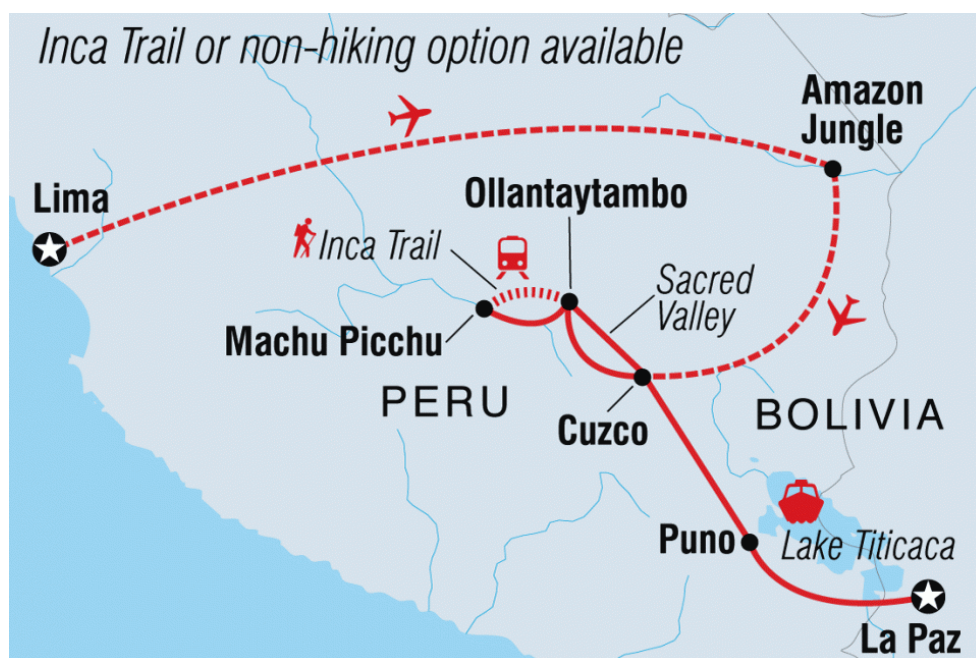




Sacred Land of the Incas

Overview & Itinerary

Start	Lima, Peru
Finish	La Paz, Bolivia
Countries	Bolivia (/au/bolivia), Peru (/au/peru)
Style	Original
Theme	Explorer
Code	GGSQ
Travellers rating	4.81
Validity	01 Jan 2017 to 31 Dec 2017



Is this trip right for you?

- This trip visits places that are at high altitude, and as a result some people can suffer from altitude sickness, regardless of age or physical health. Please see the 'Health' section of the trip notes for more important information on this
- There's a lot of walking involved, and if you do the Inca trail the hiking can be strenuous. This trip is recommended for those with a moderate level of fitness; however, there are also a few different trail options to suit different interests and physical capabilities.
- Be sure to wear sturdy footwear that's suitable for hiking. See the 'What to Take' section of the trip notes for more information.
- Those who walk the Inca Trail will be camping with basic facilities. It's not exactly the Hilton, but the rewards of the trek are many!
- The Amazon jungle can be very hot and humid, so it's important to drink plenty of water and wear light cotton clothing. Be sure to bring tropical-strength insect repellent.

Physical rating



PERU TREKKING:

The physical rating on this trip is based on you selecting to trek either the Inca Trail or Quarry Trail. Should you wish to take the train option instead of trekking, please downgrade the physical level to a 2.

On Day 2 of the Inca Trail or Quarry Trek you will be walking uphill from 3000 to 4500 metres above sea level before descending steeply through big steps and difficult terrain. While this demanding walk is the main challenge our passengers face on this trip, it's also one of the highlights and worth every minute of it.

We recommend that you undertake regular aerobic exercise in the months before you travel, particularly if you are not in the habit of regular exercise. Doing mountain walks or climbing long staircases with a pack is good preparation. Walking, jogging, swimming or riding a bike are all good ways to increase your aerobic fitness, which will allow you to enjoy the trekking to its fullest.

