



Peru Family Journey: Machu Picchu to the Amazon

10 days, Lima to Lima

Trip code SPMNF

What's included

- Your Journeys Highlight Moment: Cusco Planetarium, Cusco
- 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 Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Lima
- Your Family Journeys Moment: Piuray Lake Picnic, Piuray Lake
- Arrival transfer
- Sacred Valley tour including Ollantaytambo ruins
- Guided tour of Machu Picchu
- San Pedro Market visit
- Machu Picchu Museum visit
- Three-day (2 nts) excursion to an Amazon rainforest lodge
- All tips included for activities and meals, except for Expedition Leaders and portage
- Internal flights
- All transport between destinations and to/from included activities

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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.

VALIDITY: Valid for all trips departing February 26th, 2019 and onwards

Itinerary



Itinerary Notes

Prices are based on double occupancy; all other room configurations are on request and cannot be guaranteed. We will accommodate triples/quads whenever possible. Please call for further details. Family Journeys are designed for groups traveling with children between the ages of 7 and 17. Your group must include a child in order to book, and anyone under the age of 18 must be accompanied by an adult.

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

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

NOTE: Accommodations vary per departure and are subject to change until tour start date; they

Day 1

Lima

Welcome to Lima—your arrival transfer to the hotel is included. Check in and get excited to meet your fellow travelers during a welcome meeting this evening where all families can bond before the Journey ahead.

- 1) The Lima Cooking Class comes highly recommended for families with children keenly interested in cooking, and learning more about local cuisine and ingredients. Please note, the pisco sour offered during the cooking class is for adults only.
- 2) 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.
- 3) There are some very early morning starts on this trip to make the best use of our time and see as much as we can of Peru as we can.



Accommodation

Hotel Antigua Miraflores (or similar)

Hotel



Today's Activities

Airport Transfer

Lima

Sit back and relax during your included transfer from the airport in Lima to your joining hotel.

ACTIVITY

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



Optional Activities - Day 1

Lima Cooking Class (4hrs)

Lima

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

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

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.

Day 2

Lima/Sacred Valley of the Inca

Board an early flight to Cusco, the gateway to Peru's Inca heartland. Take in spectacular Andean scenery as we drive north into Urubamba Valley—also known as the Sacred Valley of the Incas. Arrive at Piuray Lake, an azure oasis framed by snowcapped peaks. Enjoy a lakeside lunch and soak up free time amid the mountain views. Continue to your hotel and settle in before dinner.

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



Meals included

Breakfast | Lunch



Accommodation

Hotel Mabey Urubamba (or similar)

Hotel



Today's Activities

Plane

Lima - Cusco

1h-1h30m

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

Private Vehicle

Cusco - Piuray Lake

1h

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

ACTIVITY

Make your first stop in the Andes to have a picnic lunch and take in the snow-capped mountains.

Choose to relax after lunch, breathe in the fresh air or opt to go out for a kayak, explore on a stand-up paddleboard, or on a Expedition Leader-led walk to point out local flora and fauna.

Private Vehicle

Piuray Lake - Urubamba

1h

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

Day 3

Sacred Valley of the Inca

Begin the day with a visit to a G Adventures–supported women’s weaving cooperative, where we’ll observe traditional weaving and dyeing techniques and meet some of the weavers. Next, test your Spanish skills as you bargain with vendors at the famed Pisac Market—a wonderland of colorful Quechua handicrafts. Break for a farm-to-table lunch at the G Adventures–supported Parwa Community Restaurant, tasting Peruvian dishes while learning how this resident-run restaurant helps fund community projects. In the afternoon, opt to relax at our hotel or visit the Inca ruins of Moray and the salt pans of Maras.



Meals included

Breakfast | Lunch



Accommodation

Hotel Mabey Urubamba (or similar)

Hotel



Today's Activities

Private Vehicle

Urubamba

5h

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.



Optional Activities - Day 3

Moray and Maras Salt Mines Excursion

Moray

84USD

Tour these unique Inca ruins consisting of circular terraces and a sophisticated irrigation system. Learn about the history of this fascinating site – speculation has it that it was an Inca agriculture experiment station. Visit the impressive Maras Salt Mines, after Moray. See thousands of individual ancient salt pools spilling over a hillside. Learn about the different varieties of salt, and try the renowned pink salt, famous worldwide.

