G Adventures

Last Updated: April 9, 2024



TailorMade Peru: Andes & Beyond

12 days, Lima to Lima

Trip code SPAATM

What's included

- Your Discover Moment: Tambopata Jungle Lodge 3D/2N, Puerto Maldonado
- Cusco City Tour

- Sacred Valley guided tour
- Pottery-making demonstration
- Lares Trek guided hike with cooks and porters (3 days)
- Machu Picchu guided tour
- Cusco Cooking Class
- Amazon Jungle stay at the exclusive G Lodge Amazon (3 days)
- Guided excursions with naturalists
- Rubber boot use
- Internal flights
- All transport between destinations and to/from included activities

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

VALIDITY: Valid for all trips departing November 27th, 2018 and onwards

Itinerary



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

Day 1 Lima

Arrive at any time. Arrival transfer included.

Today's Activities

Private Vehicle Lima 15m

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

FIT - Lima GRep Briefing Lima

A G Adventures representative will meet you at the hotel to go over the details for your trip. The representative can also answer any questions about the tour or the general area.

Optional Activities - Day 1

Huacas and Larco Museum by Night Lima 90USD

Tour three different Huacas in the city which were built during pre-Inca times in the middle of Lima. Then, visit the Larco Museum where you will enjoy a 3-course dinner in the restaurant there.

Bike Miraflores and Barranco Lima 35USD

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.

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.

Lima Cooking Class (4hrs) Lima

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

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

Full Day Lima Experience Lima 150USD

Experience the highlights Lima along with its important eras in history such as, the Pre-Hispanic Oracle of Pachacamac. Enjoy lunch at a local restaurant in the bohemian district of Barranco and visit the colonial convent of San Francisco and its latest addition, the Magic Water Park.

MALI & Peruvian Paso Horse with dinner Lima 90USD

Visit Parque de la Exposición, a historical park in the city and the Art Museum of Lima which exhibits art developed from pre-Inca, Colonial and Present times. Then, visit a Hacienda where you will experience a performance of typical, local dances and see the Marinera Dance with the horses while you enjoy a buffet dinner.

Day 2 Lima/Cusco

Fly to Cusco and enjoy a city tour to get acquainted with the city. Enjoy a city tour in the afternoon and explore the capital of the Inca Empire.

Meals included

Breakfast

Today's Activities

Private Vehicle Lima 15m

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

Plane Lima - Cusco 1h-1h15m 1101km

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

Private Vehicle Cusco 18m

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

Cusco City Tour Cusco

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

Day 3 Cusco/Ollantaytambo

Enjoy a full-day guided tour of the Sacred Valley. Stop at the G Adventures-supported women's weaving co-op before visiting the Pisac ruins. Break for lunch at the G Adventures-supported Parwa community restaurant in Huchuy Qosco. After lunch, enjoy a guided tour of the Ollantaytambo ruins.

Visit the Ccaccaccollo community centre which G Adventures travellers' donations helped create. See local weaving and dyeing techniques used to create garments and souvenirs, and learn how the

Planeterra weaving co-operative has impacted the community. This includes the purchase of alpacas to provide a steady supply of wool, looms, and sewing machines as well as several training courses on production, sales and small business management. After, stop for lunch 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.

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. Explore the back of the site to see a pocketed cliff across Kitamayo Gorge, which once contained hundreds of Inca tombs. Continue on to tour the town and fortress of Ollantaytambo with a local guide. Take a step back in time at this Inca archaeological site. Learn how the area, overlooking the Urubamba River Valley, was an important stronghold during warfare between the Spanish and Incas.

Meals included

Breakfast | Lunch

Today's Activities

Sacred Valley Tour - Ccaccaccollo, Parwa Restaurant, Pisac & Ollantaytambo Ruins

Cusco – Ollantaytambo

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

Have lunch at the G Adventures-supported Parwa community restaurant. Learn about the G Adventures for Good project and eat a delicious buffet-style lunch. Proceeds of this meal go directly back to the remote community. After, visit the hilltop citadel of Pisac and the ancient Ollantaytambo ruins.

Day 4

Lares Trek

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

Start early and drive (3 hrs) to Lares town where the hike will start with a leisurely pace through the valley of Cuncani. Hike 4km (2.5 mi - 4h30m) to Chancachaca then stop for lunch. Be sure to rest and rehydrate because the altitude here is around 3480m (11,417 ft).

