

Iconic Peru - SPQNG

14 days: Lima to Lima

What's Included

- National Geographic Journeys Exclusives: Lake Titicaca Community Home Lunch, Lago Titicaca
- National Geographic Journeys Exclusives: Traditional Andean Experience, Urubamba
- National Geographic Journeys Exclusives: Cusco Planetarium, Cusco
- G Adventures for Good: Parwa Community Restaurant the Sacred Valley, Lamay
- Arrival transfer
- Three-day excursion to the G Adventures exclusive rainforest lodge (two nights)
- Sacred Valley tour including Pisac and Ollantaytambo ruins
- Choice of four-day Inca Trail hike with local guide, cook and porters, or Cusco/Aguas Calientes stay with scenic train
- Guided tour of Machu Picchu
- Guided tour of Taquile and Uros Islands on Lake Titicaca
- 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 17th, 2015 and onwards

Itinerary

Inca Trail

Day 1 Lima

Arrive at any time. Arrival transfer included.

Please note: if you booked the Culinary Theme Pack 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 10:00am and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. Return back to your hotel around 13:00.

Also, 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.

There are some very early morning starts on this trip to make the best use of our time and see as much as we can of Peru as we can.

Private Vehicle

Lima

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

Arrival Day and Welcome Meeting

1h

The adventure begins tonight. Feel free to explore, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour.

Accommodation

Hotel Antigua Miraflores (or similar)

Hotel

Day 2 Lima/Tambopata

Fly to Puerto Maldonado and continue by motorized canoe to the comfortable, intimate, and exclusive G Lodge Amazon located in the lush Tambopata Rainforest.

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 local river and forest edge. The Tambopata Rainforest area holds the world record for the most bird sightings in one area.

Local community members make up the majority of lodge staff, including multilingual naturalist guides. Take the opportunity to learn about the area's rich flora and fauna and locals' extensive use of medicinal plants and other forest plant resources through traditional techniques for building, fishing, and hunting.

Enjoy a welcome drink and orientation. Before dinner, head out for a night walk around the lodge grounds.

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).

Plane

Lima - Puerto Maldonado 2h30m-3h

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

Motorized canoe

Puerto Maldonado - Tambopata 2h-3h

Head by private vehicle to the lodge's office in Puerto Maldonado to store large luggage. From there, travel about 1 hr to reach the boat landing.

Wildlife-spotting Night Walk

Tambopata

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

Accommodation

Tambopata G Lodge (or similar)

Lodge

Meals included: Breakfast | Lunch | Dinner

Day 3 Tambopata

Enjoy guided jungle excursions led by expert naturalists to spot wildlife at nearby oxbow lakes, rivers, and clay licks. Spend some time relaxing in a hammock, enjoying the local swimming hole then go for 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 birds, interesting plants, and other animals about.

Jungle Excursions

Tambopata

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

Free Time

Tambopata

Spend time around the lodge or go further afield. Free time is yours to explore any way you want!

Caiman-Spotting Cruise

Tambopata

Head out after dark by motorized canoe to search for caimans on the river banks. Enjoy a lesson on caimans from the expert guide. Take advantage of the keen eyes of the expert naturalist guides - they are truly spectacular at spotting these elusive smaller cousins of alligators hiding on the muddy banks.

Accommodation

Tambopata G Lodge (or similar)

Lodge

Meals included: Breakfast | Lunch | Dinner

Day 4 Tambopata/Cusco

Travel by boat out of the jungle to Puerto Maldonado for the flight over the Andes and into the heart of Inca territory, Cusco. This evening, look to the night sky for a different view at the Cusco Planetarium. Enjoy a presentation on the southern sky, contemporary astronomy, and the ancient Incas' relationship with the cosmos. Visit the on-site museum and use the telescopes to admire the stars.

Afternoon arrival into the Inca capital. Time for strolling around the plazas and markets. Admire the cobblestones streets, and visit some museums and Cathedral.

Motorized canoe

Tambopata - Puerto Maldonado 2h-3h

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

Plane

Puerto Maldonado - Cusco 1h-1h30m 320km

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

Free Time

Cusco Afternoon

Take it easy this afternoon and acclimatize to the higher altitude.

