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Sorry! There are no remaining departures for "Inca Heartland" (PXML), [but here are some similar trips](#).



Inca Heartland

21 days, Lima to La Paz

Trip code PXML

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 G for Good Moment: Cuncani Community Campsite, Cuncani
- Your G for Good Moment: Lake Titicaca Homestay, Lake Titicaca
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Cusco
- Nazca desert cemetery and potter's studio guided tour
- Arequipa stay
- Colca Canyon guided tour
- Sacred Valley guided tour
- Pottery making demonstration
- Inca Trail guided hike with cooks and porters (4 days)
- Machu Picchu guided tour
- Floating islands of Uros visit
- Lake Titicaca guided tour and homestay
- La Paz stay
- Internal flight
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing January 1st, 2018 and onwards

Itinerary



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

Day 1

Lima

Arrive at any time.

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

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



Today's Activities

ACTIVITY

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



Optional Activities - Day 1

Pachacamac and Paso Horse Show

Pachacamac

98USD

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

Lima 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.

Barranco Bohemian Neighbourhood Tour

Lima

45USD

Take on the Barranco district of Lima by foot! Put on your walking shoes, hit the pavement and get ready to fill up on Peruvian tapas and artisan beers. Continue to wander Barranco's bohemian streets where you can find street paintings, graffiti, art galleries, museums, and rich architecture.

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.

Magic Circuit of Water and Tapas Night

Lima

68USD

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

Day 2

Lima/Paracas

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

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

Try your first Pisco Sour cocktail while staying in Paracas, the neighbouring town of Pisco.



Meals included

Breakfast



Today's Activities

Free Time

Lima

Time's a tickin'. Get out and see the city.

Local Bus

Lima - Pisco

4h

250km

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

Opt to visit the Ballestas Islands, an excellent chance to view a lively sea lion colony, pelicans, penguins, and other varieties of bird life, before travelling to Nazca. En route, stop at a winery and at the oasis of Huacachina.

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

Catch a bus south to Nazca. On the way, pass by the pleasant colonial town of Ica.

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



Today's Activities

Free Time

Paracas

Make the most of some free time at this popular beach locale.

Local Bus

Paracas - Ica

1h

60km

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

Huacachina Oasis visit

Huacachina

2h

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

Huacachina Winery Visit

Huacachina

45m

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

Local Bus

Ica - Nazca

3h

140km

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



Optional Activities - Day 3

Sandboarding in Ica

Ica

65PEN

45m-1h

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

Ballestas Islands Wildlife Tour

Paracas National Reserve - Pisco

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

Day 4

Nazca/Arequipa

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

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

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

Remains of the Nazca culture are still visible during the included tour of the ancient Pre-Inca desert cemetery site of Chauchilla, with 1500-year-old mummies, bones, and pottery on the desert floor. The tour also includes a visit to an artisan's workshop, where modern masters create Nazca style pottery.

Later, board a night bus to Arequipa.



Meals included

Breakfast



Today's Activities

Nazca Desert Cemetery and Potter's Studio Guided Tour

Nazca

2h30m-3h

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

Overnight Bus

Nazca - Arequipa

9h

This comfortable double decker bus has toilet facilities on board.



Optional Activities - Day 4

Flight over Nazca Lines

Nazca

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

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

Day 5

Arequipa

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

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

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



Today's Activities

Free Time

Arequipa

Make the most of your time here.



Optional Activities - Day 5

Juanita Museum

Arequipa

60PEN

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

Arequipa City Tour

Arequipa

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

Day 6

Arequipa/Colca Canyon

Travel to Chivay, a village near Colca Canyon, for an optional dip in the thermal baths. Continue on to nearby Colca Canyon for the day.

Travel a rough, rutted road through high plains flanked by extensive Inca and pre-Inca terracing that goes on for kilometres, en route to the Colca Canyon – the deepest canyon in the world. Stop at villages and miradors (scenic lookouts), searching for the famous symbol of Peru, the condor.



Meals included

Breakfast



Today's Activities

Private Vehicle

Arequipa - Chivay

4h30m-5h

165km

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

Colca Canyon Guided Tour

Colca Canyon

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



Optional Activities - Day 6

Hot Springs

Chivay

15PEN

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

Day 7

Colca Canyon/Arequipa

Enjoy time at the canyon in the early morning before heading back to Arequipa for the night.

