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Sorry! There are no remaining departures for "Colombia through the Andes–Cartagena to La Paz" (SMCL), [but here are some similar trips](#).

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Please note that Tayrona NP is normally closed during the month of February and Minca will be visited instead. See day 9 in the full itinerary for more information.



Last Updated: November 18, 2019



Colombia through the Andes–Cartagena to La Paz

55 days, Cartagena to La Paz

What's included

- Your G for Good Moment: Wiwa Community Visit & Lunch, Gotshezhy Village
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your G for Good Moment: Lake Titicaca Homestay, Lake Titicaca
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Cartagena
- Your Local Living Moment: Amazon Jungle Experience, Tena
- Your Discover Moment: Baños
- Your Discover Moment: Lima
- Your Discover Moment: Cusco
- Your Big Night Out Moment: Cusco
- Lost City of Teyuna trek (5 days)
- Tayrona National Park excursion (excluding February departures)
- Overnight desert camping (Tatacoa)
- San Agustin ruins visit
- Visit to Otavalo Market
- Orientation walks in Medellin and Quito
- Beach time in Taganga, Mancora, and Huanchaco
- Pachamanca ceremony (Nazca)
- Guided tour of Machu Picchu
- Inca Trail hike with a local guide, cook, and porters (4 days)
- Amazon Jungle and Colca Canyon excursions
- Lake Titicaca excursion
- 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 April 1st, 2018 - December 31st, 2018

Itinerary



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

Cartagena

Arrive at any time.



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

Gold Museum Visit

Cartagena

7000COP

Head to Plaza Bolivar and pay a visit to this well-curated and informative museum. Admire the intricate, pre-Columbian gold works and pottery of the indigenous Zenú people while learning about their history and traditions—all on display in a charming colonial home.

Museum of Modern Art (Museo de Arte Moderno) Visit

Cartagena

5000COP

Housed in two historic buildings, one a former weapons storehouse, is the collection of the Museo de Arte Moderno de Cartagena. Stroll through the unique space and admire Latin American paintings from the 1950s along with contemporary Colombian art.

Naval Museum of the Caribbean Visit

Cartagena

6000COP

Located in the historic walled city, visit this spacious museum housed in two heritage buildings. Explore the various exhibits relating to the naval history of the Caribbean Sea and enjoy the charming patios.

Palace of Inquisition (Museum) Visit

Cartagena

30000COP

Visit the museum and learn about the Spanish Inquisition in Colombia. Explore this fine example of colonial and Baroque architecture and see artifacts and torture equipment on display.

Free day to explore this coastal colonial city. Wander the historic old town, check out the San Felipe fortress, or get dirty with a mud bath and massage at Totumo Volcano.



Meals included

Breakfast



Optional Activities - Day 2

Gold Museum Visit

Cartagena

7000COP

Head to Plaza Bolivar and pay a visit to this well-curated and informative museum. Admire the intricate, pre-Columbian gold works and pottery of the indigenous Zenú people while learning about their history and traditions—all on display in a charming colonial home.

Islas del Rosario National Park

Cartagena - Islas del Rosario

320000-350000COP

Take a boat to this park with a lengthy name—Rosario and San Bernardo Corals National Natural Park—and be wowed by the beauty of the Rosario Islands. Admire the clear blue water and natural landscape of the islands. Opt to snorkel and explore the park's lively reefs or sit back and relax on the beach.

Naval Museum of the Caribbean Visit

Cartagena

6000COP

Located in the historic walled city, visit this spacious museum housed in two heritage buildings. Explore the various exhibits relating to the naval history of the Caribbean Sea and enjoy the charming patios.

Night Exploration on Chiva

Cartagena

80000COP

Get ready to party and explore the city by chiva bus. These colourful vehicles are a national symbol and feature open sides making it easy to truly experience vibrant Cartagena as you go. Drink, dance and enjoy Colombian music on this fun-filled ride.

Palace of Inquisition (Museum) Visit

Cartagena

30000COP

Visit the museum and learn about the Spanish Inquisition in Colombia. Explore this fine example of colonial and Baroque architecture and see artifacts and torture equipment on display.

Museum of Modern Art (Museo de Arte Moderno) Visit

Cartagena

5000COP

Housed in two historic buildings, one a former weapons storehouse, is the collection of the Museo de Arte Moderno de Cartagena. Stroll through the unique space and admire Latin American paintings from the 1950s along with contemporary Colombian art.

Totumo Mud Volcano

El Totumo

Climb up the stairs and descend into the healing mud of the El Totumo Mud Volcano. As your body becomes weightless, lie back and relax in the cool mud. The mud is packed with rejuvenating minerals, so you're bound to come out looking ten years younger. Please bring your own towel, as the hotel will not lend towels for this activity.

Cartagena City Tour

Cartagena

4h-5h

Learn more about Cartagena's history from a bilingual guide on a tour of this lively city. Travel between sights by private transport and visit the clock tower, Plaza Bolivar, and the Castillo de San Felipe de Barajas. Take in sweeping views of the city from the hilltop Convento De La Popa and enjoy a walking tour from San Pedro Claver Church to Santo Domingo Church.

Day 3

Cartagena/Santa Marta

Travel by public bus to this coastal port town. Free time to visit the Gold Museum with its collection of Lost City artifacts, chill out on the beach and pick up any last minute necessities for the upcoming trek.

Please note hot water is uncommon in the Caribbean region of Colombia. Showers are likely to only have cold water while visiting this area.



Meals included

Breakfast



Today's Activities

Local Bus

Cartagena - Santa Marta

5h

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

Free Time

Santa Marta

Start exploring this historic city.



Optional Activities - Day 3

Gold Museum Santa Marta

Santa Marta

Free

Explore the colonial mansion that houses indigenous artifacts from the Tayrona area including an impressive gold collection.

Quinta San Pedro Alejandrino

Santa Marta

23000COP

Visit Simon Bolivar's final resting place, la Quinta is the estate where the famous libertador spent his final days. The former rum plantation now includes a restored house, museum, library, and extensive gardens perfect for exploring.