National Geographic Journeys Exclusives: Cusco Planetarium

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

Accommodation

Taypikala Hotel Cusco (or similar)

Hotel

Meals included: Breakfast

Day 5 Cusco/Urubamba

Enjoy a full-day excursion to the Sacred Valley including the Pisac and Ollantaytambo ruins. Visit the "Parque de la Papa" ("Potato Park"), exclusive to Journeys and part of G Adventures for Good - walk through this rural community with a local guide to learn about potato cultivation, weaving, and the importance of both to Andean culture. Also, enjoy lunch at the G Adventures-supported Sacred Valley Community Restaurant in Huchuy Qosqo, an indigenous village.

Private Vehicle

Cusco - Ollantaytambo 9h-10h 95km

Times includes all stops and visits enroute through the Sacred Valley.

National Geographic Journeys Exclusives: Traditional Andean Experience

In Peru's Sacred Valley of the Inca, six communities of approximately 6000 indigenous people are working together to preserve over 700 species of potato - a cornerstone of life here. As part of an experience exclusive to National Geographic Journeys travellers - and part of our G Adventures for Good program - visit this area, named "Parque de la Papa" ("Potato Park"), to learn about life in an Andean agricultural community. Walk through the park here with a local guide, dropping by the seed bank (which has direct ties to the Svalbard Global Seed Vault in Norway) and then head out to the fields to watch the planting or harvesting process, depending on the season. After, enjoy some of the delicious varieties of potato and visit the small stone hut where traditional weaving takes place. Learn about the natural dyeing process and witness alpaca wool strands being transformed into beautiful textiles through a centuries-old backstrap weaving style. Your visit to this special community means this local enterprise can continue earning an income that supports their development and conservation goals.

G Adventures for Good: Parwa Community Restaurant the Sacred Valley

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.

Pisac Ruins Guided Tour

Pisac

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

Ollantaytambo Ruins Guided Tour

Ollantaytambo

Tour the town and fortress of Ollantaytambo with a local guide. Take a step back in time at this Inca archaeological site; it still shows signs of its former glory, including agricultural terraces, a Temple Hill, and storehouses. Learn how the area, overlooking the Urubamba River Valley, was an important stronghold during warfare between the Spanish and Incas.

Accommodation

Hotel San Agustin Urubamba (or similar)

Hotel

Meals included: Breakfast | Lunch

Day 6 Ollantaytambo/Wayllabamba Camp

Depart Ollantaytambo by van to km 82 where the hike begins.

Trek through beautiful scenery, with a variety of flora that changes with the seasons, passing several smaller ruin sites like Llactapata.

A crew of local porters, cooks, and guides will take care of all the details for the duration of the hike. Porters carry the majority of the gear so you'll only need to carry a small daypack with water, rain gear, snacks, a camera, etc.

Private Vehicle

Ollantaytambo - Inca Trail 45m

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

Hike Inca Trail

Inca Trail KM 82 - Wayllabamba Camp 5h-6h 11km

Get your blood pumping on this first day of hiking the Inca trail. The trekking is fairly easy and serves as good training for the next few days. Pass rambling rivers and a small village, and enjoy scenic mountain views; it's just a taste of what's to come.

Meals included: Breakfast | Lunch | Dinner

Day 7 Wayllabamba Camp/Paqaymayo Camp

Start early to climb the long steep path to Warmiwañusca, better known as Dead Woman's Pass. This is the highest point of the trek at 4,198m (13,769 ft). Most hikers reach camp by early afternoon, with ample time to rest and relax.

Hike Inca Trail

Wayllabamba Camp - Paqaymayo Camp 6h-7h 12km

Trek over progressively spectacular and steeper terrain on your way to Warmiwañusca (aka Dead Woman's Pass), the highest point of the trek at 4,198m (13,769ft). Be prepared to face strong Andean weather (blazing sun or cold winds) around the pass. Take the hike slow, and drink lots of water along the way - amazing views are waiting as a reward. Enjoy some ample time to rest and relax after reaching the camp; most campers arrive around early afternoon.

Meals included: Breakfast | Lunch | Dinner

Day 8 Paqaymayo Camp/Wiñaywayna

Cross two more passes and ruins along the way. The first pass is Runquraqay at 3,950m (13,113 ft) where, on a clear day, hikers can catch a glimpse of the snow-capped Cordillera Vilcabamba. Hike through cloud forest on the gentle climb to the second pass of the day, walking through original Incan constructions. The highest point of the pass is 3,700m (12,136 ft). On a clear day, enjoy the spectacular views of the Urubamba Valley.

At 3,650m (11,972 ft), reach the ruins of Phuyupatamarca, the "town above the clouds." Camp here or go another 1.5 hrs to the Wiñay Wayna ruins ("forever young") located at 2,650m (8,694 ft).

