



## **Peru: Lima, the Sacred Valley & the Inca Trail**

11 days, Lima to Cusco

Trip code SPMZ

## What's included

- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your G for Good Moment: Lunch at Cuncani Community Campsite, Cuncani
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Traditional Pachamanca Dinner, Yanahuara
- Your OMG Day: Hike to Perilnilloq Waterfall or Via Ferrata, Valle Sagrado
- Your Wellness Moment: Lares Hot Springs, Lares
- Complimentary arrival transfer
- Welcome dinner
- Explore Miraflores and Barranco by bicycle and on foot
- CEO-led orientation walk of Cusco's historical centre
- Explore the ruins of PISAQ in the Sacred Valley with a local guide
- 3-days hiking the Lares Trek with an expert local guide, cooks and porters
- Upgraded camping experience with included cots, air mattresses, blankets, camping bathrooms and warm showers
- Included trekking poles along the hike
- Guided tour of Machu Picchu
- Lunch at Machu Picchu Sanctuary Lodge
- Farewell dinner
- All tips included for activities and meals, except for CEO and portage
- Internal flight and 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 October 20th, 2023 and onwards

# Itinerary



## Itinerary Notes

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

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

Day 1

## Lima: Appetite for Adventure

Take in a lungful of ocean air on arrival to Lima and keep your eyes out for surfers riding the waves as you follow the coastal highway to your hotel. The district of Miraflores is bustling with trendy restaurants, bars and shops in all directions and there are great views of the ocean from the cliffside boardwalk, or malecón. We welcome you to Lima, and invite you to bring your appetite for incredible food and adventure that awaits you in Peru.

Arrive to Lima at any time and transfer to your hotel. Meet your fellow group members at the welcome meeting in the evening and get all the important information about the adventure ahead. Afterwards, head to a nearby restaurant for a delicious welcome dinner with new friends.



### Meals included

Dinner



### Accommodation

Jose Antonio Deluxe Hotel (or similar)

Hotel



### Today's Activities

Arrival Transfer

Lima

You will be met at the airport and transferred to the hotel to start your adventure.

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. 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.

## Lima: Cycle Miraflores and Barranco

The neighbourhoods of Lima and Barranco may be right next to each other but they feel quite different. Fashionable Miraflores contrasts with the more bohemian Barranco in the most wonderful of ways as the bustling commercial area gives way to quaint cafés, art galleries and historic buildings. Both lie on the coast which offer amazing views over the Pacific Ocean and of Lima's sprawling coastline.

Set off to explore Miraflores and Barranco by bike and on foot before stopping for a typical lunch at a local restaurant. Enjoy a free afternoon before meeting the group for a sunset drink on the rooftop terrace of the hotel.



### Meals included

Breakfast | Lunch



### Accommodation

Jose Antonio Deluxe Hotel (or similar)

Hotel



### Today's Activities

Bike Miraflores and Barranco

Lima

Head out on a bike tour through Miraflores and Barranco visiting iconic districts in Lima along the way. You will bike a total of 13km or about 8 miles on this particular tour. Take in the colourful atmosphere as you pass by historic house in the Bajada de Baños district and visit the famous Puente de los Suspiros.

Barranco Bohemian Neighbourhood Tour

Lima

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.

Free Time

Lima

Spend free time in Lima exploring on your own.

Day 3

## Cusco: The Land of the Incas

Watch the ocean disappear in the horizon as you head high up in the sky towards the Andes where magic awaits in Cusco. Feel the energy and see the mix of Spanish colonial architecture with ancient Inca stonework all around you. Take it slow as you begin to explore in order to get the most out of the city and to acclimatize to the altitude.

Fly to Cusco and then take a CEO-led orientation walk of the historical centre with a delicious lunch at a local restaurant. Enjoy dinner out in the city with new group members joining the next portion of the tour.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Novotel Cusco Hotel (or similar)

Hotel



### Today's Activities

Transport

Lima

30m-1h

22km

Settle in and scan the scenery as you journey to your next destination.

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.

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.

Free Time

Cusco

Free afternoon to acclimatize, relax, and get to know Cusco on your own.

