another village for an overnight homestay on the shores of the lake. This experience provides an opportunity to learn more about rural life in the Peruvian highlands and to participate in local traditions.



### Meals included

Breakfast | Dinner



### Accommodation

Luquina Homestay (or similar)

Homestay



## Today's Activities

Lake Titicaca Guided Boat Tour Day 1

Lake Titicaca

Board a boat on Lake Titicaca and head to Taquile Island for an optional delicious Peruvian lunch at a restaurant followed by some shopping at the local weaving cooperatives. Taquileños are known for their fine handwoven textiles and clothing, men are taught how to knit around age five and they create the majority of the textiles. After, enjoy an overnight stay with a host family and a chance to learn about life on the islands.

### ACTIVITY

In the aymara community of Luquina Chico on Lake Titicaca, 40 families welcome you to experience their way of life. Thanks to the support of G Adventures and Planeterra, the local families here have strengthened their communities, preserving traditions and creating opportunities for future generations. Split into smaller groups and get a taste of local life firsthand as we move into family homes for the night. Play soccer with the children, enjoy some dancing, watch dinner being made, learn about regional cuisine, and dress up in local clothes for an unforgettable evening with the whole village, enjoying traditional music and dancing. Lend a hand the next morning, and help out with chores like feeding animals, harvesting local produce, or bringing back buckets of water from the well.

Day 9

## Lake Titicaca/Puno

Visit the floating islands of Uros before returning to Puno. Opt to visit to Sillustani burial site.

Leave the homestay families late morning and visit the Uros Islands on the way back to Puno. A popular optional activity in Puno is to visit to the spectacular chullpas (funerary towers) of Sillustani, a pre-Inca archaeological site only a short drive away.

Opt to get out on the water today and pre-book the Lake Titicaca Kayaking on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.



### Meals included

Breakfast | Lunch



### Accommodation

Puka Kantuta Hostal (or similar)

Hotel



### Today's Activities

Lake Titicaca Guided Boat Tour Day 2

Lake Titicaca

Spend the morning with the homestay families, then depart after lunch. Visit the floating islands of Uros on the way back, and learn about the unique lifestyle of the locals. Meet residents and learn how they built the islands with totora reeds, which are also used to make their homes, boats, crafts (and are also edible!).

Uros Floating Islands Visit

Lake Titicaca

Take a tour of these unique islands. Learn about the buoyant totora reeds that grow in the shallows of Lake Titicaca used to make everything from the islands themselves to the boats the islanders use for transportation (if constructed well, they last up to six months). Find out from locals how the islands are constructed; as the layers closest to the water start to rot, they are replaced with fresh reeds on top.

Free Time

Puno

Make the most of one last afternoon in Puno.



## Optional Activities - Day 9

Lake Titicaca Kayaking

Lake Titicaca

Take to the waters of the highest navigable body of water in the world, Lake Titicaca, and paddle out to Laquina Island. Get a glimpse into local island life before heading back across the lake to Puno.

Day 10

## Puno/Cusco

Hop on the bus for a full day's drive to Cusco.

The trip from Puno to Cusco takes the better part of the day, with stark, beautiful scenery en route as you travel through the high Altiplano region. Check out a bit of Cusco, find a spot for dinner, or get prepared to head into the Sacred Valley.



## Meals included

Breakfast



## Accommodation

Cusco Plaza Saphi (or similar)

Hotel



## Today's Activities

Local Bus

Puno - Cusco

7h-8h

Climb aboard, grab a seat, and enjoy the ride.

Take advantage the day to choose from a wide variety of optional activities like the Rainbow Mountain hike, a cooking class, or simply explore the city by foot and relax in a café.

Pre-book the Rainbow Mountain excursion or the Cooking Class on the checkout page to include these optional activity on your tour, or ask your GCO or travel agent for assistance.

Please note: if you pre-book the Cusco Cooking Class you will be picked up from your hotel at approx 12:30 and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. Return back to your hotel around 16:00.



## Meals included

Breakfast



## Accommodation

Cusco Plaza Saphi (or similar)

Hotel



## Optional Activities - Day 11

Inka Museum

Cusco

10PEN

Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology.