Day 4

Santa Marta/Ricardito Camp

Transfer to Machete Pelao, where the trek to the Lost City of Teyuna begins. Trek through farmland, steamy jungle, and rural Kogi communities. Get a glimpse into the local way of life in the remote river valleys of the Sierra Nevada Mountains.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

4x4

Santa Marta - Machete Pelao

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Lost City Trek - Day 1

Machete Pelao - Wiwa Camp

9h-10h

14km

Leave Machete Pelao and start trekking through the jungle along the Buritaca River. Pass by farmland and get a glimpse into daily life in the small communities en route to the lunch stop. After lunch, trek alongside the Buritaca River and pass through more farmland used for growing coffee or raising cattle. Climbing on this part of the trek can be challenging as the route progresses uphill from the riverbed and through the humid jungle. Take a look at the unique, circular huts that make up some of the Kogi villages in the area. Once you make it to the camp, cool off with a swim in the river before dinner. Unwind at camp with a dip in the natural swimming pools or take a nap in a hammock.

Day 5

Wiwa Camp /Teyuna Paraiso Camp

Venture further into the lush jungle en route to Ciudad Perdida. Be prepared – today is a tough portion of the trek with a lot of steep views. Arrive at the campsite in the afternoon for some much needed relaxation by the river.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Lost City Trek - Day 2

Wiwa Camp – Teyuna Paraiso Camp

7h-8h

10km

In the morning the route continues along the river before moving into a steep incline. If the group wants a break, take the opportunity to jump in the river and cool off. Trekkers should drink a lot of water today, especially if the weather is hot and humid. There are some points where the hike passes narrow ledges that can present a challenge for anyone who is not too steady on their feet. Arrive at the Teyuna Paraiso campsite around mid-afternoon.

Day 6

Teyuna Paraiso Camp/ Wiwa Camp

Get started early to climb the 1,200 steps up to the Lost City. The view of the surrounding Sierra Nevada Mountains makes it well worth the hike. Explore the Lost City and learn what is known of its origins from the indigenous guide, before making the descent back to Wiwa Camp for the night.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Lost City Trek - Day 3

Teyuna Paraiso Camp - Wiwa Camp

8h-9h

10km

The once-forgotten city is only an hour away and to get there you must climb the 1,200 steps built by the ancient Tayrona people. This is a very steep climb, but the rewards of the climb are more than worth it. Once at the site, the guide will explain the history of the Lost City and what is known of its origins. It is estimated that only 10% of the site has been discovered. Head back to the campsite for lunch and a swim before beginning the trek back the way you came to Wiwa Camp. Most of the trek today is downhill which can be hard on the knees, a walking stick might be useful.

Day 7

Wiwa Camp /Ricardito Camp

Follow the path back through the deep jungle, wind through banana trees, cacao plants and small Kogi communities on the way to Ricardito Camp. The nickname for this camp is vista hermosa or beautiful views, sit back and soak them in.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Lost City Trek - Day 4

Wiwa Camp - Ricardito Camp

3h-4h

7km

Head back along the same path through dense green jungle, pass by banana trees, Kogi communities, and grasslands. Stop at Adán Camp for a dip in the cool river or a fresh fruit juice. If Adán himself is around, make sure to listen to his stories of looting and drug labs of days past. Continue uphill to reach Ricardito Camp, known locally as vista hermosa or beautiful view, sit back and soak them in. If the weather is right, sunsets and sunrises here are not to be missed.

Day 8

Gotsezhi Village/Taganga

Head across grassy hills and gentle streams to reach the Gotsezhi Wiwa indigenous community. Enjoy a G Adventures-supported community lunch cooked by women from the community with local ingredients. Learn about Wiwa customs on a village visit and then lounge in a hammock by the river. In the afternoon, return to Taganga for a well deserved night in a hotel.



Meals included

Breakfast | Lunch



Today's Activities

Lost City Trek - Day 5

Ricardito Camp - Gotshezhy Village

4h-5h

10km

Get an early start to beat the heat and head out across undulating grassy hills. The terrain today is up and down, enjoy the last day of the trek meandering across the hills passing local homes and descending down to gentle streams on the way to Gotshezhy community.

ACTIVITY

Visit the Gotshezhy community and enjoy a meal cooked by women from the community with local ingredients. Visit the nearby village where youth from the four indigenous tribes in the region come to school to learn about their cultural customs and languages. Upon entry into the village, experience a soul-cleansing ceremony and learn about traditional customs, stories and handicraft methods from this region. After, jump in the river for a cool dip, visit nearby waterfalls and natural swimming pools, or rest in a hammock and reflect on your accomplishment before returning to Santa Marta.

4x4

Gotshezhy Village - Taganga

2h-2h30m

Roads? Where this rough-and-ready vehicle's going, we don't need roads.

Day 9

Taganga/Parque Nacional Natural Tayrona

Head into Tayrona National Park for a moderate hike with a local guide. This is a perfect opportunity to experience nature and learn a little more about the rich, natural diversity of northern Colombia.

Please note that Tayrona National Park is usually closed during the month of February. The indigenous groups in the area believe that mother nature needs a month of rest, and maintenance to the park is done during this time. If your trip falls in February, you will visit the laid-back town of Minca. Enjoy a visit to a coffee plantation, a hike to a waterfall and learn about local cacao production.



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Taganga - Parque Nacional Natural Tayrona

45m

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

Tayrona National Park Excursion

Parque Nacional Natural Tayrona

3h-4h

Get outside with a hike into this beautiful park! Learn more about the rich diversity of Tayrona's natural heritage and explore Tayrona's gorgeous scenery with a local guide.

Fly inland to infamous Medellín, now one of Latin America's safest cities. Enjoy an orientation walk upon arrival and an optional night out with the group.



Meals included

Breakfast



Today's Activities

Plane

Taganga - Medellín

1h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.



Optional Activities - Day 10

Nutibara Hill (Cerro Nutibara) Visit

Cerro Nutibara

For a breath of fresh air 80m (263 ft) above the city, visit Nutibara Hill. Ride a colourful bus, take a taxi, or climb winding paths through the greenery to get to the top of the hill and enjoy great views of the city. Pueblito Paisa waits at the summit: stroll through this replica of a traditional Antioquian town and enjoy the charm of whitewashed buildings, bright-coloured doors and tiled roofs. Try some local food here or shop for souvenirs.