Start early to catch the condors in flight. Travel from Chivay to the condor viewpoint to admire these magnificent birds. On the way back, stop by some local villages and viewpoints to see ancient terraces and different sections of Colca Canyon. Return to Arequipa in the afternoon for one final night in the 'white city'.



Meals included

Breakfast



Today's Activities

Private Vehicle

Chivay - Arequipa

4h30m-5h

165km

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

Day 8

Arequipa/Cusco

Fly to Cusco. Choose to pre-book an optional Cusco Cooking Class. Opt for a city tour or to explore the city's markets, museums, and plazas.

Take the short flight to Cusco for an afternoon wandering this fascinating city.



Meals included

Breakfast



Today's Activities

Plane

Arequipa – Cusco

1h30m

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

Free Time

Cusco

Spend the day exploring.



Optional Activities - Day 8

Cusco Tourist Ticket

Cusco

130PEN

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

Cusco City Tour

Cusco

45PEN

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

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.

Whitewater Rafting Urubamba

Urubamba

69USD

Rise for an early morning pick up and drive to Chuquicahuana for a safety briefing. Enjoy a full day of rafting on the Upper Vilcanota River (about 2.5 hrs on the water). Be thrilled by fast rapids that are a constant Class III and IV for around 11km (9 mi), and don't forget to take in the gorgeous scenery. Rehash all the excitement afterward over a riverside picnic lunch.

Cusco 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

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

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

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



Meals included

Breakfast | Lunch



Today's Activities

Private Vehicle

Cusco - Ollantaytambo

1h45m

94km

Make stops along the way as you pass through this gorgeous valley – the elevation descends the whole way.

ACTIVITY

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

Cuyo Chico Pottery Making Demonstration

Pisac - Urubamba

In the rural village of Cuyo Chico in the Sacred Valley, a group of families joined together to create a small business based on their traditional adobe ceramic crafts. Using clay from their surroundings, they mold bowls, plates, and all manner of decorations. Learn about the ceramics process as well as

the traditional adobe brick-making that forms the basis of houses throughout the valley, all while taking in a spectacular view of the Pisac Ruins. After the demonstration, peruse the items for sale directly from the artisans in their shop.

ACTIVITY

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



Optional Activities - Day 9

Ollantaytambo Storehouse Ruins and Hike

Ollantaytambo

1h-1h30m

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

Depart Ollantaytambo by van to Lares town where the hike begins. Spend the first night at a G Adventures-supported campsite in Cuncani.

The Lares Trek is a scenic, less touristic route to hike through the Andes. It is one day shorter than the Inca Trail but higher in elevation. Enjoy G Adventures-supported handmade biodegradable soap products for use on the Lares Trek.

The locations and distances may change on this hike, as camping will be done in different places depending on pace, ability, and weather. The first night will always be spent at the G Adventures-supported, community-owned and managed campsite in an indigenous village previously bypassed by the tourism industry. In most cases, the CEO will hike the Lares Trek with the group.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Ollantaytambo - Lares

3h-3h30m

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

Lares Trek (Lares-Cuncani)

Lares - Cuncani

4h30m

9km

Start early and drive (3 hrs) to Lares town where the hike will start with a leisurely pace through the valley of Cuncani. Hike 4km (2.5 mi) to Chancachaca then stop for lunch. Be sure to rest and rehydrate because the altitude here is around 3480m (11,417 ft).

Continue trekking along rocky mountain paths 4.7km (3 mi) to the isolated village of Cuncani. Camp here for the night at 3872m (12,703 ft) at the G Adventures-supported community run campsite.

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.

ACTIVITY

Spend the night at the Lares Community campsite, owned and managed by the 71 families that belong to the Cuncani community. The earnings from the campsite are allocated for investment in social projects such as health, education, nutrition, and infrastructure improvements to water and electricity.

Day 11

Lares Trek

Start early to hike from the foothills of Siclaccasa Mountain to its high pass (4,800m/15,748 ft), providing scenic views of lagoons and the snow-capped Chicon Mountain. Celebrate after reaching the highest point by making an offering of coca leaves to the Andean gods. After the morning hike, stop to rest and take in the amazing view. Continue hiking downhill to our second campsite near the stream for the night.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Lares Trek (Cuncani - Kuyoc)

Cuncani - Kuyoc

9h-10h

17km

Hike from the foothills of Siclaccasa Mountain 12.2km (7.6 mi) to its high pass at 4,800m (15,748ft), providing scenic views of lagoons and the snow-capped Chicon Mountain. Celebrate after reaching the highest point by making an offering of coca leaves to the Andean gods.