Day 4

Sacred Valley of the Inca/Aguas Calientes

Explore the former Inca stronghold of Ollantaytambo, stepping back in time amid ancient terraces, storehouses, and an enormous temple-fortress. Then hop aboard a train for the journey through the Urubamba Valley to the end of the line: Aguas Calientes, a frontier town nestled beneath Machu Picchu. The afternoon is free for optional excursions, including a visit to a butterfly farm or to the nearby hot springs.

The town has several amenities, but is also geographically remote meaning services are sometimes more basic than one would assume. As the only option for travellers visiting Machu Picchu, the development of infrastructure has happened quite quickly, much without proper planning, and the focus on providing quality service may not be up to the standards experienced in other parts of the country.



Meals included

Breakfast



Today's Activities

Private Vehicle

Urubamba - Ollantaytambo

1h-2h

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

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.

Train

Ollantaytambo - Aguas Calientes

1h30m

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

Free Time

Aguas Calientes

Enjoy free time to explore Aguas Calientes, opt to visit the hot springs for which the town was named or a nearby waterfall.



Optional Activities - Day 4

Mandor Waterfall Hike

Aguas Calientes

20PEN

Head out on a nature walk to Mandor Waterfall. See how many different types of butterflies you can spot along the way. Enjoy the waterfall set in lush green jungle before returning to Aguas Calientes.

Hot Springs Visit

Aguas Calientes

6USD

Soak your sore muscles in the local hot springs for which the town, Aguas Calientes, was originally named.

Day 5

Machu Picchu

Rise and shine! After a light breakfast, head to Machu Picchu to see the citadel in the early morning light, before the crowds arrive. Spend the morning exploring the ruins with our guides and pondering the mysteries of this “lost” city of the Inca, forgotten at the Spanish conquest and rediscovered in 1911 by Hiram Bingham with support from National Geographic. This afternoon, return by train to Ollantaytambo and transfer to Cusco.



Meals included

Breakfast



Accommodation

Taypikala Hotel (or similar)

Hotel



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

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

Train

Aguas Calientes – Ollantaytambo

1h30m-1h45m

31km

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

Private Vehicle

Ollantaytambo – Cusco

1h30m-1h45m

60km

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

Day 6

Cusco

Set out to explore the beautiful streets and plazas of Cusco, once lavishly adorned with Inca gold that was stolen by the Spanish during the conquest. Visit the sprawling San Pedro Market, where you'll find everything from pickled snakes to savory tamales, and visit the Machu Picchu Museum to see an array of Inca artifacts that were discovered at Machu Picchu. Later, enjoy a star-filled evening at the Cusco Planetarium, learning about the importance of astronomy to the ancient Inca and peering at the glittering night sky through high-powered telescopes.



Meals included

Breakfast



Accommodation

Taypikala Hotel (or similar)

Hotel



Today's Activities

Cusco City Tour

Cusco

Set off on foot to explore the Plaza de Armas (main square) and discover the vast history of this Incan city. Take in the sights while learning about the Spanish conquest, archaeology, and other historical facts about Cusco. Finally, wander the food and shop stalls in San Pedro Market where all of your senses will come to life. Pick up some souvenirs, from magnets to Pachamama dolls, and try local street fares like salchipapas (fried sausages and potatoes), or empanadas at this authentically Peruvian market.

Machu Picchu Museum Visit

Aguas Calientes

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

Free Time

Cusco

Enjoy free time to explore opt to visit museums, participate in a chocolate workshop, or people watch in a café on the main square.

ACTIVITY

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



Optional Activities - Day 6

Cusco city tour with Sacsaywayman

Cusco

81USD

Head out to the Sacsayhuamán Ruins to explore this fascinating site. As with many ancient sites, while the origin is uncertain, most believe these ruins were an important military or ceremonial site during the time of the Inca.

Chocolate Making Workshop

Cusco

15USD

Get familiar with cacao, learn how it grows, how it's harvested, how it gets made into chocolate, and its importance to the Inca. After, make your own chocolates to take home with you and enjoy a delicious souvenir.