Hike Inca Trail

Paqaymayo Camp - Wiñaywayna 9h 16km

Cross two passes and more ruins along the Inca Trail on the last full day of hiking. Traverse Runquraway at 3,950m (13,113 ft), and then reach the second pass at 3,700m (12,136 ft). Spot the gorgeous Cordillera Vilcabamba and the Urubamba Valley in the distance on a clear day. Camp at either the Phuyupatamarca ruins or the Wiñay Wayna ruins.

Meals included: Breakfast | Lunch | Dinner

Day 9 Wiñaywayna/Cusco

The final day of the hike starts pre-dawn to reach the Sun Gate before sunrise. Wake up around 03:30 and walk to the checkpoint. Catch the first views of the breathtaking ruins of Machu Picchu on a clear day. Hike down to Machu Picchu for a guided tour of the site and free time to explore. Opt to visit the Inca Bridge, if time allows.

Catch the bus to Aguas Calientes to meet any non-hiking members of your group. Eat and relax before your train back to Cusco in the afternoon.

Hike Inca Trail

Wiñaywayna - Machu Picchu 1h30m 4km

Wake around 03:30 to reach the Sun Gate as early as possible. Head to the checkpoint and join the lineup to wait for the gate to open. Catch the first views of the breathtaking ruins of Machu Picchu (fingers crossed for a clear day). Hike down to Machu Picchu (about 45 mins) for a 1.5 hr guided tour of the site, and free time to explore. Opt to visit the Inca Bridge (a 15-min walk one way) for no additional charge, if time allows.

Catch the bus outside the Machu Picchu gate after your visit for a 25-min downhill ride to Aguas Calientes. Eat and relax before the train ride back to Cusco this evening.

Machu Picchu Guided Tour

Machu Picchu 1h30m-2h

Rise and shine - the best time to see the Lost City of the Incas is in the early morning light. Follow the local guide to Machu Picchu to learn about its history at a leisurely pace. Gain local insight into the Inti Mach'ay cave, Inti Watana, the Temple of the Sun, the Temple

of the Water, the Temple of the Condor, and the Room of the Three Windows. Take time to sit and feel the energy of this 15th-century site, now both a UNESCO World Heritage site and voted one of the new Seven Wonders of the World (in a worldwide Internet poll).

Train

Aguas Calientes - Ollantaytambo 1h30m 118km

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

Private Vehicle

Ollantaytambo - Cusco 2h

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

Accommodation

Taypikala Hotel Cusco (or similar)

Hotel

Meals included: Breakfast

Day 10 Cusco

Free day in Cusco - explore this UNESCO World Heritage site at your leisure. Opt to visit museums and ruins or try white water rafting or rock climbing.

Cusco is considered the mecca of Peru and rightly so. This beautiful colonial town offers nearby ruins, cobblestoned streets, museums, churches, and a lively atmosphere. The more adventurous optional activities available in Cusco include horseback riding around archaeological sites such as Sacsayhuaman, Tambo Machay, and Puca Pucara; white water rafting on the Urubamba River; and mountain biking down to the Sacred Valley, perhaps visiting an Inca ruin along the way.

Please note: if you booked the Culinary Theme Pack you will be picked up from your hotel at approx 12:30 and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. You will return back to your hotel around 16:00.

Carte Blanche

Cusco Full Day

There's plenty to see and do in Cusco, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like visiting Museo Inka, Museo de Historia Regional, and whitewater rafting. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 10

Whitewater Rafting Urubamba

Urubamba

150PEN per person

Rise for an early morning pick up and drive to Chuquicahuana for a safety briefing. Enjoy a full day of rafting on the Upper Vilcanota River (about 2.5 hrs on the water). Be thrilled by fast rapids that are a constant Class III and IV for around 11km (9 mi), and don't forget to take in the gorgeous scenery. Rehash all the excitement afterward over a riverside picnic lunch.

Mountain Biking

Cusco

Take to two wheels and head out into the hills around Cusco for some nature-meets-adrenaline fun. Try a trip to the Sacred Valley, perhaps, visiting an Inca ruin along the way.

Horseback Riding

Cusco

Hop in the saddle and explore Cusco's archaeological sites by horseback on a 3.5 hr tour - no previous experience needed. Dress for the weather, and bring sunblock and a hat, just in case.