Joining point

Hotel La Castellana
Grimaldo del Solar 222
Miraflores
Lima
PERU
Phone: +511 4443530

Joining point instructions

Intrepid offers a pre-arranged transfer service from Lima Airport at an additional fee. If you require this service please advise your flight arrival details at least 14 days prior to your trip departure. If you have purchased an arrival transfer you will be met after exiting customs. As you exit please look for the Intrepid sign with your name on it. There is only one exit for international arrivals and there will be many signs so please look around carefully.

If you have any problems and cannot locate your driver on arrival, please phone our Intrepid Peru Emergency number, listed under 'Problems and emergency contact information' section of your essential information.

If you don't have a device or mobile coverage please go the IPeru information booth located between the two escalators on the left hand side of the building, they can help you to make a phone call.

Alternatively you may want to take a taxi or the airport shuttle bus.

Taxi: As you walk out from the customs area, you will find a small lobby to book a taxi. We recommend you use 'Taxi Green' taxi services. They will charge you approximately USD30 for a trip to the Miraflores district where your hotel is located. The drive to Miraflores district where the hotel is located is approximately 40 minutes depending on traffic.

Airport Shuttle: Please see <https://www.airportexpresslima.com> (<https://www.airportexpresslima.com>) where you will find all information including ticket prices, bus route and departure times.

Alternate Joining points

For trips departing on the following dates, use this joining point.

24 Jun 2017 (GGSQ170624), 06 Aug 2017 (GGSQ170806), 17 Sep 2017 (GGSQ170917), 01 Oct 2017 (GGSQ171001), 01 Jan 2018 (GGSQ180101), 08 Jan 2018 (GGSQ180108), 15 Jan 2018 (GGSQ180115), 20 Jan 2018 (GGSQ180120), 22 Jan 2018 (GGSQ180122), 29 Jan 2018 (GGSQ180129), 12 Feb 2018 (GGSQ180212), 24 Feb 2018 (GGSQ180224), 03 Mar 2018 (GGSQ180303)

Monte Real Hotel
Calle 27 de Noviembre 169-189
Miraflores
Lima
PERU
Phone: +511 2414100

Instructions

Intrepid offers a pre-arranged transfer service from Lima Airport at an additional fee. If you require this service please advise your flight arrival details at least 14 days prior to your trip departure. If you have purchased an arrival transfer you will be met after exiting customs. As you exit please look for the Intrepid sign with your name on it. There is only one exit for international arrivals and there will be many signs so please look around carefully.

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Alternatively you may want to take a taxi or the airport shuttle bus.

Taxi: As you walk out from the customs area, you will find a small lobby to book a taxi. We recommend you use 'Taxi Green' taxi services. They will charge you approximately PEN.60 (USD.19) for a trip to the Miraflores district where your hotel is located. The drive to Miraflores district where the hotel is located is approximately 40 minutes depending on traffic.

Airport Shuttle: Please see <https://www.airportexpresslima.com> where you will find all information including ticket prices, bus route and departure times.

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

For general enquiries or questions about your booking, please contact your agent or adventure specialist, or visit us at www.intrepidtravel.com/contact-us (<http://www.intrepidtravel.com/contact-us>)

In case of a genuine crisis or emergency, you can reach our local operator on the number below.

Intrepid Peru office: +51 9 9605 5559

Itinerary

Day 1: Lima

Bienvenidos! Welcome to Peru. Your adventure begins with a welcome meeting at 2 pm on Day 1. Please look for a note in the hotel lobby or ask the hotel reception where it will take place. Straight after the meeting enjoy a walking tour of downtown Lima, including the city's historical centre. Flanked by streets of ornate colonial mansions, palaces and churches, Plaza Mayor is the best place to start any exploration of Lima.

If you arrive early, we recommend you take a walk around Miraflores. Go from Central Park (Parque Kennedy) to LarcoMar via Larco Avenue. Alternatively go to Parque del Amor (Love's Park) for a nice view of Lima's beaches. Other great things to see and do include a tour to Pachacamac (around 30 km from downtown Lima), the Museo de la Nacion and the Gold Museum. Limenos (Lima's residents) are friendly and there are plenty of great restaurants and cafes to sample ceviche, a local seafood speciality.

Notes: This trip visits places that are at high altitude, and as a result some people can suffer from altitude sickness, regardless of age or physical health. Please see the 'Health' section of the trip notes for more important information on this.