Cusco Tourist Ticket

Cusco

130PEN

This ticket allows admission at 16 sights of the city of Cusco including many popular museums and cathedrals, the ticket also provides entrance to Sacsayhuaman Archaeological Park, and sights in the South Valley of Cusco and the Sacred Valley of the Incas.

Cusco Cooking Class

Cusco - Cuzco

Channel your inner chef and get a taste of Peruvian cuisine. Learn all about the essential ingredients, and try your hand at preparing unique Peruvian dishes with a local expert

Cusco City Tour

Cusco

45PEN

Enjoy a half-day tour of Cusco's main sights. Walk around the Plaza de Armas (main square) and explore this city steeped in one of the world's most alluring and ancient cultures. Visit Qenqo, Koricancha, the Cathedral, Puca Pucara, Tambomachay, and the archaeological site of Sacsaywaman.

Rainbow Mountain Hike - Full-day Trip

Cusco

8km

Lookout over these colourful Andean mountains striped with maroon, turquoise, lavender, and gold. The sediment, elevation, and proximity to the ocean create a landscape that has to be seen to be believed. Get started early to drive around 3 hours approximately to the starting point of this challenging, yet rewarding full-day hike. Reaching 5,029m (16,500 ft) this 8 km hike is no walk in the park, but these unique mountains do not disappoint. The ascent takes approximately 1.5 hours.

Enjoy a full-day guided tour of the Sacred Valley. Stop at the G Adventures-supported women's weaving co-op before visiting a local pottery making community. Break for lunch at the G Adventures-supported Parwa Community Restaurant in Huchuy Qosco. After lunch, opt to head out on a hike to the Ollantaytambo storehouses and look out over the ruins. Or, wander around the cobblestone streets and visit a local Chicheria (corn beer bar).

Travel through the stunning Sacred Valley of the Incas, visiting a G Adventures-supported women's weaving co-op. Meet the women and learn about traditional weaving and dyeing. Opt to pick up some handmade souvenirs and textiles directly from the women who made them.

Have lunch at the G Adventures-supported Parwa Community Restaurant. Learn about the G Adventures for Good project and eat a delicious buffet-style lunch. Proceeds of this meal go directly back to the remote community.



## Meals included

Breakfast | Lunch



## Accommodation

Lilium Valle Hotel (or similar)

Lodge



## Today's Activities

Private Vehicle

Cusco - Ollantaytambo

1h45m

94km

Make stops along the way as you pass through this gorgeous valley, descending in elevation the whole way.

### ACTIVITY

Visit the Ccaccacollo community centre which G Adventures travellers' donations helped create in 2005, thereby enabling local women to sell traditional textiles to travellers. See local weaving and dyeing techniques used to create garments and souvenirs, and learn how the Planeterra weaving co-operative has impacted the community and those who visit it. This includes the purchase of alpacas to provide a steady supply of wool, looms, and sewing machines as well as several training courses on production, sales and small business management.

## Cuyo Chico Pottery Making Demonstration

Pisac - Urubamba

In the rural village of Cuyo Chico in the Sacred Valley, a group of families joined together to create a small business based on their traditional adobe ceramic crafts. Using clay from their surroundings, they mold bowls, plates, and all manner of decorations. Learn about the ceramics process as well as the traditional adobe brick-making that forms the basis of houses throughout the valley, all while taking in a spectacular view of the Pisac Ruins. After the demonstration, peruse the items for sale directly from the artisans in their shop.

### ACTIVITY

Contribute to sustainable tourism in Huchuy Qosqo, a small village of 65 families in the Sacred Valley, by eating at the Parwa Community Restaurant. Learn how the resident-run restaurant was kickstarted by G Adventures and the Multilateral Investment Fund, to become a successful farm-to-table program that boosts the local economy and several spin-off microenterprises.



## Optional Activities - Day 12

### Ollantaytambo Storehouse Ruins and Hike

Ollantaytambo

1h-1h30m

Get your blood flowing on a steep hike up to the Pinkuylluna Incan storehouses. Perched on the hill, these ruins provide excellent views of the Sacred Valley and the Ollantaytambo ruins below.

