



Solo-ish Peru

9 days, Lima to Cusco

Trip code SPMS

What's included

- Your G for Good Moment: Parwa Community Pachamanca, Valle Sagrado
- Your Welcome Moment: Meet Your CEO and Group

- Dinner Party: Lima Cooking Class - Ceviche & Causa, Lima
- We Day: The Heart of the Sacred Valley, Cusco
- G Day: History & Culture of the Sacred Valley, Ollantaytambo
- Me Day: Cusco Me Day, Cusco
- Complimentary arrival transfer
- Sacred Valley guided tour
- Pottery making demonstration
- Train to Machu Picchu
- Machu Picchu guided tour
- Free time in Ollantaytambo, Aguas Calientes, Lima, and Cusco
- Internal flights
- All transport between destinations and to/from included activities

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

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

VALIDITY: Valid for all trips departing August 26th, 2024 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

Enjoy an included transfer to the start hotel where you will be able to get settled and freshen up before attending a welcome briefing in the evening. Afterwards, opt to grab dinner in Lima with your fellow travellers and get to know everyone a bit more over some delicious local fare.

It's highly recommended for travellers to book pre-nights in Lima so they are able to become acquainted with this pulsing city before the adventure inland begins. An activity in the area you could book ahead of time is the Lima city tour.



Accommodation

Casa Andina Standard San Antonio (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. 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 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.

Enter the Barranco neighbourhood in Lima, known as the SoHo of the city. This hip area is adorned with colourful street art, tucked-away bars and coffee shops, old mansions, museums, mouth watering food, and plenty of bohemian vibes. Cross one of the most famous landmarks in the area, the Puente de los Suspiros (Bridge of Sighs), and make a wish. It's said that if you hold your breath until making it across the 100-ft long wooden bridge, then your wish will come true. After your CEO-led walking tour, the group will visit the local market to learn about and taste different native fruits, before the included cooking experience. Here, the group will learn from an expert Lima chef how to prepare two of the most representative dishes in all of Peruvian cuisine, ceviche and causa. In this intimate setting witness how the sharing of food has the power to bring strangers from all over the world a bit closer. The remainder of the afternoon and evening will be free for optional activities in the area.



Meals included

Breakfast | Lunch



Accommodation

Casa Andina Standard San Antonio (or similar)

Hotel



Today's Activities

ACTIVITY

Food is a universal language, and there's no better way to get to know a new friend, or a new community, than by breaking bread together and digging in to a delicious meal. Join your fellow Solo-ish travellers in an immersive cooking class with an expert local chef at a renowned traditional restaurant in the city. Start by taking on the Barranco district of Lima by foot! Put on your walking shoes, hit the pavement and wander Barranco's bohemian streets where you can find street paintings, graffiti, art galleries, museums, and rich architecture while you CEO tells you more about the area's historical and cultural significance. Then, get ready to try different flavours on a visit to a local market to taste different local fruits and produce. Then learn from a chef and his team about how to prepare the two most representative dishes of Peruvian gastronomy, Ceviche and Causa. The group will also have the opportunity to try "Chicha Morada" a traditional drink from Peru prepared with a base of purple corn.

Ceviche is made from fresh raw fish marinated in lime juice and spice with chili peppers, red onions, and other local spices. Cause is traditionally made with yellow potato, lemon, boiled egg, yellow chili pepper, black olives, and avocado for the stuffing.

Day 3

We Day: Lima to Ollantaytambo via Cusco

Today is all about Peru's highlands in the Andes. First, enjoy breakfast at the hotel in Lima before boarding your flight to Cusco. Upon arrival the group will transfer to Chinchero in the province of Urubamba. This town is flanked by the large snow-capped mountains and brings together 12 Andean indigenous communities. Those who live here are dedicated to preserving the cultivation of native species, livestock, and the protection of their traditional ways of life. Sit down together for a group lunch at a local restaurant dedicated to generating development opportunities for the immediate environment and community. Finish the day at the hotel property in the Sacred Valley where you will have free time to be as social or solo as you please.



Meals included

Breakfast | Lunch



Accommodation

Lilium Valle Hotel (or similar)

Lodge



Today's Activities

Private Vehicle

Cusco - Ollantaytambo

3h-3h30m

Settle in and scan the scenery from the comfort of your private vehicle. There will be stops along the way to break up the journey between Cusco and Ollantaytambo.