Accommodation

- Hotel (1 night)

Included Activities

- Lima - Leader-led walking tour

Optional Activities

- Lima - Museum of the Inquisition visit - Free
- Lima - Archaeological Museum - PEN15
- Lima Home Cooked - Urban Adventures - USD74
- Lima Coast Biking Tour - Urban Adventures - USD45
- Lima Discovery - Urban Adventures - USD34
- Lima - Night Bites & Sights - Urban Adventures - USD45
- Lima - Guided tour of San Francisco Monastery including The Catacombs - PEN12

Meals Included

There are no meals included on this day.

Special Information

Some departures of this trip are part of a combination trip. As such, some of your fellow travellers may have started their trip 9 days ago in Quito, Ecuador on Galapagos & Peru Adventure (GGSYC).

Urban Adventures Optional activities: If you are interested in any of the Urban Adventures listed you will need to book additional accommodation prior to the tour start date as there won't be any spare time on day one once the tour has commenced. Please contact Urban Adventures directly. Contact information for Lima can be found here: <http://www.urbanadventures.com/contact-us>

Days 2-3: Amazon Jungle

Take an early morning transfer to Lima airport for a flight to Puerto Maldonado in the Amazon Jungle, where you'll be staying for two nights. The flight should take around three hours, including a 30-45 minute stop in Cuzco (during this stop you will not disembark the plane). Upon your arrival at around midday, the lodge staff will take you to their office in town. Upon arrival at the Jungle lodge office you will be provided with a small duffle bag to pack your personal items required for the duration of your jungle stay. The remainder of your items will be stored securely in the office. From the office, you'll travel by private vehicle to the port, this drive is approximately 45 minutes. You'll then take a motorised canoe upriver to your jungle lodge in the Madre de Dios area (approximately 2 - 2.5 hours). Lunch today is a packed lunch that you will be given during the boat ride. Once you arrive there is time to unpack and unwind before a short orientation and briefing.

The next two days are packed with activities. Your full day in the jungle includes a trek which lasts approximately half a day. At times the paths can get quite muddy and some people can find the trek a little exhausting. Along the way there will be regular stops, and you'll encounter magnificent fauna and flora in their natural habitat. You might spot everything from macaws and monkeys to peccaries, jabirus, otters and thousands of butterflies. The guides can also teach you about the medicinal properties and practical uses of the plants. For lunch you will return to the lodge. For your night-time excursion, venture out on a night jungle walk!

Accommodation

- Jungle Lodge (2 nights)

Included Activities

- Amazon Jungle - Jungle activities

Meals Included

- Breakfast (2)
- Lunch (2)
- Dinner (2)

Special Information

Amazon Lodge: We stay at two different lodges in the same area. The activities may vary slightly according to which lodge you are at. Depending on which lodge you are staying at, the included night excursion may be on the night of Day 1 or Day 2. As both of our lodges are in the same area of the jungle, you will see the same wildlife and your overall jungle experience will be the same in either lodge.

Jungle Walk: On Day 3 there is an 11km Jungle walk. At times the paths can get quite muddy and some people can find the trek a little exhausting, but the adventure is well worth it! Along the way there will be regular stops and you'll encounter magnificent fauna and flora in their natural habitat.

Day 4: Cuzco

Fly from Puerto Maldonado to Cuzco, the true heart and soul of Peru (approximately 35 minutes). Spend a little time acclimatising to the high altitude (3,450 m) and then head out on an orientation walk with your tour leader. You'll visit the facade of Qoricancha temple, the local San Pedro market, the main square, past the 12 Angled Stone, Regocio Square and San Blas Square. Finally you'll visit the Chocolate museum where there will be an opportunity to sample a hot chocolate made from local cacao beans. This might be a good opportunity to purchase some gifts or souvenirs. There's a small store where you'll find various handicrafts and a variety of artisanal chocolate products. Tonight is free, perhaps head out for dinner your fellow travellers. Your leader will be able to recommend some good place to eat!

Accommodation

- Hotel (1 night)

Included Activities

- Cuzco - Orientation Walk
- Cuzco - Chocolate Museum Visit & Hot Chocolate

Meals Included

- Breakfast

Day 5: Sacred Valley / Ollantaytambo

Head to Ollantaytambo, visiting a local community en route. When you arrive in Ollantaytambo you'll see it's a magnificent example of Incan urban planning. It's one of the few places where the Incas defeated the Spanish. Ollantaytambo's archaeological site is located to the east of the Plaza de Armas. The upper terraces of this site offer great photo opportunities of the squared grid town below. Visit Hearts Cafe for a bite to eat – it's part of a project supported by the Intrepid Foundation and the coffee there is excellent.

