

Peru Multisport - SPHK

15 days: Lima to Lima

What's Included

- G Adventures for Good: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- G Adventures for Good: Parwa Community Restaurant the Sacred Valley, Lamay
- Local Living: Lake Titicaca Homestay, Lago Titicaca
- Biking excursions in the Sacred Valley (2 days)
- Inca Trail guided hike with cooks and porters (4 days)
- Guided tour of Machu Picchu
- Kayaking excursion on Lake Titicaca with visits to Taquile, Amantani, and the Uros Islands (2 days)
- Internal flights
- Transport between destinations and to/from included activities

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VALIDITY: Valid for all trips departing January 1st, 2017 and onwards

Itinerary

Inca Trail

Day 1 Lima

Arrive at any time.

Arrive in Lima at any time. There are no planned activities so check into our hotel and enjoy the city.

Peru is made up of three main geographical areas: the Andes, the Amazon, and the desert coastal area. In this trip, we concentrate on the Andes region of south-central Peru and the ancient Inca capital of Cusco.

If you booked the Culinary Bundle 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.

Arrival Day and Welcome Meeting

1h19:00

The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start

hotels, but you can usually store your luggage for the day if you arrive early.

Optional Activities - Day 1

Museum of the Inquisition

Lima
50PEN per person
Visit the Peruvian Inquisition headquarters showcasing somewhat grotesque wax figures in scenes of imprisonment and torture.

Lima at Night and Water Circuit

Lima
180-294PEN per person
Get a different perspective of this vibrant city by visiting its highlights at night. Enjoy round-trip transportation and learn about the history at Plaza San Martin while taking in panoramic views, continue on to the iconic Plaza de Armas and soak it all in. End it off with a spectacular water show complete with lights, music, and dozens of fountains at the "Circuito Magico del Agua."

Contact Ruben (Best Bite Peru) at +51972584092 for further information.

Lima City Tour

Lima
130-186PEN per person
Discover Lima's highlights on this half-day guided tour. Visit the San Francisco Church and its impressive catacombs, walk around Plaza de Armas, and get to know some of Lima's lovely neighbourhoods.

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Pachacamac - Lost Inca Citadel

Pachacamac
187-208PEN per person
Visit the Lost Inca Citadel - Pachacamac, a series of pre-Incan adobe structures dedicated to Pachacamac or the "Earth Maker" located about 30km from Lima.

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Lima Paragliding

Lima
280PEN per person
Glide over Costa Verde, hover over Lima's city life and see the desert dunes over Pachacamac. Tandem flights are available to those who have never glided.

Day 2 Lima/Cusco

Early flight to Cusco. Free day for shopping and to explore the city. Optional city tour.

Transfer early in the morning to the airport for the flight to Cusco; the flight usually departs early - we may leave the hotel as early as 4:30. Spend the afternoon relaxing and exploring this fascinating city, and take time to acclimatize to the high altitude.

Our best advice for exploring Cusco is to wear a comfortable pair of shoes, arm yourself with a city map, and set off to explore!

Please note if you pre-book the Culinary Bundle 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.

Plane

Lima - Cusco 1h-1h30m
Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

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 2

Inka Museum

Cusco

10PEN per person

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

Meals included: Breakfast

Day 3 Cusco/Ollantaytambo

Begin two days of guided biking excursions through the Sacred Valley, in the Maras, Moray, and Pisac areas, using Ollantaytambo as a base. Visit the G Adventures-supported women's weaving co-op and Parwa community restaurant in Huchuy Qosqo.

We start the day by stopping at the G Adventures-supported women's weaving co-op before travelling by private transport to Abra de Corao, on the edge of the Sacred Valley, where we will begin our biking excursion. Visit the G Adventures-supported Sacred Valley Community Restaurant in Huchuy Qosqo, an indigenous village, for lunch.

After lunch, we continue by bicycle to the majestic Inca ruins of Pisac, where we will enjoy a guided tour of the site before transferring to Ollantaytambo for the night.

Private Vehicle

Cusco - Huayllabamba

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

Sacred Valley Mountain Biking Excursion

Huayllabamba - Pisac

From our starting point at 3,700m (12,139 ft) above sea level, we descend on our bikes into the Sacred Valley, eventually arriving at Taray (2,800m/9,186 ft above sea level), enjoying magnificent views along the way. We will also pass through rural areas where we can see the traditional farming and agricultural activities.

Throughout the bicycle excursion, we will be able to rely on an expert local guide as well as a support vehicle.

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.