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.

ACTIVITY

With your incredible CEO at the helm, get to know the local community and your Solo-ish travel mates on a day packed full of interesting and engaging adventures. Immerse yourself in the history and culture of the Incas today. Depart the Cusco airport for the Sacred Valley. Sit down for lunch at a delicious local spot and learn from your CEO about how the Incas built an impressive network of platforms and roads surrounding the once magnificent Túpac Yupanqui Palace before it was burned down in the mid-16th century to keep the Spanish from gaining supplies. Today, Chinchero is the main

attraction. Visit the textile centre after lunch and gain an appreciation of how present members of the local indigenous community are working hard to preserve the traditions and history of their ancestors through the creation of beautiful items.

Free Time

Ollantaytambo

Enjoy some free time towards upon arrival to the hotel in Ollantaytambo to unwind and recharge after a jam-packed travel day full of activities.

Prepare to experience what G Adventures does best and enjoy an epic day in the Sacred Valley with a surprise G twist occurring somewhere along the way. Witness how tourism can change lives for the better with a stop at Cuyo Chico, a local pottery making community in a rural village where groups of families support themselves by making traditional adobe ceramic crafts. During your time here, learn about the ceramics process, the materials they use from their natural surroundings, and take in the stunning views of the nearby Pisac Ruins. Enjoy a guided tour of the ruins and later, sit down for a lunch featuring traditionally prepared Peruvian food staples at the G Adventures-supported Parwa Community Restaurant. The best part? Proceeds from this meal go directly back into this remote community allowing them to preserve their traditional ways of life.



Meals included

Breakfast | Lunch



Accommodation

Lilium Valle Hotel (or similar)

Lodge



Today's Activities

ACTIVITY

With your Solo-ish travel mates and CEO, explore some of the world's coolest activities alongside new friends. It's not just an epic day of fun, it's chock full of incredible experiences and a surprise G element along the way to take your day to an 11. Start in the rural village of Cuyo Chico in the Sacred Valley, where a group of families joined together to create a small business based on their traditional adobe ceramic crafts. Learn about the ceramics process as well as the traditional adobe brick-making that forms the basis of houses throughout the valley, all while taking in a spectacular view of the Pisac Ruins. After the demonstration, peruse the items for sale directly from the artisans in their shop. Then, 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 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. Attend Parwa restaurant for a traditional lunch amid this unique community setting and be on the lookout for your surprise G twist.

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.

Day 5

Ollantaytambo/Aguas Calientes

Travel deeper into the surrounding landscapes on a journey by train from Ollantaytambo to Aguas Calientes, the town at the base of Machu Picchu. Pass through the spectacular Urubamba Valley on the winding tracks, taking in the changing landscapes and small farms along the way and arrive at this village nestled between the mist-covered hills. The remainder of the afternoon and evening will be free for you to explore a bit on your own, and opt in for one of the activities offered locally in the area. We think a nice long soak in the natural hot springs is just what you need to relax before tomorrow's big reveal of the 'Lost City of the Incas'.



Meals included

Breakfast



Accommodation

Raices Machu Picchu Hotel (or similar)

Hotel



Today's Activities

Free Time

Aguas Calientes

Opt to visit the local market, the botanical garden, and the Mandor waterfalls or soak in the hot springs. If you're feeling adventurous you can pre-book the 1-day Inca trail for this day.

Train

Ollantaytambo - Aguas Calientes

1h30m

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



Optional Activities - Day 5

One-Day Inca Trail Hike

Inca Trail

6h-8h

Traverse cloud forests while enjoying spectacular views on this '1-day Inca Trail' trek. Start by disembarking the train at km 104. Follow the local guide as the trail rises steeply up into the mountains and winds past the archaeological sites of Wiñay Wayna and Inti Pata. Gain insight into the fascinating culture of the Incas en route to the trek's culmination at the Sun Gate. Enjoy a packed

lunch along the way, and reach the Sun Gate in the late afternoon. Enjoy free time to explore a bit of Machu Picchu before the guided tour the following day. After, take one of the blue buses from Machu Picchu to Aguas Calientes to spend the night in a hotel in town. Opt to visit nearby hot springs to soak sore muscles, if time permits.

