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Sorry! There are no remaining departures for "Trekking the Huayhuash Circuit" (SPHH), [but here are some similar trips](#).



## **Trekking the Huayhuash Circuit**

13 days, Lima to Lima

Trip code SPHH

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Trek the Huayhuash circuit with a local guide (7 days)

- 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 April 10th, 2017 - June 1st, 2020

## Itinerary

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**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.

There are no planned activities so check into the hotel and enjoy the city.

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

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



### Today's Activities

#### ACTIVITY

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



### Optional Activities - Day 1

Barranco Bohemian Neighbourhood Tour

Lima

45USD

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

Lima Biking Culinary Tour - Bike & Bite

Lima

75USD

Your Bike & Bite adventure starts off at an iconic Lighthouse in the Miraflores district. Cycle through Love Park and discover the stories behind famous monuments throughout the park. Continue the tour to Larcomar Mall a popular shopping centre in Lima, and then through the bohemian streets of Barranco known for its nightlife and street art. Stop by the Bridge of Sighs in Barranco - tradition says

that when you walk across the bridge and think of a wish while holding your breath your wish will be fulfilled!

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.

Pachacamac and Paso Horse Show

Pachacamac

98USD

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

Magic Circuit of Water and Tapas Night

Lima

68USD

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

Day 2

## Lima/Huaraz

Travel north by bus to the alpine city of Huaraz, surrounded by the stunning snow-capped peaks of the Cordillera Blanca mountain range.

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### Meals included

Breakfast

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### Today's Activities

Local Bus

Lima - Huaraz

8h

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

Day 3

## Huaraz

Enjoy a free day to acclimatize to the altitude. There are ample opportunities for optional activities like exploring the city, biking in the mountains, or heading into Huascarán National Park. Relax in the evening at a café and soak in the natural scenery.

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### Today's Activities

Free Time

Huaraz

Free day to acclimatize to the altitude or try one of the many optional activities.

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### Optional Activities - Day 3

Acclimatization Lagoon Walk

Huascarán National Park

66PEN

Get acclimatized to the altitude while marvelling at the beautiful lagoons of Huascarán National Park.

Horseback Riding

66-68USD

Throw on some long pants, grab the reins and hop up on a well-trained horse. Trail ride through the tropical forest and across the area's most beautiful landscape. Look for toucans in the trees and admire the ocean views. Visit waterfalls and end your journey with a good gallop.

Day 4

## Huaraz/Cuartelhuain

Travel by private vehicle into Huascarán National Park, gaze out the window and enjoy the Andean scenery passing by. Arrive at Cuartelhuain, the camp for the night (4,200m/13,780 ft).

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### Meals included

Lunch | Dinner

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### Today's Activities

Private Vehicle

Huaraz - Cuartelhuain

3h

Enjoy the ride through Huascarán National Park. Stop to view Puya Raimondi trees, distantly related to pineapples, these strange plants are worth a second look. Snap some photos at Yanashayash pass before taking a break in Huallanca village.

Free Time

Cuartelhuain

Relax to prepare for the high altitude trek that starts the following day.

Day 5

## Cuartelhuain/Loma Ollocuyoc

Begin seven days of trekking with an expert mountain guide along the challenging and spectacular Huayhuash circuit. Hike in the alpine wilderness to make your way to Cacañanpunta Pass to see a panoramic view of the surrounding valleys, rivers and mountains.

The days are spent in remote, high-altitude wilderness, surrounded by alpine scenery including snow-capped peaks, immense glaciers, emerald glacial lagoons, and mountain vegetation.

Nights are spent camping under the stars. Several very high altitude passes are traversed, challenging the best of hikers ready to push themselves for the ultimate reward of unmatched remote mountain scenery unlike anywhere else on Earth.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Huayhuash Trek

Cuartelhuain - Loma Ollocuyoc

5h

Leave early and head for Cacañanpunta Pass (4,690m/15,387 ft) providing a spectacular view of the valleys and mountains. Trek on to Janca campsite (4,250m/13,944 ft) and arrive around lunchtime.

