

## Machu Picchu In Style - SPCU

7 days: Lima to Cusco

### What's Included

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- 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
- Arrival transfer
- Sacred Valley guided tour
- Pottery making demonstration
- Train to Machu Picchu
- Machu Picchu guided tour
- Internal flight
- 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 January 1st, 2018 and onwards

### Itinerary

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#### Day 1 Lima

Arrive at any time. Arrival transfer included.

Please note: if you booked the Culinary Bundle it does not include extra time in Lima - booking pre-trip accommodation is highly recommended. You will be picked up from your hotel at approximately 10:00 (10:30 from Aug-Dec) and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. Return back to the hotel around 13:00.

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

1h18:00

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.

#### Arrival Airport Transfer

Lima

You will be met at the airport and transferred to the hotel to start your adventure.

## **Optional Activities - Day 1**

### **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.

For more information contact Ruben (Best Bite Peru) at +51972584092.

### **Museum of the Inquisition**

Lima

50PEN per person

Visit the Peruvian Inquisition headquarters showcasing somewhat grotesque wax figures in scenes of imprisonment and torture.

### **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.

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

### **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 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**

Fly to Cusco. Free time to shop and explore. Opt for a city tour, visit museums or archaeological sites.

Travel to the airport for the early morning flight to Cusco. Spend the day relaxing and exploring this fascinating city.

Our best advice for exploring Cusco is to wear a comfortable pair of shoes. Arm yourself with a city map and set out 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. 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**

### **Cusco City Tour**

Cusco

45PEN per person

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

### **Cusco Tourist Ticket**

Cusco

130PEN per person

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

### **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.

### **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.

### **Meals included: Breakfast**

## **Day 3 Cusco/Ollantaytambo**

Enjoy a full-day guided tour of the Sacred Valley. Stop at the G Adventures-supported women's weaving co-op before visiting a local pottery making community. Break for lunch at the G Adventures-supported Parwa community restaurant in Huchuy Qosco. After lunch, opt to head out on a hike to the Ollantaytambo storehouses and look out over the ruins. Or, wander around the cobblestone streets and visit a local Chicheria (corn beer bar).

Travel through the stunning Sacred Valley of the Incas, visiting a G Adventures-supported women's weaving co-op. Meet the women and learn about traditional weaving and dyeing. Opt to pick up some handmade souvenirs directly from the women who made them. Continue on to watch a pottery making demonstration in another small village.

Have lunch at the G Adventures-supported Parwa community restaurant. Learn about the project and eat a delicious buffet-style lunch. Proceeds from the meal go directly back into the remote community.

### **Private Vehicle**

Cusco - Ollantaytambo 1h45m Full Day 94km

Make stops along the way as you pass through this gorgeous valley, descending in elevation the whole way.

### **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.

### **Cuyo Chico Pottery Making Demonstration**

Pisac

In the rural village of Cuyo Chico in the Sacred Valley, a group of families joined together to create a small business based on their traditional adobe ceramic crafts. Using clay from their surroundings, they mold bowls, plates, and all manner of decorations. Learn about the ceramics process as well as the traditional adobe brick-making that forms the basis of houses throughout the valley, all while taking in a spectacular view of the Pisac Ruins. After the demonstration, peruse the items for sale directly from the artisans in their shop.

### **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.

### **Optional Activities - Day 3**

#### **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.

#### **Sacred Valley Brewery**

Ollantaytambo

Delight your tastebuds and sample high-quality beer with the breathtaking Sacred Valley as a backdrop. This craft brewery uses local ingredients to make award-winning brews and gives back to the surrounding communities. What's not to like?

#### **Ollantaytambo Storehouse Ruins and Hike**

Ollantaytambo 1h-1h30m

Get your blood flowing on a steep hike up to the Pinkuylluna Incan storehouses. Perched on the hill, these ruins provide excellent views of the Sacred Valley and the Ollantaytambo ruins below.

### **Meals included: Breakfast | Lunch**

### **Day 4 Ollantaytambo/Aguas Calientes**

Journey to Aguas Calientes and opt to visit the local hot springs and hit the market. Those who have purchased and pre-booked the '1-day Inca Trail' hike will disembark the train at 104km and trek to the Sun Gate for the first glimpse of Machu Picchu before re-joining the group at Aguas Calientes for the night.