**Please note this must be pre-booked as it requires an Inca Trail permit. Travellers completing this trek will be assigned Circuit 3 for their guided visit of Machu Picchu, but will also have access to the panoramic viewpoint upon arrival via the Sun Gate. Please speak to your GCO or travel agent for more information.

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 6

Machu Picchu

Breakfast is essential for this jam-packed day to visit the 'Lost City'. In the morning, board the bus from Aguas Calientes up the winding roads to the entrance of Machu Picchu and set off with a local guide to fully explore and appreciate this impressive, UNESCO World Heritage site. Travel back to Aguas Calientes and find a fun spot for lunch on your own. Later, return by train to Ollantaytambo before a private vehicle transfer back to Cusco arriving in the evening. Dinner will be at your leisure and there's plenty of great spots in the central part of the city that are the perfect vibe after a full day of adventure.



Meals included

Breakfast



Accommodation

Hotel de la Villa Hermosa (or similar)

Hotel



Today's Activities

Local Bus

Aguas Calientes - Machu Picchu

15m

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

Local Bus

Machu Picchu - Aguas Calientes

15m

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

Train

Aguas Calientes - Ollantaytambo

1h30m-1h45m

31km

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

Private Vehicle

Ollantaytambo - Cusco

1h30m-1h45m

60km

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

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.

Day 7

Me Day: Cusco

The key to a well-rounded solo experience is time to do your own thing. It's built in here with a free day in Cusco that belongs entirely to you. Choose to visit a nearby archaeological site, or treat yourself to pampering with a massage. Your CEO will be leading a walk to the San Blas neighbourhood of the city, known for its historical importance after the arrival of the Spaniards in Cusco, as well as the Sapantiana Colonia Aqueduct. Choose to join, or continue exploring the city at the heart of Incan culture on your own.

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



Meals included

Breakfast



Accommodation

Hotel de la Villa Hermoza (or similar)

Hotel



Today's Activities

ACTIVITY

Traveling solo alongside your new Solo-ish travel mates means there's always something fun to do and new friends to explore with. But the joy of travel can also be about taking time to yourself to recharge, refresh and reflect on the journey. Today, choose to join your CEO for a memorable activity, or take the time for yourself to enjoy your own company in one of the most incredible places on our planet.



Optional Activities - Day 7

Rainbow Mountain Hike - Full-day Trip

Cusco

8km

Lookout over these colourful Andean mountains striped with maroon, turquoise, lavender, and gold. The sediment, elevation, and proximity to the ocean create a landscape that has to be seen to be believed. Get started early to drive around 3 hours approximately to the starting point of this challenging, yet rewarding full-day hike. Reaching 5,029m (16,500 ft) this 8 km hike is no walk in the park, but these unique mountains do not disappoint. The ascent takes approximately 1.5 hours.

Cusco Tourist Ticket

Cusco

130PEN

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

Cusco City Tour

Cusco

45PEN

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

Inka Museum

Cusco

10PEN

Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology.

Begin your final day in Cusco with a walk to Koricancha with your CEO and group. This beautiful site is one of the most important and sacred temples of the Inca empire. Enter the space whose name roughly translates to, "Walls of Gold" and admire the mix of Indigenous and colonial architecture of this temple on the hill overlooking the bustling Avenida el Sol below. Afterwards, walk along the cobblestoned streets to the San Pedro Market, the city's oldest main food hub and shopping area. As your CEO takes you through to various stalls you will experience the true aromas, sounds, and tastes of the city. Sample a variety of traditional fresh products harvested from throughout the region including, fruits, vegetables, cheeses, and sweets. The remainder of the day is free to explore as you choose. There's much to do and little time, but we know you will find something to make your solo heart soar. Gather in the evening for an optional final meal together to cap of this Peruvian solo-ish adventure.



Meals included

Breakfast



Accommodation

Hotel de la Villa Hermoza (or similar)

Hotel



Today's Activities

Koricancha Visit

Cusco

1h30m

Visit Koricancha with your CEO and group. This beautiful site is one of the most important and sacred temples of the Inca empire. Learn more about this beautiful space as you wander through the grand architecture and look out over the city perched below and the rising hills in the distance.