Depart Ollantaytambo by van to km 82 where the Inca Trail begins. Ease into the adventure with a straightforward day of hiking the meandering streams, stunning Andean scenery, and ancient Incan ruins.

Trek through beautiful scenery, with a variety of flora that changes with the seasons, passing several smaller ruin sites like Llactapata.

A crew of local porters, cooks, and guides will take care of all the details for the duration of the hike. Porters carry the majority of the gear so you'll only need to carry a small daypack with water, rain gear, snacks, a camera, etc.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Campsite Wayllabamba (or similar)

Campground



### Today's Activities

Private Vehicle

Ollantaytambo - Inca Trail

45m

Settle in and scan the scenery from the convenience of a private vehicle.

Inca Trail Hike

Inca Trail KM 82 - Wayllabamba Camp

5h-6h

11km

Get your blood pumping on this first day of hiking the Inca trail. The trekking is fairly easy and serves as good training for the next few days. Pass rambling rivers and a small village, and enjoy scenic mountain views; it's just a taste of what's to come.

#### ACTIVITY

Enjoy G Adventures-supported handmade biodegradable soap products, for use on our treks. This G Adventures for Good project empowered local Cusqueña women to start their own business in order to

reduce the environmental impact of treks in the region. Planeterra provided \$10,000 of seed funding for two young entrepreneurs to register their biodegradable products in order to sell them to the tourism industry. "Esencia Andina" is now a successful business that produces biodegradable soaps, detergents, and natural products for travellers, guides, porters, and cooks on our treks.

Day 14

## Inca Trail

Start early to climb the long steep path to Warmiwañusca, better known as Dead Woman's Pass. This is the highest point of the trek at 4,198m (13,769 ft). Most hikers reach camp by early afternoon, with ample time to rest and relax.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Pacaymayo Campsite (or similar)

Campground



### Today's Activities

Inca Trail Hike

Wayllabamba Camp - Paqaymayo Camp

6h-7h

12km

Trek over progressively spectacular and steeper terrain on your way to Warmiwañusca (aka Dead Woman's Pass), the highest point of the trek at 4,198m (13,769ft). Be prepared to face strong Andean weather (blazing sun or cold winds) around the pass. Take the hike slow, and drink lots of water along the way - amazing views are waiting as a reward. Enjoy some ample time to rest and relax after reaching the camp; most campers arrive around early afternoon.

Day 15

## Inca Trail

Cross two more passes and ruins on today's trek. The first pass is Runquraqay at 3,950m (13,113 ft) where, on a clear day, hikers can catch a glimpse of the snow-capped Cordillera Vilcabamba. Hike through the cloud forest on a gentle climb to the second pass of the day, walking through original Incan constructions. The highest point of the pass is 3,700m (12,136 ft). On a clear day, enjoy the spectacular views of the Urubamba Valley. At 3,650m (11,972 ft), reach the ruins of Phuyupatamarca, the "town above the clouds." Camp here or go another 1.5 hrs to the Wiñay Wayna ruins ("forever young") located at 2,650m (8,694 ft).



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Wiñaywanyna Campsite (or similar)

Campground



### Today's Activities

Inca Trail Hike

Paqaymayo Camp - Wiñaywayna

9h

16km

Cross two passes and more ruins along the Inca Trail on the last full day of hiking. Traverse Runquraway at 3,950m (13,113 ft), and then reach the second pass at 3,700m (12,136 ft). Spot the gorgeous Cordillera Vilcabamba and the Urubamba Valley in the distance on a clear day. Camp at either the Phuyupatamarca ruins or the Wiñay Wayna ruins.

Day 16

## Machu Picchu/Cusco

The final day of the hike starts pre-dawn to reach the Sun Gate before sunrise. Catch the first views of the breathtaking ruins of Machu Picchu on a clear day. Hike down for a guided tour of the ruins, before your train back towards Cusco.



