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Sorry! There are no remaining departures for "Essential Peru Upgraded Adventure" (SPQJ), [but here are some similar trips](#).



Essential Peru Upgraded Adventure

14 days, Lima to Lima

Trip code SPQJ

What's included

- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your G for Good Moment: Parque de la Papa (Potato Park), Pisac
- Your Discover Moment: Cusco
- Arrival transfer
- Three-day (2 nts) excursion to the G Adventures exclusive rainforest lodge
- Sacred Valley tour including Pisac and Ollantaytambo ruins
- Choice of four-day Inca Trail hike with local guide, cook and porters, or Cusco/ Aguas Calientes stay with scenic train
- Guided tour of Machu Picchu
- Guided tour of Taquile and Uros Islands on Lake Titicaca
- 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 11th, 2022 and onwards

Itinerary



Itinerary Notes

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

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

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

Day 1

Lima

Arrive at any time. Arrival transfer is included.

Please note: 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 am (10:30 from Aug-Dec) and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. Return back to your hotel around 13:00.

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

There are some very early morning starts on this trip to make the best use of our time and see as much as we can of Peru as we can.



Today's Activities

Private Vehicle

Lima

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

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.



Optional Activities - Day 1

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.

Huacas and Larco Museum by Night

Lima

90USD

Tour three different Huacas in the city which were built during pre-Inca times in the middle of Lima. Then, visit the Larco Museum where you will enjoy a 3-course dinner in the restaurant there.

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.

MALI & Peruvian Paso Horse with dinner

Lima

90USD

Visit Parque de la Exposición, a historical park in the city and the Art Museum of Lima which exhibits art developed from pre-Inca, Colonial and Present times. Then, visit a Hacienda where you will experience a performance of typical, local dances and see the Marinera Dance with the horses while you enjoy a buffet dinner.

Day 2

Lima/Tambopata

Fly to Puerto Maldonado and continue by motorized canoe to the comfortable and intimate G Lodge Amazon, located just outside of the Tambopata National Reserve.

After a brief stop in town to store large luggage, drive to the pier and travel by covered motorized boat to the jungle lodge.

En route, spot bird species typical of the local river and forest edge. The Tambopata Rainforest area holds the world record for the most bird sightings in one area.

Local community members make up the majority of lodge staff, including multilingual naturalist guides. Take the opportunity to learn about the area's rich flora and fauna and locals' extensive use of medicinal plants and other forest plant resources through traditional techniques for building, fishing, and hunting.

Enjoy a welcome drink and orientation. Before dinner, head out for a night walk around the lodge grounds.

The lodge itself combines native architectural style and materials with low-impact, eco-friendly technology. Rooms are simple but comfortable, with mosquito netting for individual beds, flush toilets, showers (with solar-heated hot water), and candles for lighting (no electricity).



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Plane

Lima - Puerto Maldonado

2h30m

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

Motorized Canoe

Puerto Maldonado - Tambopata

2h-3h

Head by private vehicle to the lodge's office in Puerto Maldonado to store large luggage. From there, travel about 1 hr to reach the boat landing.

Be prepared to protect yourself from the sun and bugs before you get on the boat. It's quite pleasant with the covered roof and breeze, but you can still get sunburned. It's recommended to wear light long sleeves and trousers on the boat.

Wildlife-spotting Night Walk

Tambopata

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

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

Head out early to catch the jungle at its wildest (and coolest). Walk slowly through the forest searching for wildlife before heading out on an oxbow lake by canoe.

Search for anaconda, the elusive giant river otter, or black caiman. Even if you don't spot these shy creatures, there are plenty of birds, interesting plants, and other animals about.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Jungle Excursions

Tambopata

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

Free Time

Tambopata

Spend time around the lodge or go further afield. Free time is yours to explore any way you want!

Caiman-Spotting Cruise

Tambopata

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

Return to Puerto Maldonado by motorized canoe and catch a flight to Cusco. In the evening visit the Cusco Planetarium to learn about the importance of astronomy to the ancient Inca and, weather permitting, look up at the stars through telescopes.

Afternoon arrival into the Inca capital. Time for strolling around the plazas and markets. Admire the cobblestones streets, and visit some museums and Cathedral.

This adventure travels to high altitude, medically defined as anything over 8,000 ft (2,440m).