This is a shorter day, to help with acclimatization, take a break or trek to the nearby Lake Mitucocha in the afternoon.

Day 6

## Loma Ollocuyoc/Laguna Carhuacocha

Continue the trek along Laguna Mitucocha with Mt Yerupaja, Mt Rondoy and Mt Ninashanca towering in the background as you pass through Carhuacocha Pass.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Huayhuash Trek

Loma Ollocuyoc - Laguna Carhuacocha

6h-7h

11km

Trek along Laguna Mitucocha to Carhuacocha Pass (4,650m/15,256 ft) along a gradual incline. Enjoy views of Mt Yerupaja, the highest peak in Huayhuash. Descend into the hanging valley and peer into turquoise Lake Carhuacocha. The campsite for the night is just below the lake at 4,130m/13,550 ft with stunning views of the surrounding peaks.

Day 7

## Laguna Carhuacocha/Cordillera Huayhuash

Trek through Siula Pass, with its towering peaks and glacial lagoons of varying shades of turquoise and blue, you'll be hard-pressed to find a place more beautiful.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Huayhuash Trek

Laguna Carhuacocha - Cordillera Huayhuash

7h-8h

13km

Today it is a long, gradual climb out of the valley with the impressive Mt Yerupaja as a beautiful backdrop. Followed by a steep, rocky climb up to the Siula Pass (4,800m/15,784 ft), made famous by Joe Simpson on his fateful hike. Descend down to the campsite for the night Huayhuash campsite (4,400m/14,436 ft).

Day 8

## Cordillera Huayhuash/Huanacpatay

Continue the trek upwards to the highest point of the trek, Trapecio Punta Pass. Continue on to the camp for the night below Mt Puscanturpa.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Huayhuash Trek

Cordillera Huayhuash - Huanacpatay

7h-8h

15km

Trek to the highest point of the trek at Trapecio Punta Pass (5,000m/16,404 ft). Enjoy breathtaking views of Mt Trapecio and Mt Puscanturpa in the south. Descend down to the grassy camp at Quebrada Cuyoc (4,600m/15,092 ft) below Puscanturpa peak.

Day 9

## Huanacpatay/Huantiac

Descend into the Huanacpatay valley, enjoy views of waterfalls in the distance en route to Huantiac camp, a high altitude meadow in the shadows of Mt Diablo Mudo.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Huayhuash Trek

Huanacpatay - Huantiac

8h

13km

Descend into the Huanacpatay valley and enjoy the noticeable change to a warmer climate in this cultivated valley. Continue on to the isolated village of Huayllapa, stopping en route to marvel at waterfalls in the distance. In the afternoon, climb steeply to reach Huantiac Camp, a high altitude meadow at (4,350m/14, 272 ft) hidden in the shadow of Diablo Mudo Mountain. This is a tough afternoon, especially when temperatures are high.

Day 10

## Huantiac/Laguna Jahuacocha

Descend into Angoshcancha valley passing through quenoal forest before climbing up to Yaucha pass. Enjoy beautiful views and keep an eye out for condors on the way to Laguna Jahuacocha.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Huayhuash Trek

Huantiac - Laguna Jahuacocha

7h-8h

15km

Descend down into Angoshcancha valley, through the scraggly quenoal forest. Head back up a steep incline to Yaucha pass (4800m/15748 ft). On a clear day, there are magnificent views of the highest peaks of the Huayhuash range and long-distance panoramas to the peaks of the Cordillera Blanca. This is a good place to spot the majestic condor. Head back down to Laguna Jahuacocha, thought to be the scenic gem of the whole range (4,050m/13,827 ft).

Day 11

## Laguna Jahuacocha/Chiquian

Ascend to the last pass of the trip, Shullca Pass (4550m/14928 ft), take in one last view of the stunning Andean ranges before descending to Pocpa to meet the transfer to Chiquian.