### Meals included

Breakfast



### Accommodation

Cusco Plaza Saphi (or similar)

Hotel



### Today's Activities

Inca Trail Hike

Wiñaywayna - Machu Picchu

2h-3h

6km

Wake around 03:30 to reach the Sun Gate as early as possible. Head to the checkpoint and join the lineup to wait for the gate to open. Catch the first views of the breathtaking ruins of Machu Picchu (fingers crossed for a clear day). Hike down to Machu Picchu (about 45 mins) for a 1.5 hr guided tour of the site, and free time to explore.

Catch the bus outside the Machu Picchu gate after your visit for a 25-min downhill ride to Aguas Calientes. Eat and relax before the train ride back to Cusco this evening.

Machu Picchu Guided Tour

Machu Picchu

1h30m-2h

Set off with the local guide to explore Machu Picchu, the Lost City of the Incas. Learn about the history and gain insights into this massive mountaintop citadel while wandering through ancient dwellings, stone temples and along sculpted terraces. Feel the energy of this 15th-century site, now both a UNESCO World Heritage site and voted one of the new Seven Wonders of the World in a worldwide internet poll.

Train

Aguas Calientes - Ollantaytambo

1h30m-1h45m

31km

Climb aboard, take a seat, and enjoy the ride.

Private Vehicle

Ollantaytambo - Cusco

1h30m-1h45m

60km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 17

## Cusco

Enjoy a free day to explore Cusco or relax. Opt to go mountain biking or get a massage.

If you pre-book the Culinary Bundle, you will be picked up from your hotel at approx 12:30 and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. You will return back to your hotel around 16:00.



### Meals included

Breakfast



### Accommodation

Cusco Plaza Saphi (or similar)

Hotel



## Optional Activities - Day 17

Inka Museum

Cusco

10PEN

Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology.

Cusco Tourist Ticket

Cusco

130PEN

This ticket allows admission at 16 sights of the city of Cusco including many popular museums and cathedrals, the ticket also provides entrance to Sacsayhuaman Archaeological Park, and sights in the South Valley of Cusco and the Sacred Valley of the Incas.

Cusco City Tour

Cusco

45PEN

Enjoy a half-day tour of Cusco's main sights. Walk around the Plaza de Armas (main square) and explore this city steeped in one of the world's most alluring and ancient cultures. Visit Qenqo, Koricancha, the Cathedral, Puca Pucara, Tambomachay, and the archaeological site of Sacsaywaman.

Day 18

## Cusco/Tambopata

Fly to Puerto Maldonado and continue by motorized boat to the comfortable and intimate G Lodge Amazon.

Fly to Puerto Maldonado, deep in the lowlands of the Amazon Jungle.

After a brief stop in town to store large luggage, drive to the pier and travel by covered motorized boat to the jungle lodge. En route, see birds typical of the river or forest edge. The Tambopata Rainforest Area holds the world record for the most bird sightings in one area.

Local community members make up the majority of 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.

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 (with solar-heated hot water), and candles for lighting (no electricity). Please note in periods of high demand you may be accommodated in a nearby Amazon lodge.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Tambopata Lodge (or similar)

Lodge



### Today's Activities

Plane

Cusco - Puerto Maldonado

1h

On arrival, take a private vehicle to the lodge's office in Puerto Maldonado town to store large luggage. You will be provided with duffels to bring only what you need into the jungle. From there, travel about 1 hr to reach the boat landing.

Motorized Canoe

Puerto Maldonado - Tambopata

2h-3h

Climb in and move swiftly through the water to the next stop.

Wildlife-spotting Night Walk

Tambopata

Get the lowdown on local flora and fauna, and grab a flashlight to discover what's living around lodge grounds. Receive help from the talented, expert naturalist guide to locate heaps of hidden creatures! Keep an eye out for snakes, tarantulas, owls, and poison dart frogs, just to name a few.

Enjoy guided excursions by expert naturalists to spot wildlife at nearby oxbow lakes and along jungle trails. Spend some time relaxing in a hammock, enjoying the local swimming hole or visiting a nearby plantation. Go for a caiman-spotting cruise after dinner.