G Adventures for Good: Ccaccacollo Community and Women's Weaving Co-op visit

Visit the Ccaccacollo community centre which G Adventures travellers' donations helped create in 2005, thereby enabling local women to sell traditional textiles to travellers. See local weaving and dyeing techniques used to create garments and souvenirs, and learn how the Planeterra weaving co-operative has impacted the community and those who visit it. This includes the purchase of alpacas to provide a steady supply of wool, looms, and sewing machines as well as several training courses on production, sales and small business management.

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.

Private Vehicle

Pisac - Ollantaytambo

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

Meals included: Breakfast | Lunch

Day 4 Ollantaytambo

Our second day biking in the Sacred Valley. Explore the town of Maras, the archaeological site of Moray before heading down to the Salt mines (Las Salineras), ending in Urubamba.

We rise early and travel to Chinchero. After the obligatory safety briefing by the local guide, we will continue our bicycle adventure. We'll have lunch here before returning to Ollantaytambo for a free evening to relax our sore legs.

Private Vehicle

Ollantaytambo - Chinchero 30m

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

Sacred Valley Mountain Biking Excursion

Chinchero - Urubamba

Today's journey takes us past Huaypo Lake and the picturesque town of Maras, where we will enjoy great views of the Sacred Valley. We will visit the archaeological site of Moray and then descend to the Salt mines (Las Salineras), eventually finishing our excursion in Urubamba.

Private Vehicle

Urubamba - Ollantaytambo 1h-2h

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

Meals included: Breakfast | Lunch

Day 5 Ollantaytambo

Free day in Ollantaytambo for optional activities like visiting the ruins, horseback riding, or relaxing before embarking on the Inca Trail.

Ollantaytambo is your first taste of what lies ahead on the Inca Trail. We spend the night in this small town before heading out for the start of the hike the next morning.

Free Time

Ollantaytambo

Enjoy some free time in this charming area.

Optional Activities - Day 5

Ollantaytambo Ruins Visit

Ollantaytambo

Explore this ancient site right in the heart of Ollantaytambo city. Learn about the principles of Incan architecture and get a first taste of climbing around a massive ruins site.

Horseback Riding

Ollantaytambo

Get on a saddle and enjoy the ride!

Meals included: Breakfast

Day 6 Inca Trail

Depart Ollantaytambo by van to km 82 where the Inca Trail begins. Ease into the adventure with a straightforward day of hiking the meandering streams, stunning Andean scenery, and ancient Incan ruins.

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.

Inca Trail Hike

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 Inca Trail

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.

Inca Trail Hike

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 Inca Trail

Cross two more passes and ruins on today's trek. 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 the cloud forest on a gentle climb to the second pass of the day, walking through original Inca 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).

Inca Trail Hike

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 Machu Picchu/Cusco

The final day of the hike starts pre-dawn to reach the Sun Gate before sunrise. Catch the first views of the breathtaking ruins of Machu Picchu on a clear day. Hike down for a guided tour of the site and enjoy free time to explore until noon as permitted by the tourist ticket. 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.

Inca Trail Hike

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 Morning

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 2h-3h 118km

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

Private Vehicle

Ollantaytambo - Cusco 2h-2h30m 95km

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

Optional Activities - Day 9

Inca Bridge Visit

Machu Picchu

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

Meals included: Breakfast

Day 10 Cusco

Free day to explore Cusco or relax. Active options include whitewater rafting, horseback riding, and mountain biking.

Today is free to relax, explore, and shop in Cusco, or discover its surroundings on any number of optional excursions.

Among the more adventurous optional activities available in Cusco are: 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.

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

Horseback Riding

Cusco

150PEN per person

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.

Whitewater Rafting Urubamba

Urubamba

165PEN 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.

Rainbow Mountain Hike - Full-day Trip

Cusco

50USD per person

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

Meals included: Breakfast

Day 11 Cusco/Puno

Spend the day travelling from Cusco to Puno by bus.

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

Local bus

Cusco - Puno 7h30m 389km

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

Meals included: Breakfast

Day 12 Puno/Lago Titicaca

2-day kayaking excursion on Lake Titicaca, visiting Uros, Taquile, and Amantani islands, including a homestay in a small village.

Enjoy an unforgettable kayak adventure, paddling to Taquile & Amantani and exploring the beauty of Lake Titicaca. This trip will give you the chance to get in contact with the nature, culture, & traditions of the islands from up close. The expert local guides will make you a direct participant in the local culture and not just an observer. Visit 3 different islands on this trip, and get a wide perspective of life in Lake Titicaca.