Meals included

Breakfast



Today's Activities

Motorized Canoe

Tambopata - Puerto Maldonado

3h

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

Plane

Puerto Maldonado - Cusco

1h-1h30m

320km

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

Free Time

Cusco

Take it easy this afternoon and acclimatize to the higher altitude.

Cusco Planetarium

Cusco

Look to the night sky for a different view of the city. Explore the Cusco Planetarium surrounded by the serene nature of the Llaullipata Ecological Reserve. Enjoy a presentation on the southern sky, contemporary astronomy, and the ancient Incas' relationship with the cosmos. Check out the on-site museum and use the telescopes to admire the stars (weather-permitting).

Send a full day exploring the Sacred Valley, stopping first at the G Adventures–supported Parque de la Papa, a rural Andean community working to preserve hundreds of varieties of native potato. Take a tour of the Inca Ruins at Pisac and Ollantaytambo, and enjoy a delicious lunch at the G Adventures–supported Parwa Community Restaurant in Huchuy Qosqo.



Meals included

Breakfast | Lunch



Today's Activities

ACTIVITY

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

Pisac Ruins Guided Tour

Pisac

Tour the fascinating hilltop citadel of Pisac, an Incan ruin with plunging gorges, a ceremonial centre, and winding agriculture terracing that's still in use today. Be captivated by this truly amazing site sitting amid sweeping green valleys and mountain peaks. Explore the back of the site to see a pocketed cliff across Kitamayo Gorge, which once contained hundreds of Inca tombs.

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.

ACTIVITY

Parque de la Papa (meaning "Potato Park") serves two important purposes for the community of Pampallacta: the preservation of agricultural biodiversity and economic opportunity. We will visit the park to learn about life in a rural agricultural Andean community and take a tour of the seed conservation program, which is preserving heritage potato species. We will also learn about traditional

planting, harvesting and indigenous weaving practices. With G Adventures' support, the community is able to create jobs in the area and invest in local businesses, which helps the community preserve their culture.

Private Vehicle

Cusco - Ollantaytambo

1h45m

94km

Times includes all stops and visits enroute through the Sacred Valley.

After breakfast visit the Ollantaytambo ruins where you'll walk up the 200 stone steps to reach the top. Return to the Sacred Valley with your G representative to explore the sites of the Maras Salt Mines and the ancient Incan agricultural terraces of Moray. Continue on a scenic drive through small villages and stunning views of the Andean countryside. Stop at Piuray Lagoon and opt to explore by kayak or stand-up paddleboard. Then visit the Chincheros ruins. Known to the Incas as the birthplace of the rainbow, this site offers stunning views of the Andean countryside. Return to Cusco for the evening.

Leave the hikers to start their trek and head out to explore Moray and Maras ancient Incan ruins. Enjoy a scenic drive through Andean farmland on the way to Piuray Lagoon.



Meals included

Breakfast | Lunch



Today's Activities

Ollantaytambo Ruins Visit

Ollantaytambo

1h-1h30m

Explore this ancient site right in the heart of Ollantaytambo city. Learn about the principles of Incan architecture and get a first taste of climbing around a massive ruins site.

Maras Salt Mines and Moray Visit

Maras – Moray

Tour the unique Inca ruins of Moray, consisting of circular terraces and a sophisticated irrigation system located at 3500m (11483 ft). Learn about the history and study of this fascinating site – speculation has it that it was an Inca agriculture experiment station. Then visit the impressive Maras Salt Mines and see thousands of individual ancient salt pools spilling over a hillside. Learn about the different varieties of salt, and try the renowned pink salt, famous worldwide.

Scenic Andean Drive and Piuray Lagoon Visit

Moray – Piuray Lagoon

1h-1h30m

Set out on a scenic drive above the Sacred Valley of the Incas, stop along the way to lookout over small farms carved into the hills and small villages dotted along the landscape. Enjoy the views at picturesque Piuray Lagoon, opt to relax, explore the lagoon by kayak, or stand-up paddleboard.

Private Vehicle

Piuray Lagoon – Chincheros

4km

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

Chincheros Ruins Visit

Chincheros

45m-1h

Chincheros is known to the Incas as the birthplace of the rainbow. This typical Andean village has Inca ruins, a colonial church, and sweeping mountain views. Explore the ruins and check out the impressive architecture of this ancient place.