Head out early to catch the jungle at its wildest (and coolest). Walk slowly through the forest searching for wildlife before heading out on an oxbow lake by canoe. Search for anaconda, the elusive giant river otter or black caiman. Even if you don't spot these shy creatures, there are plenty of other birds, interesting plants and other animals to discover.



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

Tambopata Lodge (or similar)

Lodge



## Today's Activities

Jungle Excursions

Tambopata

Enjoy visits to oxbow lakes to learn about the jungle and its inhabitants. Be introduced to the area's rich flora and fauna by expert naturalist guides, who can teach extensive uses for medicinal and other forest plant resources through traditional techniques. Be prepared to go early morning or evening to avoid the heat of midday. Enjoy a leisurely pace – the trip requires some walking, but nothing too strenuous.

Free Time

Tambopata

Spend time around the lodge or further afield.

Caiman-Spotting Cruise

Tambopata

Head out after dark by motorized canoe to search for caimans on the river banks. Enjoy a lesson on caimans from the expert guide. Take advantage of the keen eyes of the expert naturalist guides – they are truly spectacular at spotting these elusive smaller cousins of alligators hiding on the muddy banks.

Day 20

## Tambopata/Lima

Fly back to Lima for an optional final dinner and night out.

Have a final delicious Amazonian breakfast before heading back towards the airport by motorized boat and van. Fly to Lima and opt for a final night out for dinner or Pisco Sours.



### Meals included

Breakfast



### Accommodation

Lima Wasi Hotel (or similar)

Hotel



### Today's Activities

Motorized Canoe

Tambopata - Puerto Maldonado

3h

Climb in and move swiftly through the water to the next stop.

Plane

Puerto Maldonado - Lima

1h30m-2h

Take a van from the pier to pick up stored luggage before heading to the Puerto Maldonado airport. Make a brief stop in Cusco en route to Lima. A private vehicle will be waiting to take the group to the Lima hotel.

Day 21

## Lima

Depart at any time.

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### Meals included

Breakfast

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### Optional Activities - Day 21

Lima Cooking Class (4hrs)

Lima

Get a taste of Peruvian cuisine, visit local markets, sample exotic fruit, select fresh ingredients, and try your hand at preparing unique Peruvian dishes influenced by China, Italy, West Africa, and Japan.

Please note that if you are travelling with a family there is no age restriction on this activity and the cooking class is acceptable for children.

Bike Miraflores and Barranco

Lima

35USD

Head out on a bike tour through Miraflores and Barranco visiting iconic districts in Lima along the way. You will bike a total of 13km or about 8 miles on this particular tour. Take in the colourful atmosphere as you pass by historic house in the Bajada de Baños district and visit the famous Puente de los Suspiros.

Lima City Tour

Lima

40USD

Discover Lima's cultural and culinary highlights on this half-day guided tour. Visit the Santo Domingo Monastery, walk around Plaza de Armas, marvel at the Bodega y Quadra Museum, and get to know some of Lima's lovely neighbourhoods. Stop to enjoy some authentic Peruvian tapas and be introduced to Pisco Sours during a demonstration and tasting.

Full Day Lima Experience

Lima

150USD

Experience the highlights Lima along with its important eras in history such as, the Pre-Hispanic Oracle of Pachacamac. Enjoy lunch at a local restaurant in the bohemian district of Barranco and visit the colonial convent of San Francisco and its latest addition, the Magic Water Park.

## What's included

- Your G for Good Moment: Lake Titicaca Homestay, Lake Titicaca
- Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Cusco
- Nazca desert cemetery and potter's studio guided tour
- Arequipa stay
- Colca Canyon guided tour
- Floating islands of Uros visit
- Lake Titicaca guided tour
- Sacred Valley guided tour
- Pottery making demonstration
- Inca Trail guided hike with cooks and porters (4 days)
- Machu Picchu guided tour
- Amazon Jungle stay at the exclusive G Lodge Amazon (3 days)
- Guided excursions with naturalists
- Rubber boot use
- Internal flights
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Trek the Inca Trail to Machu Picchu, Search for wildlife at our exclusive G Lodge Amazon, Spot condors at Colca Canyon, Experience local life at a homestay on Lake Titicaca, Opt to explore the mysterious Nazca Lines