## The Sacred Valley: PISAQ Ruins and Cultural Traditions

The Sacred Valley is aptly named for its importance to the people who have lived there and it is also stunningly beautiful with mountain scenery and colourful farmland along the Urubamba River. You'll see the massive ruins of PISAQ perched up above the town as you approach and you'll get to spend time with a local community on the way up to the site. Lunch is an experience unto itself at a community-run restaurant, using locally-grown ingredients for a delicious and traditional meal. Back at the hotel for dinner, feast on a traditional pachamanca meal consisting of various types of meat, potatoes and vegetables cooked for hours in the ground under hot stones.

Travel from Cusco into the Sacred Valley. Visit the Cuyo Chico community for a snack and to learn about their traditional ceramics and adobe before taking a guided tour of PISAQ archaeological site. Continue to the hotel after lunch. In the evening enjoy a pachamanca dinner.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Casa Andina Premium Sacred Valley (or similar)

Hotel

This beautiful property is made up of villas nestled into a small community off of the main road, surrounded by incredible mountain scenery. Apart from the comfortable facilities, there is ample green space and common areas to relax and soak in the views.



### Today's Activities

Private Vehicle

Cusco - Valle Sagrado

2h-2h30m

Sit back and scan the scenery from the comfort of your private vehicle with stops along the way to Cuyo Chico, PISAQ, and Parwa.

Cuyo Chico Visit

Valle Sagrado

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. Visit this community learn about the ceramics process and partake in an empanada making demonstration. Learn to make Peruvian-style empanadas from scratch using local ingredients. The experience typically involves a hands-on session

preparing the dough and filling, cooking the empanadas in a traditional outdoor oven (horno), and enjoying the meal you helped create. This activity allows you to connect with local life and learn about the community's traditional cooking methods, directly supporting their economic well-being and preservation of Andean customs.

Pisac Ruins Guided Tour

Pisac

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

#### 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.

#### ACTIVITY

The thousand year-old tradition of Pachamanca involves baking an assortment of meat and vegetables in an oven of hot stones, earth, and grass. Meat is usually seasoned with local spices and wrapped in a banana leaf before it's placed on the hot stones and can include lamb, pork, chicken or guinea pig. Savour this traditional meal prepared by an experienced chef.

Day 5

## The Sacred Valley: Your OMG Day

Sitting at a slightly lower altitude than Cusco, spending time in the Sacred Valley helps to get you used to the altitude in these parts. Choose from a scenic acclimatization hike to a waterfall or get the adrenaline flowing by scaling a via ferrata network of rungs and ladders for lunch with a view.

Choice of activity in the morning, both options including lunch.

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### Meals included

Breakfast | Lunch | Dinner

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### Accommodation

Casa Andina Premium Sacred Valley (or similar)

Hotel

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### Today's Activities

ACTIVITY

Option 1: Start the day with an acclimatization hike to Perilnilloq waterfall. Follow a meandering trail through the mountains to the gorgeous waterfall, and to the Inca ruins of Raqaypata that lie just beyond.

Option 2: Get the adrenaline flowing and scale a via ferrata for epic views. Test your fear of heights as you climb the rungs and ladders and enjoy lunch with a view.

Free Time

Valle Sagrado

Enjoy free time back at the hotel this afternoon and evening before your group dinner.

## Lares Trek Day 1: Setting Off

The Lares Trek will take you to new heights both literally and figuratively, with high mountain passes to tackle and majestic Andean scenery. Setting off from Ollantaytambo you'll head up the valley with porters and pack animals to help carry the gear, who will accompany you for the next few days. Let the cool mountain air fill you with energy as you head off into the mountains.