Private Vehicle

Chincheros - Cusco

45m-1h

28km

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



Optional Activities - Day 6

Kayaking Piuray Lagoon

Piuray Lagoon

45-48USD

Glide across the lake by kayak, grab a paddle, and get ready to be wowed by natural beauty in every direction. Take time to soak in the endless Andean sky and stunning mountain scenery.

Stand-up Paddleboarding Piuray Lagoon

Piuray Lagoon

45-48USD

Test your balance on a paddleboard, grab a paddle and your sense of adventure and head out on the water. Stand up, get your balance, and admire the mountain scenery around you.

Day 7

Cusco

Fill up on breakfast at your hotel in Cusco before walking to the Cusco Cathedral where your guide will meet the group for your walking tour of Cusco's colonial side. The group will see the colonial architecture and influence visible in Cusco and visit the beautiful Sapantiana waterfalls before having lunch at Nuna Raymi in the city. Afterwards, the group will walk back to the hotel and can enjoy free time for the rest of the evening.



Meals included

Breakfast | Lunch



Today's Activities

Cusco Colonial Side Walking Tour

Cusco

6h

Spend time on a group walking tour of the colonial areas in Cusco. Start in Cusco City and finish with a visit to the Sapantiana waterfalls before having a delicious lunch at a restaurant near the main plaza.

Free Time

Cusco

Spend more time getting to know this fascinating city and surrounding area. Free time is yours to explore any way you want.



Optional Activities - Day 7

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.

Day 8

Cusco/Aguas Calientes

After breakfast at the hotel in Cusco, the group will travel by van to Ollantaytambo to catch the scenic train to Aguas Calientes. After enjoying a quick orientation walk around the town of Aguas Calientes the group will have free time for optional activities. Opt to visit the Machu Picchu Museum, the Mandor Waterfalls, and the butterfly garden. Or consider taking a dip in some thermal baths to relax those muscles.



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.

Train

Ollantaytambo - Aguas Calientes

1h30m

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

Aguas Calientes Orientation Walk

Aguas Calientes

30m-45m

The group will arrive at Aguas Calientes with their assistant guide or CEO and they will have an orientation walk through the town of Aguas Calientes. Your CEO can then help you coordinate any optional activities you may want to try during your time here.



Optional Activities - Day 8

Machu Picchu by Train with 1-Day Inca Trail

Inca Trail - Machu Picchu

16km

Are the 4-day Inca Trail permits sold out or are you taking the "Machu Picchu by Train" itinerary and looking for a taste of the trek? Then this is the option for you. Traverse cloud forests while enjoying spectacular views on this '1-day Inca Trail' trek. Start by disembarking the train at km 104. Follow the local guide as the trail rises steeply up into the mountains and winds past the archaeological sites of Wiñay Wayna and Inti Pata. Gain insight into the fascinating culture of the Incas en route to the trek's culmination at the Sun Gate. Enjoy a packed lunch along the way, and reach the Sun Gate in the late

afternoon. Enjoy time to take in the views of Machu Picchu before the guided tour the following day. After, take one of the buses from Machu Picchu to Aguas Calientes to spend the night in a hotel in town. Opt to visit nearby hot springs to soak sore muscles, if time permits.

**Please note this must be pre-booked as it requires an Inca Trail permit, which is on request and subject to availability. This option is also only available as part of the "Machu Picchu by Train" itinerary and is not available with the 4-day Inca Trail or Lares Trek. Travellers completing this trek will be assigned Circuit 3 for their guided visit of Machu Picchu, but will also have access to the panoramic viewpoint upon arrival via the Sun Gate. Please speak to your GCO or travel agent for more information.

Machu Picchu Museum Visit

Aguas Calientes

7USD

Get an in-depth look at Inca history and learn more about Hiram Bingham, the American archaeologist and explorer that discovered Machu Picchu. The museum holds the largest collection of Inca artifacts excavated from Machu Picchu. Your guide will point out items of interest so you walk away feeling like an explorer yourself.