## Itinerary Notes

Machu Picchu regulations require all visitors to follow a pre-determined circuit within the site as a way to prevent overcrowding. The circuit-specific entrance tickets are available on a first come, first served basis. At the time of booking, you may select your preferred circuit, subject to availability. If no selection is made, we will book a circuit based on availability at the time of booking. All circuits offer the opportunity to enjoy the beauty, history, and impressive ingenuity of this ancient site. TO NOTE: Travellers completing the Inca trail and 1-day Inca Trail will be assigned Circuit 3 for their guided visit of Machu Picchu, but will also have access to the panoramic viewpoint upon arrival via the Sun Gate.

## What are the main highlights of this trip?

Trek the Inca Trail to Machu Picchu, Search for wildlife at our exclusive G Lodge Amazon, Spot condors at Colca Canyon, Experience local life at a homestay on Lake Titicaca, Opt to explore the mysterious Nazca Lines

## Is there a disclaimer I should read before booking this trip?

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 the operator. 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.

## Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

## **Are there Itinerary notes?**

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# What important notes should I be aware of before the trip?

## 1. MACHU PICCHU CIRCUITS

Machu Picchu regulations require all visitors to follow a pre-determined circuit within the site as a way to prevent overcrowding. The circuit-specific entrance tickets are available on a first come, first served basis. At the time of booking, you may select your preferred circuit, subject to availability. If no selection is made, we will book a circuit based on availability at the time of booking. All circuits offer the opportunity to enjoy the beauty, history, and impressive ingenuity of this ancient site. TO NOTE: Travellers completing the Inca trail and 1-day Inca Trail will be assigned Circuit 3 for their guided visit of Machu Picchu, but will also have access to the panoramic viewpoint upon arrival via the Sun Gate.

## 2. INCA TRAIL REGULATIONS

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](#).

## 3. MACHU PICCHU REGULATIONS

Current and correct passport details are required at time of confirmation. For more details please see the following [page](#). Please note that regulations have been implemented for all visitors to Machu Picchu which require that different circuits be followed within the site as a way to relieve crowding. The new circuit-based entrance tickets are available on a first come first serve basis. We will do all that is possible to get everyone traveling in a group on the same route, but be aware that it is possible that members of the same group might be visiting Machu Picchu on a different circuit and not be together during this visit. Rest assured that regardless of the circuit you will enjoy the beauty and grandeur of the site. Travellers completing the 4 day, 3 night Inca Trail will be on Circuit 5 upon reaching the site of Machu Picchu.

## 4. MACHU PICCHU BY TRAIN - OPTIONAL

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.

## 5. INCA TRAIL MAINTENANCE

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.

## 6. COMBO TRIP

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.

## 7. PORTERS

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 (for all other Peru treks the limit is 7kg). 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, that you bring sport sandals that can be worn with socks (which are lighter than running/walking shoes) and that you limit electronics to those that you are willing to carry. Any additional baggage can be left in Cusco, but 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, please see the Tipping section for guidelines.

## 8. YELLOW FEVER

It may be required to show a Yellow Fever certificate upon entering the country visited. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.

## 9. WET SEASON

Please be advised during the wet season (Jan - April) if there are periods of severe rain some of the campsites on the Inca Trail may become unusable. In the interest of your safety, there may be changes made locally to the trekking itinerary if the conditions of the campsites are assessed to be unsafe.

## 10. GROUP DYNAMICS

Please note, in most cases, the entire group will not be hiking the Inca Trail together. Members of the group may choose to hike the Lares Trek or spend additional time in Cusco and the Sacred Valley instead of hiking. If you have chosen the Lares Trek or Cusco Stay you may be paired with members of other G Adventures groups for the trek, transportation, and activities included.

## 11. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

## 12. Wifi

Please note that there will be no wifi and limited cellular service available for much of the trek.

# What is the group leader like?

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.

## How large will the group be?

Max 16, avg 12

## What meals are included in this trip?

19 breakfasts, 7 lunches, 6 dinners

## What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

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. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

## What are the modes of transportation on my trip?

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

## Are local flights included in the cost of the trip?

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.