Depart Ollantaytambo on foot. Porters and pack animals will carry the majority of your gear and you'll be able to focus more squarely on the task at hand with included trekking poles and a more comfortable camping experience at night, sleeping on cots with air mattresses and blankets.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Lares Hot Springs and Staff (or similar)

Campground



### Today's Activities

Lares Trek Day 1

Yanahuara - Cancha Cancha

6h

7km

Start early and drive to Yanahuara where the hike will begin with a leisurely pace following the Cancha Cancha River, where you will see different farming lands and walk through the polylepis forests, home to many varieties of birds. Hike for about 3 hours before reaching the lunch spot Minaspata, where your chef will have a delicious meal prepared. Afterwards, hike for another hour before reaching the Cancha Cancha Campsite at (3800m/12,467ft). Everything will already be set up for you there and dinner will be prepared by the group chef in the early evening.

Trek Distance: 7km (4.35 miles)

Trek Duration: 5-6 hours

Trek Elevation: 2850m - 3800m (9,350 ft - 12,467 ft)

Day 7

## Lares Trek Day 2: Mountain Vistas

Awake at the mountain campsite and enjoy a cup of tea and a warm shower. The morning mist and the joviality amongst the porters make for a homely atmosphere as you get ready for the day and prepare your things to walk.

Conquer a mountain pass today and enjoy the incredible mountain views. Arrive to camp in the afternoon and kick off the hiking shoes to relax for the rest of the evening.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Quiswarani Campsite (or similar)

Campground



### Today's Activities

Lares Trek Day 2

Cancha Cancha - Quiswarani

8h-9h

11km

The second day is considered the most challenging because the group will reach the highest point of the trek, but the outstanding views of the rugged landscape's lagoons, valleys, and Andes Mountains will keep you entertained through the steeper sections of the trail. Begin with a relatively flat walk before ascending for about 3 hours to the high pass of Pachacutec (4 680 meters/15 354 feet). From here, admire the snowy peak of Colquecruz (5,700 meters/18,700 feet). Then, descend for about 2 hours to the lunch spot called Qoyalay. Here, you will have the chance to see llamas, alpacas, falcons, Andean flickers, and condors as you enjoy your delicious meal. Hike downhill for about 2 hours to the Quiswarani Campsite, passing waterfalls along the way.

Trek Distance: 11km (6.8 miles)

Trek Duration: 8-9 hours

Trek Elevation: 3800m - 4680m (12,467ft - 15,354ft)

## Lares Trek Day 3: Hot Springs

Open your tent to the cool air and see some warm washing water and a cup of tea waiting for you. You'll get wafts of something delicious being cooked and the increasing murmur of the cooks and porters going about their morning. Savour the moment and be present to your surroundings.

Continue hiking from Quiswarani to the G Adventures-supported community of Cuncani for lunch. Carry on walking to the town of Lares and soak in the local hot springs to relax the legs. Camp will be set up nearby for the last night along the trail.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Lares Hot Springs and Staff (or similar)

Campground



### Today's Activities

Lares Trek Day 3

Quiswarani - Lares

9h

15km

Rise early with a cup of hot coca tea. Begin the hike along one of the trails used more than 500 years ago by the Incas and still used today by farmers who are descendants of them. It will be a steep uphill climb for about 3.5 hours until reaching Uchuykasa Pass (4400 meters/14 435 feet). Enjoy the views from up above the clouds with the surrounding mountains. Travel downwards for about 2 hours with views of farmlands to Cuncani, the lunch spot for today. Carry on to the final campsite and the Lares Hot Springs where the group will have time to enjoy soaking in the medicinal, mineral waters for a chance to ease the soreness on your muscles after 3 days of trekking.

Trek Distance: 15km (9.2 miles)

Trek Duration: 8-9 hours

Trek Elevation: 3300m - 4400m (10,826ft - 14,435ft)

#### ACTIVITY

Have lunch at a 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.

## ACTIVITY

Alternate between the pools of varying temperatures, rich in minerals with healing properties and many health benefits, soak them in while enjoying the Andean scenery.

Day 9

## Aguas Calientes: Scenic Train

The sense of achievement you feel for completing the hike is one of the biggest rewards for your efforts, and the best is yet to come as Machu Picchu awaits you. Looking out at the mountains from the train as you wind along the Urubamba River makes it feel that much sweeter for the time spent walking the trails and through the remote Andean communities that you visited.