Paragliding

Medellín

45USD

Get ready for a thrilling ride! Take off from one of the surrounding hills and enjoy spectacular views of this sprawling city and the picturesque green mountains that encircle it as you glide through the air.

Medellín City Tour

Medellín

35USD

Really get to know Colombia's second largest city with a neighbourhood tour. Medellín has been revitalized since the issues of the 80s and 90s and is now one of South America's most innovative and artistic cities. Explore the city's varied barrios filled with shops, green parks, museums, churches, markets, and delicious cuisine.

Opt to go paragliding over the city or catch a ride on the cable car.

Today's Activities

Free Time

Medellín

Get out and explore this vibrant city.

Optional Activities - Day 11

El Peñol Stone (La Piedra Del Peñol) Visit

Medellín - Guatapé

Formed approximately 70 million years ago, El Peñón de Guatapé, also known as El Peñol, is a giant monolith rising 2,135m (7,005 ft) above sea level. Climb the 649 steps that have been built into one side of this famous rock and enjoy breathtaking views of the Guatapé Dam and surrounding area from the peak.

Explora Park

Medellín

24500-37500COP

A symbol of transformation in the northern part of Medellín, the park is a large piece of modern architecture housing a variety of scientific exhibits. Learn about the flora, fauna, and astronomy of Colombia while exploring the vivarium specializing in the Amazon River, the planetarium, or one of the many interactive exhibits on display.

Modern Art Museum

Medellín

10000COP

Wander around the Museum of Modern Art and enjoy the work of Colombian artists in a variety of medias. Make sure to check out the Débra Arango permanent collection.

Paragliding

Medellín

45USD

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artistic cities. Explore the city's varied barrios filled with shops, green parks, museums, churches, markets, and delicious cuisine.

Day 12

Medellín/Salento

Drive through beautiful landscapes to Salento.



Today's Activities

Local Bus

Medellín - Salento

8h-9h

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

Day 13

Salento

Opt to take a morning hike through the towering palms of the Cocora Valley, or choose from a variety of other optional activities in the coffee region of Quindío.



Today's Activities

Free Time

Salento

Enjoy this beautiful area, get out and explore!

Day 14

Salento/Tatacoa Desert

Enjoy the ride to the Tatacoa Desert to spend the night under the stars.



Meals included

Breakfast



Today's Activities

Private Vehicle

Salento - Tatacoa Desert

7h

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

Observatory Visit

Tatacoa Desert

Look at the stars unobstructed by city lights at the Tatacoa Observatory.

Day 15

Tatacoa Desert/San Agustín

Head out into the impressive Tatacoa desert and explore the rocky canyons. The morning is free to choose how you wish to explore, opt to go for a hike or go horseback riding. After, travel to San Agustin.



Meals included

Breakfast



Today's Activities

Local Bus

Tatacoa Desert - San Agustín

9h

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

Day 16

San Agustín

Visit the San Agustín Archaeological Park, designated a UNESCO World Heritage Site with more than 500 sculptures scattered through the hillside.



Meals included

Breakfast

Day 17

San Agustín/Popayán

In the morning travel to Popayán and explore this beautiful colonial town.



Meals included

Breakfast



Today's Activities

Local Bus

San Agustín – Popayán

4h30m-5h

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

Free Time

Popayán

Wander the streets of this picturesque town known for its colonial architecture, or take your pick of cafés and restaurants to hang out in.

Day 18

Popayán/Pasto

Head further south to Pasto, wander around and keep an eye out for local ice cream makers out in the streets.



Meals included

Breakfast



Today's Activities

Local Bus

Popayán - Pasto

6h-7h

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

Free Time

Pasto

Pasto is cool (literally). Make sure to bring a sweater and try a "helado de paíla" the local ice cream made outside in copper tubs.

Visit the striking Lajas Sanctuary, built on a bridge in a lush gorge, this neo-Gothic church is sure to impress. After, cross the border into Ecuador and continue on to Otavalo for the night.



Meals included

Breakfast



Today's Activities

Private Vehicle

Pasto - Ipiales

2h

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

Lajas Sanctuary

Las Lajas

Get your camera ready to capture this stunning church. Built on a bridge in the middle of a rocky gorge, this neo-Gothic piece of architecture is an impressive sight.

Border Crossing (Colombia - Ecuador)

Ipiales - Tulcán

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Private Vehicle

Tulcán - Otavalo

3h

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

Visit the famous Otavalo artisan market for a morning perusing colourful textiles, art, carvings, and jewelry made by people from nearby communities. In the afternoon, drive back to Quito.



Today's Activities

Otavalo Market Visit

Otavalo

Discover some amazing local art, tapestries, and textiles at Otavalo's famous artisan market. Wander the stalls to meet local artists, and find one-of-a-kind souvenirs. Try to arrive early for the best bargains and try your hand at haggling – it's expected for every purchase.

Private Vehicle

Otavalo - Quito

2h

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



Optional Activities - Day 20

Peguche Waterfall Visit

Otavalo

Enjoy a stroll to the famous Peguche Waterfall nestled within a gorgeous protected forest, Bosque Protector Cascada de Peguche. Take in the beauty of this natural wonder that's also a sacred Indigenous ceremonial site used for purification baths.

Cotacachi Visit

Cotacachi

Visit the mountain town of Cotacachi, known for its leather goods and handicrafts. Wander the streets of the scenic town and watch craftspeople make handmade leather goods. Take in local living, and be sure to pick up some goods and souvenirs.

Day 21

Quito

Enjoy a free day to explore Ecuador's capital. Visit the city's old town, take a day trip to the equator, or Cotopaxi volcano.

Opt to pre-book the "Quito City Tour & Equator Line" activity on the checkout page ahead of time to include this optional on your tour.



Today's Activities

Free Time

Quito

Get out and explore!



Optional Activities - Day 21

Quito City Tour & Equator Line

Quito

Enjoy a city tour of Quito. Visit the Old Town, a UNESCO World Heritage Site, with stops at the Basilica del Voto Nacional, La Compañía Church, San Francisco Square, Plaza Grande and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city. Drive 25km (16 mi) north of Quito to the Middle of the World, latitude 0°. Stand with one foot in each hemisphere.