Hike downhill another 2.2km (1.3 mi) to QuencaPata, for lunch and to take in the amazing view.

Continue hiking downhill another 2.6km (1.6 mi) to our second campsite near a stream. Sleep tonight at about 4,114m (13,497 ft) elevation.

Enjoy the last few hours of hiking before travelling by van to Ollantaytambo and train to Aguas Calientes to enjoy a good night's rest at your hotel.



Meals included

Breakfast | Lunch



Today's Activities

Lares Trek (Kuyoc - Punta Carretera)

Kuyoc - Punta Carretera

3h30m

8km

Follow the trail to see typical Andean flora and fauna, llamas and alpacas. Descend through the valley of Pumahuanca and meet friendly local Quechua people and explore some Inca storehouses along the way. Trek 3-4 hrs to reach the town of Pumahuanca. Enjoy lunch then hop a van to Ollantaytambo. Continue by train to Aguas Calientes.

Private Vehicle

Punta Carretera - Ollantaytambo

30m

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.

Rise early and enjoy a guided visit to Machu Picchu. Later, travel back towards Cusco by train.

Rise early to catch the first bus up to Machu Picchu with your guide. 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.

Local Bus

Machu Picchu - Aguas Calientes

15m

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

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.

Days 14–16

Cusco

Enjoy free time to explore Cusco or relax. Active options include whitewater rafting, horseback riding, and mountain biking. Nature lovers can book an optional adventure to go to the Amazon Jungle for a 3-day/2-night excursion.

Free days to relax, explore, and shop in Cusco, or discover its surroundings on any of the many optional excursions.

Opt to visit and hike the famed Rainbow Mountain, pre-book on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.

Optional Amazon Jungle Excursion: Experience 3 days and 2 nights at our G Lodge Amazon. All meals and excursions with a local naturalist guide are included during your stay. If you are interested in this opportunity, please inquire at time of booking or add it to your experience online. If you pre-book this activity, you will travel to the Amazon Jungle on Day 14 and return to Cusco on Day 16.



Meals included

Breakfast



Optional Activities - Days 14–16

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.

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.

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.

Whitewater Rafting Urubamba

Urubamba

69USD

Rise for an early morning pick up and drive to Chuquicahuana for a safety briefing. Enjoy a full day of rafting on the Upper Vilcanota River (about 2.5 hrs on the water). Be thrilled by fast rapids that are a constant Class III and IV for around 11km (9 mi), and don't forget to take in the gorgeous scenery. Rehash all the excitement afterward over a riverside picnic lunch.

Cusco City Tour

Cusco

45PEN

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

Day 17

Cusco/Puno

Travel day by bus from Cusco to Puno. Spend some time on arrival wandering the small city.

Today, travel through the high Altiplano region from Cusco to Puno on the shores of Lake Titicaca. Titicaca is the largest lake in the world above 3800m, and the views from its Islands are stunning. The trip takes the better part of the day, with stark, beautiful scenery en route.



Meals included

Breakfast



Today's Activities

Local Bus

Cusco - Puno

7h30m

389km

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

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

Head out by boat across Lake Titicaca. Visit the community on the Taquile Islands and stop at a local restaurant to enjoy a lunch with spectacular views.

After, cruise to another village for an overnight homestay on the shores of the lake (the homestay location can vary based on community availability). This experience provides an opportunity to learn more about rural life in the Peruvian highlands and to participate in local traditions. Eat with the family, learn some Quecha and Spanish language skills, try on traditional costumes, and help out with daily chores around the village.



Meals included

Breakfast | Dinner



Today's Activities

Lake Titicaca Guided Boat Tour Day 1

Lake Titicaca

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

ACTIVITY

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

Day 19

Lake Titicaca/Puno

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

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



Meals included

Breakfast | Lunch



Today's Activities

Lake Titicaca Guided Boat Tour Day 2

Lake Titicaca

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

Uros Floating Islands Visit

Lake Titicaca

1h

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

Free Time

Puno

Make the most of one last afternoon in Puno.