After a leisurely morning at the Lares campsite, drive to Ollantaytambo to catch the train to Aguas Calientes, at the foot of Machu Picchu. Enjoy a free evening with an optional visit to the local hot springs.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Inkaterra Machu Picchu Pueblo (or similar)

Hotel



### Today's Activities

Private Vehicle

Lares - Ollantaytambo

2h30m

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.

Free Time

Aguas Calientes

Spend a free evening in Aguas Calientes and perhaps enjoy a soak in the local hot springs.

Day 10

## Cusco: Discover Machu Picchu

Exploring the mountaintop Inca citadel of Machu Picchu is a magical experience, no matter how many pictures you may have seen of it. The history of the ancient Inca that you've heard in the days leading up to this moment seem to all come together as you wander the site's temples and terraces. Relive the memories and take in the views as you return by train on the way back to Cusco.

Take an early bus up to Machu Picchu for a guided tour of the ruins followed by lunch at Machu Picchu Sanctuary Lodge. Return by train and bus to Cusco and enjoy a farewell dinner in the evening.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Novotel Cusco Hotel (or similar)

Hotel



### Today's Activities

Local Bus

Aguas Calientes

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

Machu Picchu Guided Tour

Aguas Calientes

Rise and shine – the best time to see the Lost City of the Incas is in the early morning light. Follow the local guide to Machu Picchu to learn about its history at a leisurely pace. Gain local insight into the Inti Mach'ay cave, Inti Watana, the Temple of the Sun, the Temple of the Water, the Temple of the Condor, and the Room of the Three Windows. Take time to sit and 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). Transport to and from Aguas Calientes is provided with the tour.

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 11

## Cusco

Your adventure comes to an end, and you can depart at any time.

Depart at any time.



### Meals included

Breakfast



### Today's Activities

Departure Day

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

## What's included

- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
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- Internal flight and all transport between destinations and to/from included activities

## What are the main highlights of this trip?

Soak in the coastal views while exploring Lima's trendy neighbourhoods by bike, Explore the imposing Inca ruins of Písaq, Interact with the locals in the Sacred Valley, Hike the Lares Trek en route to Machu Picchu with comfortable camping, Wander the temples and terraces of Machu Picchu with an expert guide.

## Itinerary Notes

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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 a travel disclaimer for my itinerary I should review before booking this trip?**

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?

## 1. MACHU PICCHU CIRCUITS

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## 2. INCA TRAIL REGULATIONS

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

## 3. MACHU PICCHU REGULATIONS

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

## 4. MACHU PICCHU BY TRAIN - OPTIONAL

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

## 5. INCA TRAIL MAINTENANCE

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

## 6. COMBO TRIP

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

## 7. PORTERS

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

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

## 8. YELLOW FEVER

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

## 9. WET SEASON

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

## 10. GROUP DYNAMICS

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

## 11. ACCOMMODATION NOTE:

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

## 12. Wifi

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

# What is the group leader like?

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

## How large will the group be?

Max 16, avg 12

## What meals are included in this trip?

10 breakfasts, 9 lunches, 9 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?

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

## Where will we stay during the trip?

Hotels (7nts), Comfortable Camping with cots, mattresses, blankets, portable toilets, and warm showers (3nts).

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

Nights 6-8: Inca Trail.

## **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 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 G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the luggage hall. 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 CEO. 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 CEO 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 CEO 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, 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 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 information should I be aware of as the itinerary draws to a close?

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.

## Are there any additional packing suggestions I should consider?

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?

## Cold weather:

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

## 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 are 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](#)

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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

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

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

## Should I be tipping on my trip?

On the Geluxe Collection tours, tipping is included for all included activities and meals. Tipping is not included for the CEO or Porterage. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. 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 \$10-15 USD per person, per day can be used.

For meals and activities not included in your itinerary, it is appropriate in Latin America to tip 10%. Though not compulsory, tipping is expected. 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 and shows an expression of satisfaction.

## What activities are optional on this trip?

- No optional activities

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

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

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

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

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

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

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

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

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

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

## Is travel insurance required for my trip?

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

## What is Planeterra?

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

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

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

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

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

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

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

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

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

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

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

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

## **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.