Machu Picchu Thermal Baths

Aguas Calientes

6USD

After Machu Picchu, the biggest tourist attraction in the town of Aguas Calientes are its thermal baths. Temperatures vary from 38°C. (100.4 ° F) to 44°C. (111.2 ° F). The waters come from a natural spring of volcanic origin that is yellowish in colour due to the presence of sulfur.

Mandor Waterfalls Optional Visit

Aguas Calientes

20PEN

This botanical garden boasts a beautiful waterfall, varied wildlife and lush scenery. Walk along one of the trails and admire the many orchids.

Machu Picchu Butterfly Garden

Aguas Calientes

20PEN

This sanctuary is located inside the National Park of Machu Picchu. There are more than 100 different endemic species here and you'll have the opportunity to see them on this visit to the House of Butterflies.

Rise early to enjoy a guided tour of Machu Picchu. After, catch the train towards Cusco.

Enjoy a guided visit to the ruins, then head back down by bus to Aguas Calientes to meet up with the rest of the group. Take the scenic train back to Ollantaytambo to meet the van for the ride back to Cusco.



Meals included

Breakfast



Today's Activities

Local Bus

Aguas Calientes - Machu Picchu

15m

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

Machu Picchu Guided Tour

Machu Picchu

1h30m-2h

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

Train

Aguas Calientes - Ollantaytambo

1h30m-1h45m

31km

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

Private Vehicle

Ollantaytambo - Cusco

1h30m-1h45m

60km

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

Day 10

Cusco

Free day in Cusco—explore this city at your leisure. Choose to pre-book the Cusco Cooking Class. Opt to visit museums and ruins or try whitewater rafting or rock climbing in this UNESCO World Heritage Site.

The picturesque colonial town of Cusco is rightfully considered the mecca of Peru. Offering nearby ruins, cobblestoned streets, museums, and churches there's no shortage of things to see and do in this town's lively atmosphere. For the more adventurous, consider optional activities like horseback riding around archaeological sites such as Sacsayhuaman, Tambo Machay, and Puca Pucara; or maybe white water rafting on the Urubamba River; and mountain biking down to the Sacred Valley.

Please note: if you pre-booked 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. You will return back to your hotel around 16:00.



Meals included

Breakfast



Optional Activities - Day 10

Cusco Cathedral Visit

Cusco

40PEN

Enjoy a visit to this beautiful cathedral; its construction began in 1559 and continued for another hundred years. Be sure to check out its excellent collection of colonial art, and the vault containing the remains of the famous Inca historian, Garcilaso de la Vega.

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.

Horseback Riding

Cusco

150PEN

Hop in the saddle and explore Cusco's archaeological sites by horseback on a 3.5 hr tour – no previous experience needed. Dress for the weather, and bring sunblock and a hat, just in case.

Mountain Biking

Cusco

Take to two wheels and head out into the hills around Cusco for some nature-meets-adrenaline fun. Try a trip to the Sacred Valley, perhaps, visiting an Inca ruin along the way.

Cusco Archaeological Tour

Cusco

Explore some of the most important Inca ruins outside the city. Admire Saqsaywaman's monumental stonework. See Tambomachay's fountains, thought to be an ancient spa or a military outpost. Discover the natural cave in Qenqo – home to the ancient temple of Puma.

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 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.

Day 11

Cusco/Puno

Venture south on a scenic drive across the Altiplano to Puno, which sits on the western shore of Lake Titicaca. Settle into the hotel on arrival and get ready for the next day's excursion.

Enjoy spectacular views of the countryside on this full day of travel from Cusco to Puno, through the high Altiplano.



Meals included

Breakfast



Today's Activities

Private Vehicle

Cusco - Puno

7h-8h

321km

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

Enjoy a guided boat tour on Lake Titicaca—one of the highest navigable lakes in the world. Visit floating Uros Islands and step ashore Taquile Island before enjoying a traditional meal with a local family in the small rural community of Luquina Chico. Later, opt for a tour of the pre-Inca burial site, Sillustani.

In the morning, board a comfortable 35-foot, fully equipped speed boat to explore the lake. Stop at various islands to enjoy the lake's scenic splendor and to meet the friendly people of these communities.



Meals included

Breakfast | Lunch



Today's Activities

Day Trip to Lake Titicaca

Lake Titicaca

Head out for a day on beautiful Lake Titicaca. Travel to Taquile Island to visit the community and check out the spectacular views. Do some shopping at the local weaving cooperatives and learn about the Taquileños, known for their fine handwoven textiles and clothing.