Board a morning train that winds through the spectacular Urubamba Valley to the end of the line: the village of Aguas Calientes, a frontier town nestled in the hills beneath Machu Picchu. Enjoy the rest of the day taking advantage of the hikes and hot springs in the area.

#### **Train**

Ollantaytambo - Aguas Calientes 1h30m

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

#### **Free Time**

Aguas Calientes Afternoon

Opt to visit the local market, the botanical garden, and the Mandor waterfalls or soak in the hot springs.

### **Optional Activities - Day 4**

#### **1-day Inca Trail Hike**

Inca Trail 5h-6h 11km

Traverse cloud forests while enjoying spectacular views on this '1-day Inca Trail' trek. Start by disembarking the train at km 104. Follow the local guide as the trail rises steeply up into the mountains and winds past the archaeological sites of Wiñay Wayna and Inti Pata. Gain insight into the fascinating culture of the Incas en route to the trek's culmination at the Sun Gate. Enjoy a packed lunch along the way, and reach the Sun Gate in the late afternoon. Enjoy free time to explore a bit of Machu Picchu before the guided tour with the group the following day.

After, take one of the blue buses from Machu Picchu to Aguas Calientes to rejoin the group and spend the night in a hotel in town.

Opt to visit nearby hot springs to soak sore muscles, if time permits.

## **Hot Springs Visit**

Aguas Calientes

Soak sore muscles in local hot springs for which the town, Aguas Calientes, was originally named.

## **Meals included: Breakfast**

## **Day 5 Machu Picchu/Cusco**

Enjoy a guided tour of Machu Picchu. Opt to visit the Inca Bridge before returning to Cusco.

Start early to catch the sunrise at the top. Take the bus up to the historic spiritual centre of the Incas, the 'Lost City' of Machu Picchu. Tour the ruins with an expert guide then explore on your own.

Later, return by train to Ollantaytambo and meet a private vehicle to head back to Cusco.

### **Local bus**

Aguas Calientes - Machu Picchu15m

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

### **Machu Picchu Guided Tour**

Machu Picchu

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).

### **Local bus**

Machu Picchu - Aguas Calientes15m

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

### **Train**

Aguas Calientes - Ollantaytambo2h-3h118km

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

### **Private Vehicle**

Ollantaytambo - Cusco2h-2h30m95km

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

## **Optional Activities - Day 5**

### **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 6 Cusco**

Enjoy a free day in Cusco. Active options include whitewater rafting, horseback riding, and mountain biking.

### **Free Time**

Cusco

Head out and explore. Free time is yours to use how you want!

## **Optional Activities - Day 6**

### **Whitewater Rafting Urubamba**

Urubamba

165PEN per person

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### **Meals included: Breakfast**

### **Day 7 Cusco**

Depart at any time.

### **Departure Day**

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

### **Optional Activities - Day 7**

#### **Lima at Night and Water Circuit**

Lima

180-294PEN per person

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### **Highlights**

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Travel through the Sacred Valley and visit the ancient ruins, travel through the mountains by train to Machu Picchu, learn about the history of the Incas

### **Dossier Disclaimer**

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### **Itinerary Disclaimer**

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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**

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#### **1. EXTRAS**

Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, select 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.

#### **2. LAST MINUTE BOOKINGS**

Last minute bookings of this trip when choosing the 1-day Inca Trail option will be on an "on request" basis only. To make a booking request of a tour which includes the Inca Trail G Adventures requires your full name, date of birth, nationality and passport number.

3. 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.

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## 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.

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## Group Size Notes

Max 16, avg 10

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## Meals Included

6 breakfasts, 1 lunch

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## 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. This will typically 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.

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

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## Transport

Public bus, train, plane

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## 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.

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## 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.

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## Accommodation

Upgraded hotels (6 nts).

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## My Own Room

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

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## Joining Hotel

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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

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

Our driver will be waiting for you with a G Adventures sign 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 G Adventures 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

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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

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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

## What to Take

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Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

## Checklist

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### 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

### Light Hiking:

- \* Hiking boots/sturdy walking shoes
- \* Hiking pants (Convertible/Zip-off and quick dry recommended)

Warm Weather:

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

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## 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.

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## 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.

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## 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.

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

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## 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!

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## 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.

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## 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

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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

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

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

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

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

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

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## Trip Specific Safety

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

## Medical Form

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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](http://www.gadventures.com/medical-form).

## A Couple of Rules

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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

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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

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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](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

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

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

## Minimum Age

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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

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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.