Cusco Cathedral Visit

Cusco

Enjoy a visit to this beautiful cathedral; its construction began in 1559 and continued for another hundred years. Be sure to check out its excellent collection of colonial art, and the vault containing the remains of the famous Inca historian, Garcilaso de la Vega.

Cusco Archaeological Tour

Cusco

Explore some of the most important Inca ruins outside the city. Admire Saqsaywaman's monumental stonework. See Tambomachay's fountains, thought to be an ancient spa or a military outpost. Discover the natural cave in Qenqo - home to the ancient temple of Puma.

Accommodation

Taypikala Hotel Cusco (or similar)

Hotel

Meals included: Breakfast

Day 11 Cusco/Puno

Drive to Puno, enjoying scenic mountain views.

Enjoy spectacular views of the countryside on this full day of travel from Cusco to Puno, through the high Altiplano.

Private Vehicle

Cusco - Puno 7h-8h 389km

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

Accommodation

Casona Plaza Hotel Puno (or similar)

Hotel

Meals included: Breakfast

Day 12 Puno

Enjoy a guided boat tour of Lake Titicaca visiting the floating Islands of Uros and Taquile. Explore a bit further afield on the Lake, visiting the Luquina community and enjoy a traditional lunch in local homes. Option to visit the Sillustani burial site.

In the morning, board a comfortable 35-foot, fully equipped speed boat to explore the lake. Stop at various islands to enjoy the lake's scenic splendor and to meet the friendly people of these communities.

Day Trip to Lake Titicaca

Lago Titicaca

Head out for a day on beautiful Lake Titicaca. Travel to Taquile Island to visit the community and check out the spectacular views. Do some shopping at the local weaving cooperatives and learn about the Taquileños, known for their fine handwoven textiles and clothing.

Continue on to the floating islands of Uros. Learn about the totora reeds that grow in the shallows of Lake Titicaca used to make everything from the islands themselves to the boats the islanders use for transportation (if constructed well, they last up to six months). Find out from locals how the islands are constructed; as the layers closest to the water start to rot, they are replaced with fresh reeds on top.

National Geographic Journeys Exclusives: Lake Titicaca Community Home Lunch

Visit the Luquina Chico community on the shores of beautiful Lake Titicaca and take in sweeping views of the lake and its islands. During lunch in the home of a local family, get a personal view of everyday life in rural Peru.

Optional Activities - Day 12

Sillustani Burial Towers Tour

Puno

Take a guided tour of the Sillustani burial towers known as "chullpas." Be awed by these fantastic ruins located outside Puno - their remarkable towers stretch up to 12m (39 ft) in height.

Accommodation

Casona Plaza Hotel Puno (or similar)

Hotel

Meals included: Breakfast | Lunch

Day 13 Puno/Lima

Transfer to Juliaca and fly back to Lima to enjoy your last night in Peru.

Private Vehicle

Puno - Juliaca 1h

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

Plane

Juliaca - Lima 1h30m-2h

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

Accommodation

Hotel Antigua Miraflores (or similar)

Hotel

Meals included: Breakfast

Day 14 Lima

Depart at any time.

Departure Day

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

Meals included: Breakfast

What's Included

Arrival transfer. Three-day (2-night) excursion to the G Adventures exclusive rainforest lodge. Visit Cusco Planetarium. Sacred Valley tour including Pisac and Ollantaytambo ruins. Lunch at Sacred Valley Community Restaurant. Traditional Andean Experience. Choice of four-day Inca Trail hike with local guide, cook and porters, or Cusco/Aguas Calientes stay with scenic train. Guided tour of Machu Picchu. Guided tour of Taquile and Uros Islands on Lake Titicaca. Visit the Luquina community and enjoy a home lunch. Internal flights. All transport between destinations and to/from included activities.

Highlights

Spot wildlife in the Amazon jungle at the G Adventures exclusive lodge, learn the art of weaving at a women's co-op in a traditional village, explore the Cusco Planetarium, choose to hike the Inca Trail with our expert local guides or catch the comfortable train to Machu Picchu, visit the Luquina community and have lunch on Lake Titicaca

Dossier Disclaimer

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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.

Important Notes

1. INCA TRAIL/MACHU PICCHU 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:

<http://www.gadventures.com/terms-conditions/inca-trail-booking-policies/>

2. 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.

3. COMBO TRIP

Please note that this trip is a combination of multiple G Adventures tours. As such, the staff and/or particular vehicles operating your tour may change between tour segments. You may also expect some group members to join or leave the tour, between tour segments.