Please note that this tour starts at 8 a.m. and ends around 5 p.m.

Optional Welcome Meeting for Travellers on Combos

You may be a seasoned pro at group travel by now, but there will likely be some new travellers joining the group. Sit in on the welcome meeting to meet the newest members of your group and learn about the next leg of your tour.

Quito & Middle of the World Tour

Mindo - Quito

70-100USD

Drive northwest for 2 hours, enjoy the dramatic change of vegetation heading down from the Andes into the cloud forest. Mindo is a tiny town set amidst some of the most beautiful and peaceful countryside in the entire country. It is a centre for both nature and adventure activities. Go walking through the cloud forest and enjoy the peace and tranquility of the different waterfalls, take time to ride

up the cable car with amazing views. Visit a butterfly farm and see an array of colourful hummingbirds for which Mindo is renowned. In the afternoon, opt for an organic chocolate tour and tasting.

This trip takes roughly 9 hours departing at 7 am, and includes a guide, transport and lunch. Any activities upon arrival will be additional. **Check availability at destination because this tour does not have daily departures.

Teleférico

Quito

9USD

Enjoy spectacular views of Quito from this sky tram up Volcán Pichincha. Choose to go for a hike at the top, or just come along for the ride.

Day 22

Quito/Tena

Travel overland to the jungle city of Tena, located on the edge of the Amazon. From there, transfer by truck to the local community of Pimpilala. Stay in rustic wooden huts in the community of a Quichua family, enjoy the hospitality of these wonderful people, and experience life in the jungle first-hand.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Local Bus

Quito - Tena

6h

189km

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

ACTIVITY

Learn about local traditional beliefs and customs on this cultural jungle experience in the Ecuadorian Amazon close to Napo River. Stay in rustic wooden huts with a local Quichua family as hosts near the community of Cando. They've introduced countless visitors to local living and a completely different way of doing things – one that may give you a different perspective on life.

Take part in a number of amazing activities. Hike through the rainforest, plunge into waterfalls, and learn the uses of tropical plants. Experience local tradition, and learn about Quichua history and culture.

Days 23–24

Tena

Head out on nature walks and learn about uses of traditional plants, their cultural beliefs, and local traditions in the Amazon jungle.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

ACTIVITY

Learn about local traditional beliefs and customs on this cultural jungle experience in the Ecuadorian Amazon close to Napo River. Stay in rustic wooden huts with a local Quichua family as hosts near the community of Cando. They've introduced countless visitors to local living and a completely different way of doing things – one that may give you a different perspective on life.

Take part in a number of amazing activities. Hike through the rainforest, plunge into waterfalls, and learn the uses of tropical plants. Experience local tradition, and learn about Quichua history and culture.



Optional Activities - Days 23–24

Guided Waterfall Walk

Tena

Make your way through the jungle, learning more about the lush greenery and insects and animals that call it home. Walk to a series of waterfalls, suit up in a harness, and climb your way to the top for beautiful views.

AmazOOnico Animal Rescue Centre Visit

Tena

25USD

2h-4h

Take a guided tour of amazOOnico, a rescue and rehabilitation centre that rehabilitates, reintroduces, and cares for animals who are victims of illegal trafficking. See large cats and reptiles up close, and learn all about the important work of this sanctuary.

Jatunyacu River Rafting with lunch

Tena

65USD

Hit the rapids in the Amazon, and enjoy the thrill of a lifetime! Enjoy amazing scenery as you paddle past rainforests on this wild ride.

Day 25

Tena/Baños

Travel to Baños, the perfect setting to get your adrenaline pumping, try out horseback riding, canyoning, hiking, mountain biking, or rafting in the surrounding mountains.



Meals included

Breakfast



Today's Activities

Pickup Truck

Tena

45m

Hop into the back and ride along to the next destination.

Local Bus

Tena - Baños

3h-4h

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

Free Time

Baños

Get out and explore Baños and its beautiful surroundings.



Optional Activities - Day 25

Mountain Bike Rental

Baños

10USD

Hop on your bike and explore the amazing scenery surrounding Baños. Pass by mountains, rivers, waterfalls, and changing vegetation – depending on what path you take. Enjoy the cool wind on downhill stretches, but be sure to bring sunblock; the sun can be strong.

Horseback Riding - Baños

Baños

25USD

Hop in the saddle and explore Baños' beautiful countryside by horseback. Check out the unique vegetation in the region, and, perhaps, trot over to Tungurahua Volcano for amazing views.

Hot Springs - Baños

Baños

4USD

Soak weary muscles in the thermal baths that Baños is famous for. Head to hot springs at the base of Tungurahua Volcano, which means “little hell” in Quichua, or try some of the baths fed by the melt waters of Tungurahua's glaciated flanks. Rise before the sun for an early soak – watching the sun peak over the mountains while relaxing in the warm waters is definitely worth the early start.

Enjoy a free day in Baños, opt to check out the swing at the end of the world or soak in nearby hot springs.

Opt to pre-book the "Baños Canyoning Adventure" or "Baños Ziplining Adventure Bundle" activity on the checkout page ahead of time to include this optional on your tour.



Optional Activities - Day 26

Mountain Bike Rental

Baños

10USD

Hop on your bike and explore the amazing scenery surrounding Baños. Pass by mountains, rivers, waterfalls, and changing vegetation – depending on what path you take. Enjoy the cool wind on downhill stretches, but be sure to bring sunblock; the sun can be strong.

Whitewater Rafting

Baños

30USD

Hit the rapids in the adrenaline capital of Ecuador. Choose a river that suits your experience level; there are a number with varying ranges of difficulty. Enjoy amazing Andean scenery and a fun-filled ride!

Horseback Riding - Baños

Baños

25USD

Hop in the saddle and explore Baños' beautiful countryside by horseback. Check out the unique vegetation in the region, and, perhaps, trot over to Tungurahua Volcano for amazing views.

Hiking - Baños

Baños

Free

Head to the mountains for some amazing treks; Baños provides the perfect natural setting for outdoor adventure.