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### Meals included

Breakfast | Lunch | Dinner

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### Today's Activities

Huayhuash Trek

Laguna Jahuacocha - Pocpa

5h-6h

10km

After breakfast, leave camp early to tackle the last incline of the trek up to Shullca Pass (4,550m/14,928 ft). Take in the Andes for one last time before descending down the gravel path to Pocpa (3,500m/11,483 ft). Relish in the sense of accomplishment after completing this challenging trek while awaiting the transfer to Chiquian.

Private Vehicle

Pocpa - Chiquian

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

Day 12

## Chiquian/Lima

After breakfast, transfer by private vehicle back to Lima for the night and for some well-deserved rest and a hot shower.

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### Meals included

Breakfast

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### Today's Activities

Private Vehicle

Chiquian - Lima

5h30m-6h

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

Day 13

## Lima

Depart at any time.

We recommend booking additional time in Lima to explore. The optional activities below may require additional time, speak to your CEO for further information.



### Meals included

Breakfast



### Today's Activities

Departure Day

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



### Optional Activities - Day 13

Lima Biking Culinary Tour - Bike & Bite

Lima

75USD

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## What's included

- Your Welcome Moment: Meet Your CEO and Group
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- Trek the Huayhuash circuit with a local guide (7 days)

## What are the main highlights of this trip?

Take in the glacial alpine scenery along the Huayhuash circuit, challenge yourself and conquer high-altitude mountain passes, sleep in tents under the stars in the remote wilderness.

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

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## **Is there an itinerary Disclaimer?**

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

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

## **What 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 8

## **What meals are included in this trip?**

10 breakfasts, 8 lunches, 8 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. 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, private van, hiking.

## **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 (5 nts), camping (7 nts).

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

Nights 4-11: Huayhuash trek.

## **What kind of accommodation can I expect on this trip?**

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

## **What is the joining hotel?**

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

## What are the joining instructions?

Jorge Chavez International Airport in Callao Lima, is approximately a 45-minute drive from the Miraflores district, where our joining hotel is located. The easiest way to get there is via taxi. Immediately after the customs and immigration area, as you head to the exits, you will find an official taxi stand. You can pay for the car at set (approximately \$27 USD) rates and won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic, with many drivers vying for few clients. There are exchange facilities in the Arrivals area open 24 hours.

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

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

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

## What happens if I experience problems when arriving?

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

## Who should I contact in case of an emergency?

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

### AIRPORT TRANSFER

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

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

### EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

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

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

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

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

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

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

## What should I take on my trip?

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes (particularly on this trek), the temperature can feel quite cold, especially at night. We recommend the use of a duffel bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

# What should be on my packing list?

## Available for Rent:

- Sleeping bag (236 soles)
- Walking poles (53 soles)

## Cold Weather:

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

## Documents:

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

## Essentials:

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

### **Hiking/Trekking:**

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

### **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. Note: All other camping equipment for the trek is provided and included. Mules will carry the gear, so you will only be responsible for carrying your daypack, containing what you require for the day. Each passenger is given a duffel bag by our local office, which can hold approximately 7 kg (15.5 lbs), including sleeping bags. The remainder of your luggage will be stored for you at the hotel.

## When can I do my laundry on this trip?

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

## What the visas and entry requirements for my trip?

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

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

## How much spending money do I need for my trip?

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

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

The currency in Peru is the Nuevo Sol (PEN).

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

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

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

## Should I be tipping on my trip?

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.

Also at the end of each trip if you felt your G Adventures Chief Experience Officer (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

- Barranco Bohemian Neighbourhood Tour (45USD per person)
- Lima Biking Culinary Tour - Bike & Bite (75USD per person)
- Lima City Tour (40USD per person)
- Lima Cooking Class (4hrs)
- Magic Circuit of Water and Tapas Night (68USD per person)

### Pachacamac

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

### Huascarán National Park

- Acclimatization Lagoon Walk (66PEN per person)

### Huaraz

- Horseback Riding (66-68USD per person)

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

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

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

## 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.

## What is Planeterra?

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

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

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

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

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

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

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

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

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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.