Cusco/Tambopata National Reserve

Today, we set out to discover a wilder side of Peru! Catch a morning flight to Puerto Maldonado, then continue by motorized canoe along the Tambopata River to our jungle lodge in the Amazon rainforest. Have lunch on board the boat and keep an eye out for wildlife and birds along the way. Upon arrival, settle into your thatched lodging, situated near Tambopata National Reserve—a biodiversity hotspot. In the afternoon, join a naturalist guide to seek out the wildlife of the rainforest—from colorful butterflies to huge spiders—and learn the uses for medicinal and other forest plant resources through traditional techniques.

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.

The lodge itself combines local architectural style and materials with low-impact, eco-friendly technology. Rooms are simple but comfortable, with mosquito netting for individual beds, flush toilets, and showers (with solar-heated hot water). Please bring a small battery powered lantern or flashlight.

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



Meals included

Breakfast | Lunch | Dinner



Accommodation

Tambopata Lodge (or similar)

Lodge



Today's Activities

Plane

Cusco - Puerto Maldonado

1h

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

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

Wildlife-spotting Night Walk

Tambopata

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

Grab your binoculars and head out with naturalist guides to explore the rainforest's complex ecosystems. Search the forest canopy where colorful toucans, boisterous howler monkeys, and sloths may be spotted. Hike to an oxbow lake, and paddle dugout canoes to glimpse river otters, turtles, and, if we're lucky, an anaconda or two! This evening we'll venture out in a motorized canoe to spot the jungle's elusive nocturnal species. If we're lucky we'll spot caimans, the smaller cousins of alligators, hiding along the muddy banks.

Activities in the rainforest are completely weather dependent and can change based on local conditions. Your Expedition Leader and local guide will review the daily schedule with you.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Tambopata Lodge (or similar)

Lodge



Today's Activities

Jungle Excursions

Tambopata

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

Free Time

Tambopata

Take time to relax during the mid-day heat or go for a swim in the river.

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 9

Tambopata National Reserve/Lima

Enjoy a final breakfast at our lodge, then board a motorized canoe and return upriver to Puerto Maldonado. Fly to Lima and check in to our hotel. This evening, celebrate our adventure at the farewell dinner.



Meals included

Breakfast | Dinner



Accommodation

Hotel Antigua Miraflores (or similar)

Hotel



Today's Activities

Motorized Canoe

Tambopata – Puerto Maldonado

3h

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

Plane

Puerto Maldonado – Lima

1h30m-2h

Take a van from the pier to pick up stored luggage before heading to the Puerto Maldonado airport. A private vehicle will be waiting to take the group to the Lima hotel.

Day 10

Lima

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

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

What's included

- Your Journeys Highlight Moment: Cusco Planetarium, Cusco
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- All tips included for activities and meals, except for Expedition Leaders and portering
- Internal flights
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Venture into mysterious Machu Picchu, exploring Inca ruins and hiking the surrounding slopes in search of stunning views, Visit a women's weaving cooperative and a community-run restaurant to experience Andean culture, Discover the biodiversity of the Peruvian Amazon, exploring rainforest trails, oxbow lakes, and treetop canopies, Learn about the constellations of the Southern Hemisphere while peering through telescopes at the Cusco Planetarium.

Itinerary Notes

Prices are based on double occupancy; all other room configurations are on request and cannot be guaranteed. We will accommodate triples/quads whenever possible. Please call for further details.

Family Journeys are designed for groups traveling with children between the ages of 7 and 17. Your group must include a child in order to book, and anyone under the age of 18 must be accompanied by an adult.

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

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

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

Is there an itinerary Disclaimer?

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

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

Are there Itinerary notes?

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

All parents/guardians are required to supervise their children at all times throughout the tour and may not leave their child under the supervision of the Expedition Leaders, local guides, drivers, etc. Children are not to be left unattended.

Please note that on all Family Adventures one adult can only accompany up to two minors. If you have over two minors planning on travelling then a second adult will be required to attend.

MACHU PICCHU CIRCUITS

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

MACHU PICCHU REGULATIONS

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

INTERNATIONAL TICKET NUMBER

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.

ITINERARY PACE

This is a very fast paced itinerary which covers lots of ground. While this is great as it allows us to see a huge amount in the available time, it also means some early starts.

ACCOMMODATION NOTE:

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

What is the group leader like?

All National Geographic Family Journeys with G Adventures group trips are accompanied by two of our National Geographic Expedition Leaders. The aim of the Expedition 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?

20

What meals are included in this trip?

9 breakfasts, 4 lunches, 3 dinners

What are the meals like on this trip?