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

Lake Titicaca Community Home Lunch

Puno

Visit the Luquina Chico community on the shores of beautiful Lake Titicaca and take in sweeping views of the lake and its islands. During lunch in the home of a local family, get a personal view of everyday life in rural Peru.



Optional Activities - Day 12

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.

Day 13

Puno/Lima

Transfer to the airport for your flight back to Lima where you will spend the evening exploring the streets of this city's historic district. Make sure to try the country's national drink—pisco sour.



Meals included

Breakfast



Today's Activities

Private Vehicle

Puno - Juliaca

1h

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

Plane

Juliaca - Lima

1h30m-2h

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

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

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

What's included

- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your G for Good Moment: Parque de la Papa (Potato Park), Pisac
- Your Discover Moment: Cusco
- Arrival transfer
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- Sacred Valley tour including Pisac and Ollantaytambo ruins
- Choice of four-day Inca Trail hike with local guide, cook and porters, or Cusco/ Aguas Calientes stay with scenic train
- Guided tour of Machu Picchu
- Guided tour of Taquile and Uros Islands on Lake Titicaca
- Internal flights
- All transport between destinations and to/ from included activities

What are the main highlights of this trip?

Spot wildlife in the Amazon jungle at the G Adventures exclusive lodge, Stargaze from the Cusco Planetarium, Catch the comfortable train to Machu Picchu and explore the temples and terraces of this UNESCO World Heritage Site, Visit the Luquina community and have lunch on Lake Titicaca

Itinerary Notes

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

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

Is there 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.

Are there Itinerary notes?

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

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

1. MACHU PICCHU CIRCUITS

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

2. INCA TRAIL REGULATIONS

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

3. MACHU PICCHU REGULATIONS

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

4. MACHU PICCHU BY TRAIN - OPTIONAL

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

5. INCA TRAIL MAINTENANCE

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

6. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

7. PORTERS

In our continued effort to support the rights of the porters on the Inca Trail, we would like ensure that they never exceed the weight limit for their packs as set out by the Peruvian authorities. Porters are allowed to carry no more than 6kg of personal belongings per hiker (for all other Peru treks the limit is 7kg). That means that including your sleeping bag, toiletries, clothing, etc, you are allowed a total weight of 6kg for the hike which will be carried in a duffle bag provided by our local office. Any additional weight must then be carried by you in your day pack. To help achieve this goal we recommend that you carry travel sized toiletries, that you bring sport sandals that can be worn with socks (which are lighter than running/walking shoes) and that you limit electronics to those that you are willing to carry. Any additional baggage can be left in Cusco, but is advised that you bring anything of value (eg. money, passport, credit cards, camera, etc) with you on the trek.

If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, please see the Tipping section for guidelines.

8. YELLOW FEVER

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

9. WET SEASON

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

10. GROUP DYNAMICS

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

11. ACCOMMODATION NOTE:

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

12. Wifi

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

What is the group leader like?

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 16, Avg 10.

What meals are included in this trip?

13 breakfasts, 6 lunches, 2 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. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Please note: Should you choose to take the train to Machu Picchu, on days 6 to 9, breakfast is the only meal included.

What are the modes of transportation on my trip?

Private van, plane, train, boat, canoe, hiking, walking.

Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Is there an extra cost for travelling solo?

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (11 nts), G Lodge Amazon (2 nts).

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

Nights 2-3: Amazon Jungle, Nights 6-8: Inca Trail

What kind of accommodation can I expect on this trip?

Should you choose to not hike and take the train to Machu Picchu, you will spend 2 nights in a Comfort hotel in Cusco and 1 night in a comfort hotel in Aguas Calientes.

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

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?

Please note that day 1 is an arrival day and no activities have been planned on this day. Upon arrival to the city on day 1, please make your way to the joining hotel via your included transfer. Details on where to meet your transfer can be found in your voucher notes or on the G Adventures app.

If you have booked pre-tour accommodations through G Adventures, please note that you must contact us to confirm the included arrival transfer. Check-in time at your start hotel will be in the afternoon.