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

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

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

Meals included

Breakfast | Lunch | Dinner

Today's Activities

Lares Trek 4D/3N Cusco

Embark on a spectacular three-day trek through the mountains and communities surrounding the Sacred Valley. Enjoy G Adventures-supported handmade biodegradable soap products provided on the trek. Along the way pass remote communities, views of the snow-capped Cordillera de Vilcanota range, and many friendly faces. End with a spectacular train ride to Aguas Calientes to freshen up in a hotel for a night before enjoying a guided tour of Machu Picchu.

Day 5 Lares Trek

Start early to hike from the foothills of Sicllaccasa Mountain to its high pass (4,750m/15,583 ft), providing scenic views of lagoons and the snow-capped Chicon Mountain. Celebrate after reaching the

highest point by making an offering of coca leaves to the Andean gods. After the morning hike, stop to rest and take in the amazing view. Continue hiking downhill to our second campsite near the stream for the night.

Hike from the foothills of Sicllaccasa Mountain 12.2km (7.6 mi) to its high pass at 4750m (15,583 ft), providing scenic views of lagoons and the snow-capped Chicon Mountain. Celebrate after reaching the highest point by making an offering of coca leaves to the Andean gods.

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

Continue hiking downhill another 2.6km (1.6 mi) to our second campsite Kuyoc near a stream. After your 9 hour trekking day, sleep tonight at about 4,114m (13,497 ft) elevation.

Meals included

Breakfast | Lunch | Dinner

Day 6 Lares Trek/Aguas Calientes

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

Follow the trail to see typical Andean flora and fauna, llamas and alpacas. Descend through the valley of Pumahuanca and meet friendly local Quechua people and explore some Inca storehouses along the way. Trek 10-11 km (3-4 hrs) to reach the town of Pumahuanca. Enjoy lunch then hop a van to Ollantaytambo. Continue by train to Aguas Calientes.

Meals included

Breakfast | Lunch

Day 7 Machu Picchu/Cusco

Enjoy a guided visit to Machu Picchu at sunrise, explore the ruins as you take in this magnificent place. Later, travel back to Cusco.

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. 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).

When ready, head back down by bus to Aguas Calientes to meet up with the rest of the group. Take the scenic train back to Ollantaytambo to meet the van for the ride back to Cusco.

Meals included

Breakfast

Today's Activities

Train | Aguas Calientes – Ollantaytambo | 1h30m

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

Private Vehicle | Ollantaytambo – Cusco | 73km

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

Optional Activities - Day 7

Inca Bridge Visit | Machu Picchu | Free

Use any leftover energy from your Machu Picchu hike to visit the Inca Bridge site nearby (thought by some to be a secret back entrance to Machu Picchu). Trek up to the bridge that's cleaving to a 579m (1,900 ft) cliff, and soak in amazing views of cloud forest along the way.

Day 8 Cusco

Enjoy a free morning in Cusco before visiting a local market and learning about Peruvian cuisine in a cooking class.

Meals included

Breakfast

Today's Activities

Cusco Cooking Class at We Cook Cusco - Cuzco

Channel your inner chef with a Peruvian cooking class. Head back to the kitchen for a hands-on lesson and learn to prepare local Peruvian specialties.

Optional Activities - Day 8

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.

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.

Day 9 Cusco/Tambopata

Fly to Puerto Maldonado and continue by motorized boat to the comfortable and intimate G Lodge Amazon.

Fly to Puerto Maldonado, deep in the lowlands of the Amazon Jungle.

After a brief stop in town to store large luggage, drive to the pier and travel by covered motorized boat to the jungle lodge. En route, spot bird species typical of the river and forest edge. The Tambopata Rainforest area holds the world record for the most bird sightings in one area.

Local community members make up the majority of lodge staff, including multilingual naturalist guides. Take the opportunity to learn about the area's rich flora and fauna and locals' extensive use of

medicinal plants and other forest plant resources through traditional techniques for building, fishing, and hunting.

The lodge itself combines native architectural style and materials with low-impact, eco-friendly technology. Rooms are simple but comfortable, with mosquito netting for individual beds, flush toilets, showers (with solar-heated hot water), and candles for lighting (no electricity).

Meals included

Breakfast | Lunch | Dinner

Today's Activities

Private Vehicle Cusco 21m

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

Plane Cusco – Puerto Maldonado

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

ACTIVITY

Travel by motorized canoe to the comfortable, intimate, and exclusive G Lodge Amazon your home for the next two nights. Settle into the lodge before a night walk to get the lowdown on local flora and fauna. Receive help from the talented, expert naturalist guide to locate hidden creatures! The next day, enjoy guided excursions and a caiman spotting cruise by expert naturalists to spot wildlife at nearby oxbow lakes and along jungle trails. Learn about traditional techniques for forest plant resources and plant-based medicine.

