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Sorry! There are no remaining departures for "In The Shadow Of Machu Picchu" (PSM), [but here are some similar trips](#).



## **In The Shadow Of Machu Picchu**

10 days, Lima to Cusco

Trip code PSM

## What's included

- Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your Welcome Moment: Meet Your CEO and Group
- Arrival transfer
- 3-day excursion to G Adventures exclusive rainforest lodge (2 nights)
- Sacred Valley tour with a visit to a G Adventures-supported women's weaving co-op, and lunch at the G Adventures-supported Sacred Valley Community Restaurant in Huchuy Qosco, an indigenous village
- 4-day Inca Trail with local guide, cook and porters or Cusco stay with scenic train
- Guided tour of Machu Picchu
- G Adventures-supported handmade biodegradable soap products for use on the Inca Trail
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing January 1st, 2015 - December 31st, 2017

## Itinerary

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**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 included.

Please note: if you booked the Culinary Theme Pack 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 10:00am 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.



### Today's Activities

Private Vehicle

Lima

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

#### 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.

Day 2

## Lima/Tambopata

Fly to Puerto Maldonado and continue by motorized canoe to the comfortable, intimate, and exclusive G Lodge Amazon.

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 clay licks. Spend some time relaxing in a hammock, enjoying the local swimming hole or visiting a nearby plantation. Go for a caiman-spotting cruise after dinner.

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

Search for anaconda, the elusive giant river otter or black caiman. Even if you don't spot these shy creatures, there are plenty of 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.

Day 4

## Tambopata/Cusco

Travel by boat out of the jungle to Puerto Maldonado for the flight over the Andes and into the heart of Inca territory, Cusco. Enjoy free time to explore the city.

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

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### Meals included

Breakfast

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### 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.

Day 5

## Cusco/Urubamba

Full-day guided tour of the Sacred Valley with guided hikes at ruins and a visit to a G Adventures-supported women's weaving project in a local community. Enjoy lunch at the G Adventures-supported Sacred Valley Community Restaurant in Huchuy Qosco, an indigenous village.

Travel through the stunning Sacred Valley of the Incas, with guided walks through the Ollantaytambo and Pisac ruins.

Also visit a G Adventures-supported women's weaving co-op, and Huchuy Qosco, an indigenous village previously bypassed by the tourism industry, now running the G Adventures-supported Sacred Valley Community Restaurant. Stop to enjoy lunch.



### Meals included

Breakfast | Lunch



### Today's Activities

Private Vehicle

Cusco - Ollantaytambo

1h45m

94km

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

#### ACTIVITY

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

#### 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.

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

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

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



## Meals included

Breakfast | Lunch | Dinner



## 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 7

## Inca Trail

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

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### Meals included

Breakfast | Lunch | Dinner

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### 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 8

## Inca Trail

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



### Meals included

Breakfast | Lunch | Dinner



### 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. Catch the first views of the breathtaking ruins of Machu Picchu on a clear day. Hike down for a guided tour of the ruins, before your train back towards Cusco.



## Meals included

Breakfast



## 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.

Depart at any time.

Want more time to explore? G Adventures offers post-accommodation. Please request at time of booking.

Please note: If you booked the Culinary Theme Pack, on day 11 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. As this pack does not include extra on-trip time in Cusco, it is necessary to bundle it with a post-trip stay.

Note: Return flight to Lima can be arranged if requested.



## 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: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your Welcome Moment: Meet Your CEO and Group
- Arrival transfer

- 3-day excursion to G Adventures exclusive rainforest lodge (2 nights)
- Sacred Valley tour with a visit to a G Adventures-supported women's weaving co-op, and lunch at the G Adventures-supported Sacred Valley Community Restaurant in Huchuy Qosco, an indigenous village
- 4-day Inca Trail with local guide, cook and porters or Cusco stay with scenic train
- Guided tour of Machu Picchu
- G Adventures-supported handmade biodegradable soap products for use on the Inca Trail
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Spot wildlife at the exclusive G Lodge Amazon, explore the Incan city of Cusco, conquer the Inca Trail or enjoy the scenic train to Machu Picchu, meet local people at a G Adventures-supported community restaurant

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

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## **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. INCA TRAIL/MACHU PICCHU 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:

<http://www.gadventures.com//terms-conditions/inca-trail-booking-policies/>

## 2. 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.

## 3. DOMESTIC FLIGHT - UPON REQUEST

A flight back to Lima can be arranged if requested at the time of booking.