Hot Springs - Baños

Baños

4USD

Soak weary muscles in the thermal baths that Baños is famous for. Head to hot springs at the base of Tungurahua Volcano, which means "little hell" in Quichua, or try some of the baths fed by the melt waters of Tungurahua's glaciated flanks. Rise before the sun for an early soak – watching the sun peak over the mountains while relaxing in the warm waters is definitely worth the early start.

Baños Ziplining Adventure Bundle

Baños

25USD

Buckle up your harness, put on your helmet, and prepare to launch. Glide along a zipline suspended 850m above the canyon below, dare to let go and reach top speeds as you zip past stunning scenery. Forget your fear as you cross Tibetan Suspension Bridge above Pastaza River. Rock climb up to a second zipline to finish off this adrenaline-filled adventure. Please keep in mind this is a level 3/5 physical activity. Good mobility, no fear of heights, and a strong fitness level are required for you to have an enjoyable experience.

Baños Canyoning Adventure

Baños

Jump, slide, rappel, swim and float around Cascadas de Chamana on this canyoning adventure, while enjoying the stunning scenery near Sangay National Park. Please keep in mind this is a level 4/5 physical activity. Good mobility and a strong fitness level are required for you to have an enjoyable experience.

Day 27

Baños/Cuenca

Enjoy the scenery on the way to the charming town of Cuenca.

Ecuador's third largest town, Cuenca, retains a pleasant provincial air with its colonial architecture, art galleries, and museums. The surrounding countryside is an outdoor playground. Visit national parks, take walks in the beautiful countryside, and see Ecuador's only Inca ruin site.

Today's Activities

Local Bus

Baños - Riobamba

2h

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

Local Bus

Riobamba - Cuenca

6h

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

Day 28

Cuenca

Enjoy a free day in beautiful Cuenca. Explore the city's sights including cobbled streets, red-tiled roofs, art galleries, flower markets, shady plazas, and museums or opt to visit nearby Cajas National Park or the Inca ruins of Ingapirca. Later, catch an overnight bus to Mancora.



Today's Activities

Free Time

Cuenca

Enjoy free time to explore colonial Cuenca and its surroundings.

Overnight Bus

Cuenca - Máncora

7h-8h

345km

Curl up and catch a snooze en route to the next stop.

Border Crossing (Ecuador - Peru)

Huaquillas - Aguas Verdes

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.



Optional Activities - Day 28

Cajas National Park Visit

Cajas National Park

65USD

3h-6h

Head out for an excursion from Cuenca with a visit to Cajas National Park. Tour this natural outdoor playground that combines stunning scenery and wildlife with excellent areas for hiking. The terrain is quite stark, mostly above 4,000m (13,120 ft) in the páramo (grassy highlands), with many clear lakes. Try some of the variety of treks in the park's vast 28,000 ha, and keep an eye out for oncillas, wild llamas, pumas, and a wide variety of birds, including toucans!

Day Trip to Ingapirca Ruins

Cuenca

65USD

Visit the ruins of Ingapirca, a UNESCO World Heritage Site that is approximately an hour and a half drive north of Cuenca, through some of Ecuador's most beautiful countryside. Although it is a major Inca site, not a lot is known about its history.

Cuenca Mud Baths & Hot Springs

Cuenca

40USD

Slather volcanic muds on your face and body and relax in the natural hot springs.

Gualaceo and Chordeleg Day Trip

Cuenca

65USD

Explore the countryside near Cuenca, visit nearby towns well-known for handicrafts, weaving, and textiles. Learn about the weaving process and pick up a shawl, guitar, or straw hat directly from the people who make them.

Day 29

Máncora

Arrive early into the seaside town of Mancora, a village populated by fishermen and surfers from around Peru and the world. Chill out and breathe in the salty air.



Today's Activities

Free Time

Máncora

Chill out in this Peruvian fishing village, head to the beach or give surfing a try.



Optional Activities - Day 29

Surfing

Máncora

Jump up on a board and catch a wave!

Horseback Riding

Máncora

Ride on a beautiful horse and get a new perspective on this area.

Day 30

Máncora

Opt to relax on the beach, discover Mancora, go horseback riding, or take a surf lesson.



Today's Activities

Free Time

Máncora

Enjoy a free day to relax or get active.



Optional Activities - Day 30

Surfing

Máncora

Jump up on a board and catch a wave!

Horseback Riding

Máncora

Ride on a beautiful horse and get a new perspective on this area.

Day 31

Máncora/Huanchaco

Free time in Mancora. Overnight bus to Huanchaco.



Today's Activities

Free Time

Máncora

Get out and enjoy this beachside town.

Overnight Bus

Máncora - Huanchaco

Curl up and catch a snooze en route to the next stop.



Optional Activities - Day 31

Horseback Riding

Máncora

Ride on a beautiful horse and get a new perspective on this area.

Surfing

Máncora

Jump up on a board and catch a wave!

Enjoy more beach time or opt to visit pre-Inca sites or the city of Trujillo.

We continue heading south along the coast to Trujillo, the largest city in northern Peru. It is known for its beautiful colonial structures and nearby attractions of Chan-Chan ruins and the resort town of Huanchaco, where we spend the night.



Today's Activities

Free Time

Huanchaco

Get out and enjoy the beach or go further inland for exploration.



Optional Activities - Day 32

Trujillo Visit

Trujillo

Walk Trujillo's centre for a taste of colonial Peru. If shoes are your thing, hit the shopping district, where you'll find beautiful hand-made leather shoes to buy, thanks to Trujillo's large local shoemaking industry.

Chan Chan Ruins Visit

Trujillo

Hop in a taxi and travel to the ruins of Chan Chan, the capital of Peru's largest pre-Inca empire, located 5km (3.1 mi) away from the city of Trujillo. Abandoned in the 1470s after the Inca army overran the city, it is now approximately 5,000 acres of eroded adobe.

Day 33

Huanchaco/Lima

Full day in Huanchaco before boarding a night bus to Lima.



Today's Activities

Free Time

Huanchaco

Do as much or as little as you'd like before an overnight bus in the evening.

Overnight Bus

Huanchaco - Lima

8h

Curl up and catch a snooze en route to the next stop.



Optional Activities - Day 33

Chan Chan Ruins Visit

Trujillo

Hop in a taxi and travel to the ruins of Chan Chan, the capital of Peru's largest pre-Inca empire, located 5km (3.1 mi) away from the city of Trujillo. Abandoned in the 1470s after the Inca army overran the city, it is now approximately 5,000 acres of eroded adobe.