Optional Activities - Day 19

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 20

Puno/La Paz

Travel by bus and cross the border into Bolivia, arriving in La Paz.

Enjoy a full-day drive around the lake and through the Altiplano to La Paz. Bolivia is filled with spectacular views of the countryside. La Paz sits nearly 4000m (13,120ft) above sea level, so be prepared for cool evenings and mornings.



Meals included

Breakfast



Today's Activities

Local Bus

Puno - Yunguyo

2h30m

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

Border Crossing (Peru - Bolivia)

Yunguyo - Copacabana

30m

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

Local Bus

Copacabana - La Paz

3h

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

Day 21

La Paz

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.



Optional Activities - Day 21

La Paz City Tour

La Paz

35USD

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

Valley of the Moon Tour

La Paz

15USD

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

Witches' Market Visit

La Paz

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

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 G for Good Moment: Cuncani Community Campsite, Cuncani
- Your G for Good Moment: Lake Titicaca Homestay, Lake Titicaca
- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Cusco
- Nazca desert cemetery and potter's studio guided tour
- Arequipa stay
- Colca Canyon guided tour
- Sacred Valley guided tour
- Pottery making demonstration
- Inca Trail guided hike with cooks and porters (4 days)
- Machu Picchu guided tour
- Floating islands of Uros visit
- Lake Titicaca guided tour and homestay
- La Paz stay
- Internal flight
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Spot condors at Colca Canyon, trek the Inca Trail to Machu Picchu, experience local life at a homestay on Lake Titicaca, explore the world's highest capital city

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Spot condors at Colca Canyon, trek the Inca Trail to Machu Picchu, experience local life at a homestay on Lake Titicaca, explore the world's highest capital city

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.

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

1. INCA TRAIL AND 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. 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.

3. 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.

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. 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.

6. 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.

7. 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.

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.

What is the group leader like?

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

How large will the group be?

Max 16, avg 12

What meals are included in this trip?

18 breakfasts, 5 lunches, 3 dinners

What are the meals like on this trip?

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

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

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.

What are the modes of transportation on my trip?

Public bus, plane, train, boat, hiking.

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 (16 nts), overnight bus (1 nt), camping (2 nts), homestay (1 nt).

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

Night 4: overnight bus, Night 6: Colca Canyon, Nights 10-12: Inca Trail.

If you have chosen the Lares Trek/Cusco Stay you will have a single room/tent for nights 10-12.

What kind of accommodation can I expect on this trip?

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

What 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?

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

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

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

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, 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 using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

What should be on my packing list?

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

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

Cold Weather:

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

Documents:

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

Essentials:

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

Health & Safety:

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

Inca Trail:

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

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer. Please note for trekking rentals credit cards are the preferred method of payment.

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), and in Bolivia, the Boliviano (BOB).

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!

Do I need to pay a departure tax?

USD \$25

Should I be tipping on my trip?

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

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

Inca Trail:

Head guide: 10-25 USD

Assistant guide: 5-12 USD

Your trekking crew: 40 USD

Lares Trek:

Head guide: 10-25 USD

Assistant guide: 4-10 USD

Your trekking crew: 35 USD

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

What activities are optional on this trip?

Pachacamac

- Pachacamac and Paso Horse Show (98USD per person)

Lima

- Lima Cooking Class (4hrs)
- Barranco Bohemian Neighbourhood Tour (45USD per person)
- Lima City Tour (40USD per person)
- Magic Circuit of Water and Tapas Night (68USD per person)

Ica

- Sandboarding in Ica (65PEN per person)

Paracas National Reserve

- Ballestas Islands Wildlife Tour

Nazca

- Flight over Nazca Lines

Arequipa

- Juanita Museum (60PEN per person)
- Arequipa City Tour

Chivay

- Hot Springs (15PEN per person)

Cusco

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

Urubamba

- Whitewater Rafting Urubamba
(69USD per person)

Ollantaytambo

- Ollantaytambo Storehouse
Ruins and Hike

Puno

- Sillustani Burial Towers
Entrance (59PEN per person)

La Paz

- La Paz City Tour (35USD per person)
- Valley of the Moon Tour (15USD per person)
- Witches' Market Visit

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 are the trip specific safety considerations?

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

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

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

How can I share feedback about my trip experience?

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.

Dossier Disclaimer

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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.