## Is there an extra cost for travelling solo?

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.

## Where will we stay during the trip?

Hotels/guesthouses (13 nts), G Lodge Amazon (2 nts), overnight bus (1 nt), homestay (1 nt), camping (3 nts).

## **Do any exceptions apply to Rooming or “My Own Room” on my tour?**

Night 4: overnight bus, Nights 13-15: Inca Trail, Nights 18-19: Amazon Jungle.

## **What kind of accommodation can I expect on this trip?**

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.

## **What are the joining instructions?**

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## **What happens if I experience problems when arriving?**

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.

## Who should I contact in case of an emergency?

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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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, (WhatsApp Available)

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 Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

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 information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

## **Are there any additional packing suggestions I should consider?**

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 using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

All other camping equipment for the Inca Trail hike is provided and included in the cost of the excursion. Porters carry the gear, so you will only be responsible for carrying your daypack. But please be aware there are weight limits on what the porters can carry, thus every passenger is limited to 6kg, including sleeping bags.

# What should be on my packing list?

## Amazon:

- Knee-length socks
- Loose-fitting, light coloured long-sleeved shirts
- Loose-fitting, light coloured hiking pants
- Pack liners to waterproof bags

## Available for Rent During Your Trek Briefing (Payment only by Credit Card):

- Camping mattress/sleep mat (45 soles)
- Sleeping bag (45 soles)
- Walking poles (15 soles each (30 per pair))

## Cold Weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat
- Warm waterproof jacket

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

### Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

### Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

### Inca Trail:

- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Pack liners to waterproof bags
- Rain gear
- Sleeping bag (Also available for rent)
- Thermal base layer
- Travel pillow
- Walking poles, rubber-tipped (Also available for rent)
- Waterproof hiking boots

### **Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer. Please note for trekking rentals credit cards are the preferred method of payment. For trips that include the Inca Trail, the duffel bags provided are NOT waterproof and you must bring bags or liners to protect your belongings from rain.

## **When can I do my laundry on this trip?**

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.

## **What are the visas and entry requirements for my trip?**

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 is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## **What should I consider when planning my personal expenses and discretionary spending for this itinerary?**

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.

## **What should I know about currency, credit cards, and exchanging money while on this tour?**

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 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)

## **How much emergency money should I bring on this trip?**

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!

## Should I be tipping on my trip?

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.

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.

Inca Trail:

Head guide: 15-30 USD

Assistant guide: 10-20 USD

Your trekking crew: 40 USD

Lares Trek:

Head guide: 15-30 USD

Assistant guide: 5-15 USD

Your trekking crew: 35 USD

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.

# What activities are optional on this trip?

## Lima

- Lima Cooking Class (4hrs)
- Lima City Tour (40USD per person)
- Full Day Lima Experience (150USD per person)
- Bike Miraflores and Barranco (35USD per person)

## Ica

- Sandboarding in Ica (65PEN per person)

## Paracas National Reserve

- Ballestas Islands Wildlife Tour

## Nazca

- Flight over Nazca Lines

## Arequipa

- Juanita Museum (60PEN per person)
- Arequipa City Tour
- AlaSeña Meal Experience with Peruvian Sign Lanuage

## Chivay

- Hot Springs (15PEN per person)

## Lake Titicaca

- Lake Titicaca Kayaking

## Cusco

- Inka Museum (10PEN per person)
- Cusco Cooking Class
- Rainbow Mountain Hike - Full-day Trip
- Cusco City Tour (45PEN per person)
- Cusco Tourist Ticket (130PEN per person)

## Ollantaytambo

- Ollantaytambo Storehouse  
Ruins and Hike

### **Are there any health considerations I should know before travelling?**

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.

# What do I need to know to about safety and security on my trip?

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/)

## What are the trip specific safety considerations?

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

## What rules should I know before joining this trip?

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.

## Is travel insurance required for my trip?

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.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

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.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## **Are international flights included in this trip?**

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## **What should LGBTQ+ travellers know about safety and travel considerations on this trip?**

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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 the operator. 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.

## 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.