Once you arrive at the hotel, look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650 or 01 241 1650 (from mobile within Peru) or 241 1650 (from payphone within Peru)

After hours Emergency number: +51 99 758 2712, (WhatsApp Available)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What 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. We recommend the use of a duffel bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

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

Cold Weather:

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

Documents:

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

Essentials:

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

Health & Safety:

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

Smart Dress:

- Smart outfit (For evenings out)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

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

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?

The currency in Peru is the Nuevo Sol (PEN).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money, a combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates:
www.xe.com

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline, we suggest each hiker contributes the following to a collective pool.

Inca Trail:

Head guide: 15-30 USD

Assistant guide: 10-20 USD

Your trekking crew: 40 USD

Lares Trek:

Head guide: 15-30 USD

Assistant guide: 5-15 USD

Your trekking crew: 35 USD

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

What activities are optional on this trip?

Lima

- Lima City Tour (40USD per person)
- Bike Miraflores and Barranco (35USD per person)
- Full Day Lima Experience (150USD per person)
- Huacas and Larco Museum by Night (90USD per person)
- Lima Cooking Class (4hrs)
- MALI & Peruvian Paso Horse with dinner (90USD per person)

Piuray Lagoon

- Kayaking Piuray Lagoon (45-48USD per person)
- Stand-up Paddleboarding Piuray Lagoon (45-48USD per person)

Cusco

- Cusco Tourist Ticket (130PEN per person)
- Inka Museum (10PEN per person)
- Cusco Cathedral Visit (40PEN per person)
- Rainbow Mountain Hike - Full-day Trip
- Horseback Riding (150PEN per person)
- Mountain Biking
- Cusco Archaeological Tour
- Cusco Cooking Class

Inca Trail

- Machu Picchu by Train with 1-Day Inca Trail

Aguas Calientes

- Machu Picchu Museum Visit (7USD per person)
- Machu Picchu Thermal Baths (6USD per person)
- Mandor Waterfalls Optional Visit (20PEN per person)
- Machu Picchu Butterfly Garden (20PEN per person)

Urubamba

- Whitewater Rafting Urubamba (69USD per person)

Puno

- Sillustani Burial Towers
 - Entrance (59PEN per person)

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Does this trip support a Planeterra project?

Planeterra has been working with the Ccaccacollo community since 2005 to develop a viable economic alternative for women by creating a weaving cooperative to sell traditional textiles to travellers. Donations by travelers have helped build a community centre supplied with looms and sewing machines for the women to use to expand their production. This project allows the women of the Ccaccacollo community to maintain their cultural heritage and benefit from the tourism industry.

Planeterra and G Adventures worked with the Multilateral Investment Fund of the Inter-American Development Bank in the Sacred Valley to develop a community-run restaurant to provide access to the tourism market for the first time to a small village of 65 families, Huchuy Qosco ("Little Cusco" in Quechua), that has traditionally lacked opportunity to benefit from sustainable tourism. Initiatives related to the the restaurant include agriculture suppliers for a "farm-to-table" style program and environmental and social grants as part of a sustainable solution to protect the destination. It is officially open and all G Adventures Sacred Valley tours now include a delicious lunch in Huchuy Qosco's Parwa Restaurante.

Planeterra and G Adventures worked with the Multilateral Investment Fund of the Inter-American Development Bank in the Lares Valley with community members of an isolated village, Cuncani, that have never formally received benefits from campers on the Lares Trek. The campsite features composting toilets, solar showers, and a solid waste management system. The campsite was officially inaugurated in February 2014, and all travel companies working in the Lares region are welcomed, and encouraged, to use this first ecological community-owned and managed campsite in Peru! All G Adventures tours that include the Lares Trek now visit the campsite for one night.

Enjoy G Adventures-supported handmade biodegradable soap products for use on the Inca Trail. The purpose of this G Adventures for Good project was to empower local Cusqueña women to start their own business while lessening the environmental impact of Inca Trail travel. Planeterra provided \$10000 of seed funding for two young entrepreneurs to register their biodegradable products in order to sell to the tourism industry. Esencia Andina is now a successful business that produces biodegradable soaps, detergents, and natural products for use by travelers, porters, and cooks on the Inca Trail. G Adventures is their biggest client, purchasing hundreds of their products per month for Inca Trail travellers!

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?

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

Are international flights included in this trip?

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

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

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

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

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

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