** Please note - the jungle excursions are shared with other passengers at the lodge. **

Day 10

Tambopata

Enjoy guided excursions led by expert naturalists to spot wildlife at nearby oxbow lakes and along jungle trails. Spend some time relaxing in a hammock, enjoying the local swimming hole, or visiting a nearby plantation. Go on a caiman-spotting cruise after dinner.

Head out early to catch the jungle at its wildest (and coolest). Walk slowly through the forest searching for wildlife before heading out on an oxbow lake by canoe. Search for anaconda, the elusive giant river otter, or black caiman. Even if you don't spot these shy creatures, there are plenty of other birds, interesting plants, and other animals about.

Meals included

Breakfast | Lunch | Dinner

Today's Activities

Free Time Tambopata

Spend time around the lodge or go further afield. Free time can be used to explore any way you want.

Day 11

Tambopata/Lima

Enjoy a delicious Amazonian breakfast before heading back to the airport by motorized boat and van. Fly back to Lima.

Meals included

Breakfast

Today's Activities

Plane Puerto Maldonado – Lima 1h30m

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Private Vehicle Lima 15m

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

Day 12 Lima

Depart at any time.

Meals included

Breakfast

Optional Activities - Day 12

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.

Lima Cooking Class (4hrs) Lima

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What are the main highlights of this trip?

Tour the Ollantaytambo ruins, Embark on a spectacular trek through the Sacred Valley, Camp at isolated Indigenous villages, Take in scenic views of snow-capped mountains, Soak in the hot springs of Aguas Calientes, See Machu Picchu in early morning light

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

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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.

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

1. 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 .

2. MACHU PICCHU REGULATIONS

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.

3. 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.

4. 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.

5. 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.

6. 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.

7. All travellers are required to pay the tax on domestic flights in Peru. Foreign travellers are exempt form this, and proving you are indeed a foreign traveller can be done by providing us with your international ticket number (ITN). Travellers who do not submit international ticket numbers at least 30 days prior to Day 1 of their tour will be required to pay the domestic tax on all included flights.

8. YELLOW FEVER

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

9. WET SEASON

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

10. GROUP DYNAMICS

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

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 meals are included in this trip?

11 breakfasts, 6 lunches, 4 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.

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.

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, plane, train, boat, canoe, 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.

Where will we stay during the trip?

Hotels/guesthouses (7 nts), camping (2 nts), G Lodge Amazon (2 nts).

What should I expect from the accommodations on this trip?

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

What is the joining hotel?

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

What are the joining instructions?

On your TailorMade trip, you will be met by a G Adventures Representative on Day 1 with more information about your tour. They will also be able to answer any questions you may have. If you have an arrival transfer, please meet your transfer representative in the arrivals area; they will be holding a G Adventures sign.

What should I do if I can’t find my airport transfer or experience arrival issues?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier. 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 do I contact for arrival issues or in the event of an emergency?

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

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.
During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650 or 01 241 1650 (from mobile within Peru) or 241 1650 (from payphone within Peru)
After hours Emergency number: +51 99 758 2712, (WhatsApp Available)

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

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0344 272 0000
Calls from Germany: 0800 365 1000
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What are the packing guidelines and luggage restrictions?

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 I pack for this trip?

Amazon:

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

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

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

Cold Weather:

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

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:

- Footwear (required) (Closed toe suggested)
- 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
- 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.

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

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

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

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

What emergency funds do I need access to 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!

What are the tipping guidelines for this 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.

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 Local Guide did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline $10-15 USD per person, per week can be used.

What activities are optional on this trip?

Lima

- Huacas and Larco Museum by Night (90USD per person)
- Bike Miraflores and Barranco (35USD per person)
- Lima City Tour (40USD per person)
- Lima Cooking Class (4hrs)
- Full Day Lima Experience (150USD per person)
- MALI & Peruvian Paso Horse with dinner (90USD per person)

Machu Picchu

- Inca Bridge Visit (Free)

Cusco

- Inka Museum (10PEN per person)
- Cusco Tourist Ticket (130PEN per person)

Are there any health considerations I should know before travelling?

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

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information.

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 general safety tips and free-time guidelines should I follow?

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. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. 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.

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/

Are there any specific safety considerations for this itinerary?

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

What are the mandatory group rules regarding laws and behaviour?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts yourself and everyone around you 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.

What are the mandatory travel insurance requirements for this trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

How can I share feedback about my trip experience?

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

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

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

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

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

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 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.