4. MACHU PICCHU BY TRAIN - OPTIONAL

Please advise at time of booking if you do not wish to hike the Inca Trail. Instead, you will have 2 nights in Cusco, travel by train for a night in Aguas Calientes, and join the hikers for the tour of Machu Picchu. Also note that if you choose to take the train, the physical rating for this trip is only level 3.

5. EXTRAS

Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, theme packs are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure, please see details in our optional activities field and ask your sales CEO.

6. 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 8kg). 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, however as a guideline, we suggest each hiker contributes the following to a collective pool. We suggest a tipping amount of \$40 per person for the Inca Trail and \$35 per person for the Lares Trek.

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

Group Leader Description

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.

Group Size Notes

Max 16, Avg 10.

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Please note: Should you choose to take the train to Machu Picchu, on days 6 to 9, breakfast is the only meal included.

Transport

Private van, plane, train, boat, canoe, hiking, walking.

Local Flights

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.

Solo Travellers

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.

Accommodation

Hotels (8 nts), G Lodge Amazon (2 nts), Inca Trail camping or Cusco-stay hotel (3 nts).

My Own Room Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Nights 2-3: Amazon Jungle, Nights 6-8: Inca Trail

About Accommodation

Should you choose to not hike and take the train to Machu Picchu, you will spend 2 nights in a Comfort hotel in Cusco and 1 night in a comfort hotel in Aguas Calientes.

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

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.

Joining Instructions

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

Our driver will be waiting for you with a National Geographic Journeys sign with your name on it, and they will be waiting for you outside the luggage hall. There most likely will be many signs, so please check carefully for your name.

FINDING YOUR TRANSFER - As you walk out of the airport there will be many drivers holding signs with agency or passenger names as well as taxi drivers asking you if you require their services. These are NOT our drivers and you should not accept their services. Please wait for our designated transfer person with a National Geographic Journeys sign board.

Please note that Day 1 is an arrival day and no activities have been planned, so you may arrive at any time. Similarly the last day is a departure day in which no activities are planned.

Your CEO will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, they will leave you a message detailing what time and where you should meet the next morning. Your CEO 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.

Arrival Complications

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.

Emergency Contact

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,

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 24 hour Sales team, who will happily assist you.

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 to Take

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 the use of a duffel bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

Checklist

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:

- * 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

Documents:

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

Essentials:

- * 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
- * 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
- * Toiletries (Preferably biodegradable)
- * Watch and alarm clock
- * Waterproof backpack cover
- * Windproof rain jacket

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

Smart Dress:

- * Smart outfit (For evenings out)

Warm Weather:

- * Sandals/flip-flops
- * Shorts/skirts (Longer shorts/skirts are recommended)
- * Sun hat/bandana

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.

Laundry

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.

Visas

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'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Spending Money

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.

Money Exchange

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

Emergency Fund

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!

Tipping

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 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.

Optional Activities

Lima:

Lima City Tour \$39 (Minimum 2): Tour colonial and contemporary Lima. - Approx 3 Hrs

Pachacamac \$50 (minimum 2): Visit the Lost Inca Citadel of Lima. - Approx 3 Hrs

Culinary Tour \$72: Visit a local market. Learn how to make Ceviche and Pisco Sours like the experts. - Approx 3 Hrs

Ballestas Islands with Huacachina From \$220 (minimum 2): Enjoy wildlife and history, have lunch in a winery and visit the Huacachina Oasis. - Full day

Nasca Lines \$300: Flight over the mysterious Nasca Lines. Services start and end in Lima. - Full day

City Contrasts \$55 (minimum 2): Visit the other face of Lima, the shanty towns or Pueblos Jovenes. - Approx 3 Hrs

Lima at Night \$70 (minimum 2): Visit the Magic Circuit of Water, walk through the centre of Lima and savour an included dinner. - Approx 3 Hrs

Palomina Islands \$75 (minimum 2): Visit the port area of Lima. Spot wildlife and swim with the sea lions. - Approx 5 Hrs (minimum 2)

Cusco:

Inka Museum \$3.5 entrance

Paragliding \$95

Quad biking 3hrs \$65 -- 4hrs \$75

All prices are per person in US dollar amounts (unless stated otherwise), and are subject to change as services are provided by third party operators.

Health

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.

Safety and Security

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/

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

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.

Travel Insurance

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.

Feedback

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 customerservice@gadventures.com and we will send it on to you.

Newsletter

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.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.