## 4. 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.

## 5. 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. Also note that if you choose to take the train, the physical rating for this trip is only level 3.

## 6. EXTRAS

Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, Extras are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure, please see details in our optional activities field and ask you sales GCO.

7. 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, however as a guideline, we suggest each hiker contributes the following to a collective pool. We suggest a tipping amount of \$40 per person for the Inca Trail and \$35 per person for the Lares Trek.

8. All travellers are required to pay the tax on domestic flights in Peru. Foreign travellers are exempt from this, and proving you are indeed a foreign traveller can be done by providing us with your international ticket number (ITN).

Travellers who do not submit international ticket numbers at least 30 days prior to Day 1 of their tour will be required to pay the domestic tax on all included flights.

## **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?**

9 breakfasts, 6 lunches, 5 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.

## **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?**

Comfort hotels (4 nts), G Lodge Amazon (2 nts), camping (3 nts).

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

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

If you have chosen the Lares Trek/Cusco Stay you will have a single room/tent for nights 6-8.

## **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?

An arrival transfer is included with all Comfort-level tours when you arrive on Day 1, or when you arrive up to three days prior to the tour, provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Jorge Chavez International Airport in Callao Lima, is approximately a 45-minute drive from the Miraflores district, where our joining hotel is located. The easiest way to get there is via taxi. Immediately after the customs and immigration area, as you head to the exits, you will find an official taxi stand. You can pay for the car at set (approximately \$27 USD) rates and won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic, with many drivers vying for few clients. There are exchange facilities in the Arrivals area open 24 hours.

If you are arriving from abroad and have paid in advance for an arrival transfer, someone will be at the airport to meet you. Upon leaving the baggage claim area you will see a large open area with sign boards all around. Look for a G Adventures sign board with your name. As there are many people and signs in this area it may be difficult for you to spot the sign immediately. Please take your time in doing so and if at that stage you do not see a G Adventures sign board with your name go to the customer service area to wait. In the event that your driver does not arrive within 20 minutes please ask the information desk to arrange an official taxi for you which should cost approximately \$27 USD and this money will be reimbursed by your CEO or G Adventures representative.

FINDING YOUR TRANSFER - As you walk out of the airport there will be many drivers holding signs with agency or passenger names as well as taxi drivers asking you if you require their services. These are NOT our drivers and you should not accept their services. Please wait for our designated transfer person with a G Adventures sign board.

## 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?

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

## What should be on my packing list?

- Documents
- Passport
- Insurance info
- Flight info
- Cash, credit and debit cards
- Vouchers and pre-departure information
- Required visas or vaccination certificates
- Sleeping bag (also available for hire)
- Weather-appropriate clothing
- Windproof/waterproof jacket
- Rain poncho
- Warm clothing
- Fleece jacket or warm layer
- Long trousers
- Hiking pants/track pants
- Shorts/skirts
- Shirts/T-shirts
- Hiking long sleeve shirt
- Loose-fitting, light coloured long-sleeved shirts
- Loose-fitting, light coloured hiking pants
- Thermal underwear
- Socks
- Knee-high socks
- Warm gloves
- Warm hat
- Small towel and swim wear
- Waterproof hiking boots
- Hiking boots/Sturdy walking shoes
- Sturdy walking shoes
- Flip flops/sandals
- Sun hat/Bandana
- Sunblock
- Sunglasses
- Headlamp
- Money belt
- Toiletries
- Watch and alarm clock
- First-aid kit
- Rehydration powder
- Insect Repellent
- Anti-inflammatory tablets (e.g. Ibuprofen)
- Day pack
- Camera with extra memory cards and batteries
- Personal Entertainment
- Binoculars
- Waterproof backpack cover
- Insect Repellent
- Moneybelt
- Pocketknife
- Antibacterial wipes/gel
- Reusable water bottle
- Ear plugs
- Plastic bags
- Walking poles (Optional, must be rubber-tipped)

### Hiking equipment is available to rent locally if desired (prices subject to change):

- Walking pole 15 soles each (30 per pair)
- Sleeping bag 45 soles
- Air mattress 45 soles

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

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

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

## Should I be tipping on my trip?

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

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?

- No optional activities

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

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

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

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

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

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

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

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

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

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

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

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

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

## Is travel insurance required for my trip?

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

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

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

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

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

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

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

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

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

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.