Motorboat

Puno - Capachica 2h30m

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

Lake Titicaca Kayak Excursion

Capachica - Taquile 2h

Begin your journey early in the morning by transferring from the hotel to the port, then head out by motorboat to the base camp at the Peninsula of Capachica, a 2.5 hr trip. Learn about sea kayaking from our guide and paddle towards Taquile Island and enjoy the beauty and serenity of the moment. Hike to a village upon arrival and enjoy lunch with the locals. Continue on by motor boat to Amantani Island to meet your hosts for the night.

Motorboat

Taquile - Amantani

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

Local Living: Lake Titicaca Homestay

Split into smaller groups and get a taste of local life firsthand as we move into family homes for the night. Play soccer with the children, enjoy some dancing, watch dinner being made, learn about regional cuisine, and dress up in local clothes for an unforgettable evening with the whole village, enjoying traditional music and dancing. Lend a hand the next morning, and help out with chores like feeding animals, harvesting local produce, or bringing back buckets of water from the well.

Optional Activities - Day 12

Football Match

Amantani

Enjoy watching a football match with locals.

Meals included: Breakfast | Dinner

Day 13 Lago Titicaca/Puno

Kayak to Llachon and visit the Uros islands before returning to Puno. Opt to visit a Sillustani burial site.

Lake Titicaca Kayak Excursion

Amantani - Llachon 2h30m

After breakfast, we say good bye to our host families and kayak onto Llachon, paddling for about 2.5 hrs. The kayaks are two person, sit-on-top kayaks, which can be piloted with limited experience after a short introductory briefing. It is a great kayak experience with the fresh morning winds. Upon arrival back to the base camp, enjoy a hot drink before continuing.

Uros Floating Islands Visit

Lago Titicaca

Take a tour of these unique islands. Learn about the buoyant 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.

Optional Activities - Day 13

Sillustani Burial Towers Entrance

Puno

45PEN per person

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.

Meals included: Breakfast

Day 14 Puno/Lima

Fly back to Lima and enjoy a free evening for exploring or sampling some yummy seafood.

Local bus

Puno - Juliaca 1h

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

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.

Free Time

Lima Evening

Spend time exploring this fantastic city and be sure to sample the fantastic seafood here.

Meals included: Breakfast

Day 15 Lima

Depart at any time.

Departure Day

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

Optional Activities - Day 15

Lima at Night and Water Circuit

Lima

180-294PEN per person

Get a different perspective of this vibrant city by visiting its highlights at night. Enjoy round-trip transportation and learn about the history at Plaza San Martin while taking in panoramic views, continue on to the iconic Plaza de Armas and soak it all in. End it off with

a spectacular water show complete with lights, music, and dozens of fountains at the "Circuito Magico del Agua."

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Pachacamac

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Meals included: Breakfast

What's Included

G Adventures for Good: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo

G Adventures for Good: Parwa Community Restaurant the Sacred Valley, Lamay

Local Living: Lake Titicaca Homestay, Lago Titicaca. Biking excursions in the Sacred Valley (2 days). Inca Trail guided hike with cooks and porters (4 days). Guided tour of Machu Picchu. Kayaking excursion on Lake Titicaca with visits to Taquile, Amantaní, and the Uros Islands (2 days). Internal flights. Transport between destinations and to/from included activities.

Highlights

Soak in the views on a bike in the Sacred Valley, climb the Inca Trail to Machu Picchu, kayak Lake Titicaca, mingle with the locals and learn about traditional life, savour the Altiplano scenery, devour seafood in Lima.

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 AND 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. 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.

3. 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.

4. COMBO TRIP

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

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 you 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 Included

14 breakfasts, 5 lunches, 4 dinners

Meals

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.

Transport

Public bus, plane, biking, train, boat, kayak, hiking.

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 (10 nts), camping (3 nts), homestay (1 nt).

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 6-8: Inca Trail or Nights 6-7: Lares Trek, Night 12: Lake Titicaca.

If you have chosen the Cusco Stay you will have a single room for nights 6-8.

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

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.

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

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

Warm Weather:

- * Sandals/flip-flops
- * Shorts/skirts (Longer shorts/skirts are recommended)
- * 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.

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 and Entry Requirements

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.

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

Inca Trail:

Head guide: 10-15 USD

Assistant guide: 5-10 USD

Your trekking crew: 40 USD

Lares Trek:

Head guide: 10-15 USD

Assistant guide: 4-8 USD

Your trekking crew: 35 USD

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

Optional Activities

Please see the itinerary for information on optional activities and estimated pricing.

Huayna Picchu: Although this hike may be promoted by others, we cannot verify that this hike meets G Adventures minimum safety standards. We do not include the Huayna Picchu hike in any of our itineraries, and our CEOs and support staff are prohibited from providing advice or assistance with booking this activity.

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. Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

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.

Minimum Age

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.

International Flights

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.