Trujillo Visit

Trujillo

Walk Trujillo's centre for a taste of colonial Peru. If shoes are your thing, hit the shopping district, where you'll find beautiful hand-made leather shoes to buy, thanks to Trujillo's large local shoemaking industry.

Explore Peru's capital on an optional city tour or simply relax. Be sure to try the tasty ceviche and pisco sours.

To get a feel for colonial Lima, take a cab to the Plaza de Armas and watch the changing of the Palace Guard in the afternoon. Walk around the streets surrounding the Jirón de la Unión for great examples of Spanish-colonial architecture and to experience life in a large South American city. There are many fine museums in and around the city, including the Museo Rafael Larco Herrera. An optional city tour visits many of the cities highlights.



Meals included

Breakfast



Optional Activities - Day 34

Magic Circuit of Water and Tapas Night

Lima

68USD

Experience nightlife in downtown Lima with the spectacular "Magic Water Circuit" (Circuito Mágico del Agua) show complete with lights, music and dozens of fountains. Enjoy some tapas and take in the sights with a pisco sour in hand. The perfect night out!

Pachacamac and Paso Horse Show

Pachacamac

98USD

Dive into Peruvian history and explore a famous temple built in honor of Pachacamac or the "Earth Maker", a powerful figure considered amongst gods and worshiped during the Pre Incan era. After you've got your history fix, head out to enjoy a local lunch and Peruvian dancing. After lunch continue on to see the Peruvian Paso Horse and learn more about this majestic beauty.

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.

Enjoy the day exploring the city. Opt to pre-book the Lima Cooking Class and learn how to cook some classic Peruvian dishes using ingredients from the local market.

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.



Today's Activities

Free Time

Lima

Get out and get exploring!



Optional Activities - Day 35

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.

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.

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.

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.

Day 36

Lima/Paracas

Free morning in Lima before travelling by bus to Paracas.

Savour a pisco sour while staying in Pisco's neighbouring town of Paracas.



Meals included

Breakfast



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, which provide 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 as subjects for photographs 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

Dinner



Today's Activities

Private Vehicle

Paracas - Nazca

4h

175km

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

Huacachina Winery Visit

Huacachina

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



Optional Activities - Day 37

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!

Day 38

Nazca/Arequipa

Opt for a flight over the Nazca Lines before an overnight bus to Arequipa.



Today's Activities

Free Time

Nazca

Enjoy some free time during the day.

Overnight Bus

Nazca - Arequipa

9h

Curl up and catch a snooze en route to the next stop.



Optional Activities - Day 38

Nazca Desert Cemetery and Potter's Studio Guided Tour

Nazca

90PEN

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.

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.

Opt to explore the Arequipa on a city tour or soak in a local hot spring.

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 spicy food lovers, checking out one of the “Picanterías” is a must. Arequipa has a variety of regional food: alpaca, shrimp, pork, lots of soups, and spicy sauces.



Today's Activities

Free Time

Arequipa

Make the most of your time here.



Optional Activities - Day 39

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.

Day 40

Arequipa/Colca Canyon

Take a full-day tour of the spectacular Colca Valley, and opt for a soak in hot springs.

Enjoy an overnight excursion to the impressive Colca Canyon - one of the deepest canyons in the world. Stop in fascinating villages and at “miradors” (scenic lookouts), where, with a little luck, visitors can see Andean condors soaring over the majestic Andes. Other unusual animals that can be spotted in the Andean landscape include three different species of camelids: alpaca, llama and vicuña.



Meals included

Breakfast



Today's Activities

Private Vehicle

Arequipa - Colca Canyon

2h30m-3h

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

Colca Canyon Guided Tour

Colca Canyon

2h-2h30m

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.



Optional Activities - Day 40

Hot Springs

Chivay

15PEN

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

Day 41

Colca Canyon/Arequipa

Set out looking for the majestic soaring condors over Colca Canyon. Head back to Arequipa to enjoy the city in the evening.



Meals included

Breakfast



Today's Activities

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.

Private Vehicle

Colca Canyon - Arequipa

2h30m-3h

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

Day 42

Arequipa/Cusco

Explore Arequipa and opt to take a city tour. Take an overnight bus to Cusco.



Meals included

Breakfast



Today's Activities

Free Time

Arequipa

Get out and explore more of this beautiful colonial city.

Overnight Bus

Arequipa - Cusco

10h

Curl up and catch a snooze en route to the next stop.



Optional Activities - Day 42

Santa Catalina Monastery Visit

Arequipa

60PEN

Visit this 16th-century monastery (over 20,000 sq m) for its beautiful architecture built in the Mudéjar style. Travel back in time wandering its small streets lined with colourful walls, and take some time to learn about its captivating history.

Arequipa City and Area Panoramic Bus Tour

Arequipa

20USD

Get to know "the White City" and the surrounding area on a panoramic bus tour. Stop at picturesque viewpoints to capture the surrounding volcanoes, marvel at the white volcanic sillar rock architecture, and fall in love with Arequipa's cityscapes.

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.

Free time to explore Cusco. Choose to pre-book the optional Cusco Cooking Class. Opt for a city tour or go whitewater rafting, horseback riding or mountain biking.

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.



Optional Activities - Day 43

La Merced Visit

Cusco

Enjoy a visit to this historic church and convent, first built in 1536 and rebuilt in 1675 (it was destroyed in the 1650 earthquake). Take in the wonderful architecture here, including Baroque Renaissance cloisters and beautiful wood carvings. There's also an ornate monstrance on display; made of gold and covered with gemstones, it's a must see.

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

Whitewater Rafting Urubamba

Urubamba

69USD

Rise for an early morning pick up and drive to Chuquicahuana for a safety briefing. Enjoy a full day of rafting on the Upper Vilcanota River (about 2.5 hrs on the water). Be thrilled by fast rapids that are a

constant Class III and IV for around 11km (9 mi), and don't forget to take in the gorgeous scenery. Rehash all the excitement afterward over a riverside picnic lunch.

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.

Enjoy another free day in Cusco. Choose to pre-book the Cusco Cooking Class.