San Pedro Market Walk - Cusco

Cusco

Take in the sights and smells of the sprawling San Pedro market and try out a glass of fresh fruit juice from one of the stalls along with other regional specialties as your CEO helps you navigate the hustle and bustle.

Free Time

Cusco

Head out and explore. Free time is yours to use how you want on this final afternoon in Cusco.

Day 9

Cusco

You arrived a solo traveller and are leaving with many new friends. Say goodbye to your fellow Solo-ish travellers and 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 Pachamanca, Valle Sagrado
- Your Welcome Moment: Meet Your CEO and Group
- Dinner Party: Lima Cooking Class - Ceviche & Causa, Lima
- We Day: The Heart of the Sacred Valley, Cusco
- G Day: History & Culture of the Sacred Valley, Ollantaytambo
- Me Day: Cusco Me Day, Cusco
- Complimentary arrival transfer
- Sacred Valley guided tour
- Pottery making demonstration
- Train to Machu Picchu
- Machu Picchu guided tour
- Free time in Ollantaytambo, Aguas Calientes, Lima, and Cusco
- Internal flights
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Partake in an immersive cooking class in a trendy Lima neighborhood, Spend a rich cultural day in the Sacred Valley and visit various local communities, Travel through the mountains by train to Machu Picchu and learn about the history of the Incas, Visit the mystical Aguas Calientes and choose to relax your body in the warm steaming waters of the thermal springs

Itinerary Notes

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

What are the main highlights of this trip?

Partake in an immersive cooking class in a trendy Lima neighborhood, Spend a rich cultural day in the Sacred Valley and visit various local communities, Travel through the mountains by train to Machu Picchu and learn about the history of the Incas, Visit the mystical Aguas Calientes and choose to relax your body in the warm steaming waters of the thermal springs

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

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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.

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?

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.

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](#).

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.

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.

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.

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.

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.

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.

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.

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.

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.

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 14

What meals are included in this trip?

8 breakfasts, 3 lunches

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. A typical breakfast may 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. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Public bus, train, private vehicle, plane, walking.

Is there an extra cost for travelling solo?

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

Where will we stay during the trip?

Hotels (8 nts) on a twinshare basis. If you are interested in purchasing your own room, please see below for the My Own Room option.

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What kind of accommodation can I expect on this trip?

On Solo-ish Adventures, it's all about making new friends. Accommodation for Solo-ish Adventures is in twin-share rooms. No booking or rooming requests will be taken, and matrimonial bedding is not offered on Solo-ish Adventures.

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.

Arrive to your start hotel no later than 6pm.

During your Welcome Meeting, 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 Operator (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 2060

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?

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?

Documents:

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

Light Hiking:

- Hiking boots
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Warm Weather:

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

When can I do my laundry on this trip?

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

What the visas and entry requirements for my trip?

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

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

How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip

What should I know about currency, credit cards, and exchanging money while on this tour?

Debit and credit cards are very useful for cash advances, but you must remember to bring your PIN number (be aware that many ATM machines only accept 4-digit PINs.). Both Cirrus and Plus system cards are the most widely accepted debit cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will work in all of the ATMs in Latin America due to their affiliation with certain card systems. Credit cards can be used in major cities and towns ONLY but please do not rely on them as a method of payment because they are generally not widely accepted. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

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

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

How much emergency money should I bring on this trip?

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

Should I be tipping on my trip?

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

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

Inca Trail:

Head guide: 15-30 USD

Assistant guide: 10-20 USD

Your trekking crew: 40 USD

Lares Trek:

Head guide: 15-30 USD

Assistant guide: 5-15 USD

Your trekking crew: 35 USD

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

What activities are optional on this trip?

Lima

- Lima City Tour (40USD per person)

Inca Trail

- One-Day Inca Trail Hike

Aguas Calientes

- Hot Springs Visit (6USD per person)

Cusco

- Rainbow Mountain Hike - Full-day Trip
- Cusco City Tour (45PEN per person)
- Cusco Tourist Ticket (130PEN per person)
- Inka Museum (10PEN 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 ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

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

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

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

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

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

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

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

What are the trip specific safety considerations?

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

What rules should I know before joining this trip?

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

Is travel insurance required for my trip?

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

Does this trip support a Planeterra project?

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

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

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

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

How can I share feedback about my trip experience?

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

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

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

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

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.