Eating is a big part of traveling and we encourage you to experience the vast array of wonderful food that is available out in the world. Its important to remember, that food may be different from what you are used to at home and that some things may not be available in other countries.

Some meals are included in the trip price, while others are not, to allow flexibility and choice to you and your family. For non-included meals our Expedition Leaders will still make arrangements for the group to eat together, which allows you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. For all trips please refer to the meals included and budget information for included meals and approximate budget (per person) for meals not included.

Throughout this trip, breakfast is included daily (ranging from continental to buffet depending on the trip). Drinking water is available throughout (don't forget your refillable water bottle as you will have access to either filtered water from hotels or as made available by the Expedition Leader). Healthy, local snacks will also be available.

Note that any special meal requirements or dietary restrictions need to be specified at time of booking.

What are the modes of transportation on my trip?

Private van, plane, train, boat

Are local flights included in the cost of the trip?

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

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Odd number adult travellers in your family will be paired in twin accommodation with another adult traveller of the same sex for the duration of the trip.

Where will we stay during the trip?

Hotels (7 nts), Amazon Lodge (2 nts)

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

Nights 7,8: Amazon Jungle

What kind of accommodation can I expect on this trip?

Rooming is based on double occupancy (2 passengers / 2 beds per room); all other room configurations are on request and cannot be guaranteed. We will try to accommodate triples/quad requests whenever possible and it's important to note that rooming configuration can change from city to city and 2 single beds are the standard configuration in a room.

Please remember that hotel/lodge standards can be different from what you are used to in your home country, which is part of the appeal of adventure travel.

What are the joining instructions?

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

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

Upon leaving the customs area, follow the signs to the exit gate. You will then see a row of airport transfer counters. Continue walking past the transfer counters to exit number 4 where you will find your transfer driver with a National Geographic Journeys sign board with your name on it.

If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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

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

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

What happens if I experience problems when arriving?

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

Who should I contact in case of an emergency?

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

AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

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

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

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

What instructions should I follow at the finishing point?

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

What should I take on my trip?

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labelled and restricted to one soft compact suitcase, sports bag, or backpack. 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. Porters may not always be available, so be prepared to carry your own bags.

What should be on my packing list?

Amazon:

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

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.)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Light weight, quick-drying, clothes are advisable; as well as a light waterproof jacket. It is important to pack clothes for warm days and cool evenings. Prepare for hot, rainy and humid conditions in the rainforest; and cooler temperatures in the highlands. Lightweight breathable clothing is recommended and layering is essential. You will visit various geographies and altitude on this trip, make sure you have clothing for all conditions. We're working with our accommodation partners to reduce single-use plastic on our tours by providing safe drinking water for refillable bottles wherever possible. Find out more about our Plastics Partnership Project [here.](https://www.gadventures.com/about-us/responsible-travel/plastics-partnership-project/)

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge or ask your Expedition Leader where the closest laundromat is. 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.

Please note on this trip that laundry facilities will be available in all hotels except for the Jungle Lodge where you will be staying on nights 7 and 8.

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 cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

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

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

How much emergency money should I bring on this trip?

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

Should I be tipping on my trip?

Local tipping is included on this Family trip which covers local guides, drivers and gratuity for included meals. At the end of your trip if you felt your two Expedition Leaders did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline; however as a guideline; per Expedition Leader \$3-5 USD per person, per day can be used.

For non-included meals in restaurant, a guideline is 10% of cost of bill.

What activities are optional on this trip?

Lima

- Lima Cooking Class (4hrs)
- Lima City Tour (40USD per person)

Moray

- Moray and Maras Salt Mines Excursion (84USD per person)

Aguas Calientes

- Mandor Waterfall Hike (20PEN per person)
- Hot Springs Visit (6USD per person)

Cusco

- Cusco city tour with Sacsaywayman (81USD per person)
- Chocolate Making Workshop (15USD per person)

Are there any health considerations I should know before travelling?

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our Expedition Leader 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your Expedition Leader will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

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

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What 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 people in the sex trade is completely contrary to this philosophy. Our Expedition Leaders have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

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

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

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

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

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

How can I share feedback about my trip experience?

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

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

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

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

How old must I be to join this trip?

Minimum age of 7 years for this trip.

Are international flights included in this trip?

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

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

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

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

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

Dossier Disclaimer

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

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

Itinerary Disclaimer

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

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