To arrange the hike to the famed Rainbow Mountain, pre-book on the checkout page to include this 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



Today's Activities

Free Time

Cusco

Make the most of your time in Cusco.



Optional Activities - Day 44

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

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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.

Day 45

Cusco/Ollantaytambo

Learn about the Sacred Valley en route to Ollantaytambo. Opt to take a Sacred Valley tour with a visit to a G Adventures-supported women's weaving co-op.

Ollantaytambo is a major Inca ruin site and a first taste of what lies ahead. For those craving more before they head out on the Trail, opt to take a Sacred Valley tour which includes a visit to a G Adventures-supported women's weaving co-op.



Meals included

Breakfast



Today's Activities

Private Vehicle

Cusco - Ollantaytambo

1h45m

94km

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



Optional Activities - Day 45

Sacred Valley Tour

Ollantaytambo

220PEN

Opt to add a Sacred Valley tour, which includes a visit to a G Adventures-supported women's weaving co-op, the impressive Pisac ruins, the colourful artisan market (market days only), and the large ruin site of Ollantaytambo that lies adjacent to the town of the same name.

Ollantaytambo Ruins Guided Tour

Ollantaytambo

Tour the town and fortress of Ollantaytambo with a local guide. Take a step back in time at this Inca archaeological site; it still shows signs of its former glory, including agricultural terraces, a Temple Hill, and storehouses. Learn how the area, overlooking the Urubamba River Valley, was an important stronghold during warfare between the Spanish and Incas.

Sacred Valley Brewery

Ollantaytambo

Delight your tastebuds and sample high-quality beer with the breathtaking Sacred Valley as a backdrop. This craft brewery uses local ingredients to make award-winning brews and gives back to the surrounding communities. What's not to like?

Depart Ollantaytambo by van to km 82 where your trek begins. Hike through beautiful scenery, with a variety of flora that changes with the seasons. You'll see 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



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 47

Inca Trail

Get an early start today to climb the long steep path to Warmiwañusca, 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 some much needed R&R.



Meals included

Breakfast | Lunch | Dinner



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 48

Inca Trail

Cross two more passes and ruins along the way. The first pass is Runquraqay at 3,950m (13,113 ft) where, on a clear day, you can catch a glimpse of the snow-capped Cordillera Vilcabamba. Hike through cloud forest on the 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



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.

The final day of the hike starts pre-dawn to reach the Sun Gate before sunrise. Wake up around 03:30 and walk to the checkpoint. Catch the first views of the breathtaking ruins of Machu Picchu on a clear day. Hike down to Machu Picchu for a guided tour of the site. Catch the bus to Aguas Calientes before your train back to Cusco in the afternoon. Tonight, dance the night away at a popular night club.



Meals included

Breakfast



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.

ACTIVITY

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.

Day 50

Cusco

Today is another free day to get the most out of Cusco and to do anything you may not have done yet. Continue to explore and be active or relax and watch the world go by from one of their many bars and restaurants on the main plaza.



Meals included

Breakfast



Optional Activities - Day 50

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.

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 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 51

Cusco/Puno

Sit back, relax, and soak in the impressive views as you travel by bus through the Altiplano on your way to Puno on Lake Titicaca.



Meals included

Breakfast



Today's Activities

Local Bus

Cusco - Puno

7h30m

389km

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

This morning, you will board a boat on Lake Titicaca and head to Taquile Island. Opt to have lunch in a local restaurant and shop in the afternoon at the local weaving cooperatives. Later, cruise to another village for an overnight homestay to live like a local on the shores of the lake. Learn more about rural life in the Peruvian highlands and create unforgettable memories with the family and fellow travellers.



Meals included

Breakfast | Dinner



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

Accommodation on the islands may be multi-share.

Day 53

Lake Titicaca/Puno

Say goodbye to your homestay family and stop at the Uros Islands on your way back to Puno. If you want, you can check out the spectacular chullpas (funerary towers) of Sillustani, a pre-Inca archaeological site. Or kayak on Lake Titicaca.



Meals included

Breakfast | Lunch



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!).

Free Time

Puno

Make the most of one last afternoon in Puno.



Optional Activities - Day 53

Sillustani Burial Towers Entrance

Puno

59PEN

Take a guided tour of the Sillustani burial towers known as "chullpas." Be awed by these fantastic ruins located outside Puno – their remarkable towers stretch up to 12m (39 ft) in height.

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 54

Puno/La Paz

Today, enjoy a full-day drive around the picturesque lake and through the Altiplano to La Paz. Cross over into Bolivia and catch your breath before a night out in the highest city of the trip. Check out the area of Sopocachi for cool bohemian vibes.



Meals included

Breakfast



Today's Activities

Local Bus

Puno - Yunguyo

2h30m

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

Border Crossing (Peru - Bolivia)

Desaguadero

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Local Bus

Copacabana - La Paz

3h

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



Optional Activities - Day 54

La Paz City Tour

La Paz

35USD

Explore the city on a guided tour. Check out stunning cathedrals, impressive museums, and lively markets, learning more about the history of this fascinating city. Look for majestic Mt Illimani in the background.

Valley of the Moon Tour

La Paz

15USD

Tour the lunar landscape of the Valley of the Moon, observe the clay formations carved into the landscape by years of erosion.

Witches' Market Visit

La Paz

Learn more about the pre-Columbian Aymara beliefs at the Witches' Market. You can witness locals buying products such as dried frogs, potions, and talismans for use in rituals and offerings.

Day 55

La Paz

Depart at any time.

Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

Optional Activities - Day 55

La Paz City Tour

La Paz

35USD

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What's included

- Your G for Good Moment: Wiwa Community Visit & Lunch, Gotshezhy Village
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your G for Good Moment: Lake Titicaca Homestay, Lake Titicaca
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Cartagena
- Your Local Living Moment: Amazon Jungle Experience, Tena
- Your Discover Moment: Baños
- Your Discover Moment: Lima
- Your Discover Moment: Cusco
- Your Big Night Out Moment: Cusco
- Lost City of Teyuna trek (5 days)
- Tayrona National Park excursion (excluding February departures)
- Overnight desert camping (Tatacoa)
- San Agustin ruins visit
- Visit to Otavalo Market
- Orientation walks in Medellin and Quito
- Beach time in Taganga, Mancora, and Huanchaco
- Pachamanca ceremony (Nazca)
- Guided tour of Machu Picchu
- Inca Trail hike with a local guide, cook, and porters (4 days)
- Amazon Jungle and Colca Canyon excursions
- Lake Titicaca excursion
- Internal flights
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Trek to the Lost City of Teyuna, hike with a local guide through Tayrona National Park, camp under the stars in the Colombian desert, experience local life in a Amazon Jungle homestay, conquer the Inca Trail to Machu Picchu, Discover how infamous Medellín has become one of Latin America's safest cities, Get your adrenaline pumping in the adventure capital of Baños, chill out on the beaches of Mancora, spend the night at a Lake Titicaca local village homestay

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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 view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there an 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.

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

1. Please note that this tour combines with other G Adventures tours. Some staff and travel companions may be continuing together on another G Adventures tour after your trip concludes.

2. 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 8kg). 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.

3. Lost City Trek

Please Note: The Lost City Trek is closed for the month of September each year in order to preserve the trail and complete general maintenance and upkeep.

Hiking days are between 4-6 hours a day, and the highest altitude reached is 1,200m (3,937 ft) at the Lost City itself. The humidity and the heat makes the trek challenging. Throughout the year the temperature is generally between 35-45 degrees, and there can be heavy rain and muddy conditions.

Along the trek, you will be required to carry your own gear. We recommend not carrying more than is necessary for the route. One or two changes of clothes is enough to give you a change for each day on the trek. Please bring a bag that is sufficient in size to carry what you might need. It is possible to hire a mule to carry equipment for the trek, at a cost of 40-50 USD per day.

Dry season (December - March), the trail can be dry and dusty. When the rains arrive (April - November), the trail can be muddy and slippery underfoot. This also affects the numerous river crossings, as the rainy season brings higher rivers. This can mean that river crossings can be as high as waist height, so we recommend that you bring a dry bag or a plastic bag to cover your daypack as you might need to carry this above your head to keep it out of the river.

As the majority of this trek is through the jungle, please be aware of the presence of mosquitos and other bugs. We highly recommend bringing some form of insect repellent. While the campsites have mosquito nets over the beds and hammocks, mosquitos can be unavoidable at times. A sleep sheet can help to prevent bug bites at night as well.

3. 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.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEOs), 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 18, avg 14.

What meals are included in this trip?

35 breakfasts, 13 lunches, 12 dinners

What are the meals like on this trip?

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

Local bus, 4x4, boat, truck, motorized canoe, train, hiking, plane, minibus.

What transportation will we take on this trip?

This trip combines a variety of transportation types. At G Adventures, we believe that getting there is half the fun. When it comes to getting around, public transport is often the best and most colourful way to go. You'll be using a combination of public buses, private vans, ferries, boats and taxis to get from here to there.

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 solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Simple hotels (39 nts, some multi-share), hammock or rustic cots (4 nts), overnight buses (4 nts), homestays (3 nts), camping (4 nts).

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

Nights 4-7: Lost City trek, Night 9: Tayrona Park (hammocks), Nights 20-22: Amazon homestay, Nights 29, 31 and 36: overnight buses, Nights 38-39: Colca Canyon, Night 40: overnight bus, Nights 45-47: Inca Trail, Night 50: Lake Titicaca homestay.

What kind of accommodation can I expect on this trip?

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

Multi-share Accommodation: Multi-share same-sex accommodation is used on this tour, as such, if you are travelling with someone of a different gender you will not be in the same room for multi-share nights. For private accommodation please see tours in our Classic Travel Style.

What is the joining hotel?

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

What are the joining instructions?

To take a taxi to your destination, pick up a taxi voucher from the official stand in the baggage area before getting into a cab which will have the price printed on it depending on where you're headed. The price to get to the old city or anywhere in the "Centro" area Zone 1 including hotels in Getsemani should not cost more than COP \$18,000.

The supply of yellow taxis in Cartagena is abundant and cheap so if needed they are the preferred choice. This said, one does not need them within the boundaries of the old town so what is left are the so called Boca Grande development and Convento de la Popa /Castillo San Felipe direction. The first makes sense but the Convento is a bit awkward and the taxi drivers know it so tough negotiations are a prerequisite for not being gauged on the way. Airport rides are regulated and cost no more than 5USD.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

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, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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.

What should I take on my trip?

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. It's best to layer clothes rather than bring a heavy parka so that you can take layers off.

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 and for the Lost City Trek. 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.

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

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: On the Lost City Trek you must carry the gear you require for the trek. Your main luggage will be stored at the hotel, please bring a day pack (30-40L) to use during the trek. Please note for trekking rentals credit cards are the preferred method of payment. 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.

When can I do my laundry on this trip?

Laundry availability is dependent on the location you're in or the amount of time spent in that location.

We suggest packing enough clothing in case laundry is not available and/or packing laundry soap so you can wash things if needed.

Laundry is available on this trip in Cartagena (Day 1-2), Bogotá (Day 13-14), Quito (Day 18-19), Baños (Day 23-24) and Cusco (Day 41-42).

How much spending money do I need for my trip?

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?

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. Please bear in mind that cost of living in the southern cone countries (Argentina, Brazil, Chile) is much higher than the rest of South America, and in the case of Argentina, more comparable with Europe. 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

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: 10-25 USD

Assistant guide: 5-12 USD

Your trekking crew: 40 USD

Lares Trek:

Head guide: 10-25 USD

Assistant guide: 4-10 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?

- Please see the itinerary for information on optional activities and estimated pricing. Huayna Picchu: Although this hike may be promoted by others, we cannot verify that this hike meets G Adventures minimum safety standards. We do not include the Huayna Picchu hike in any of our itineraries, and our CEOs and support staff are prohibited from providing advice or assistance with booking this activity.

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 trip 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.

YELLOW FEVER: This trip visits Tayrona National Park. Some national parks in Colombia may deny entry to travellers who do not show proof of yellow fever vaccination. Please consult with your travel doctor for up to date information well before departure.

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

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

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/

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?

Minimum age of 18 years for this trip.

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.