Accommodation

- Hotel (1 night)

Included Activities

- Sacred Valley - Local community visit and lunch

Optional Activities

- Ollantaytambo - Archeological site - PEN70

Meals Included

- Breakfast
- Lunch

Day 6: Inca Trail, Inca Quarry trail or Train option

During the next four days, you'll do one of the following, depending on what you've arranged:

Route 1: Hike the Classic Inca Trail;

Route 2: Hike the Inca Quarry Trail;

Route 3: Take the train to Aguas Calientes, after staying in Cuzco for two extra days.

While away from Cuzco, the bulk of your luggage will be stored at your hotel. If you're hiking the Inca Trail or the Inca Quarry Trail, the evening before you leave Cuzco you'll receive a small duffel bag to carry your clothes in for the next four days (5 kg maximum). Your team of porters will carry these bags for you, together with the food and equipment for the trail. Please note that you won't have access to these items until the end of each day, as the porters will always be ahead of the group. If you're travelling to Aguas Calientes by train, you'll be able to leave most of your luggage at the hotel in Cuzco and only travel with the necessary items during the excursion by train.

Route 1: Classic Inca Trail

Travel by minivan to the 82 km marker and meet your crew of local porters, cook and guide. The first day includes uphill trekking to the campsite (located 3,100 m above sea level). On the way you'll see the Inca sites of Ollantaytambo, Huillca Raccay and Llactapata, and catch incredible views of the snow-capped Veronica Peak. In the evening, unwind at the campsite with a nourishing meal.

Notes: The Inca Trail is within the abilities of most reasonably fit people, but please come prepared, as the trail is 45 km long and often steep. Each day's journey generally consists of 7 hours of walking (uphill and downhill) with stops for snacks and lunch. Trekking usually begins at 7 am (except on the fourth morning) and you reach the campsite around 5 pm. Accommodation on the trek is camping (three nights). Double tents (twin-share) and inflatable camping mats will be provided. The porters will set up the tents while the cook prepares meals.

Route 2: Inca Quarry trail

Make an early start today and drive to Choquequilla, a small ceremonial place where Incas worshipped the moon. Drive to the starting point of the trek, Rafq'a, and meet the horsemen who join us on the hike. After an hour's walk, reach the small community of Socma. Carry on to the Perolnuyoc cascade lookout, an opportunity to stop for photos and a food break. Continue to the campsite (3,700 m above sea level). You should reach the campsite around lunchtime. After lunch, set off to explore the Q'orimarca archaeological site, which once served as a checkpoint to the Incas.

Notes: The Inca Quarry trail is within the abilities of most reasonably fit people. The hike is 26 km long in total and its highest pass is at 4,450 meters above sea level. Throughout the trek, horses will carry your gear and camping equipment. The first two nights are spent camping, and on the third night you'll stay at a simple hotel. Double tents (twin-share) and inflatable camping mats will be provided. The porters will set up the tents while the cook prepares meals.

Route 3: Train

After spending the night in Ollantaytambo, leave around 9.30 am and take a short drive to the town of Pisac, which is well known for its market. Here you'll have the opportunity to shop for souvenirs and perhaps try some local Empanadas. Arrive back in Cuzco in the afternoon, where your leader will take you to the San Pedro Market in order to buy some things for a picnic tomorrow. In the late afternoon, you'll have an option to visit the Choco Museum and try some exquisite artisanal chocolate that's prepared in-house from cacao beans. Be sure to sample some of the delicious hot chocolate.

Notes: The included lunch and dinner on this day is for people trekking the Inca or Inca Quarry trail only.

Accommodation

- Camping (with basic facilities) (1 night)

Included Activities

- Trek - 3 Night / 4 Day Inca Trail (or 2 Night / 3 Day Inca Quarry Trail)

Meals Included

- Breakfast
- Lunch
- Dinner

Day 7: Inca Trail / Inca Quarry trail / Train

Route 1: Classic Inca Trail

This is the most challenging day of the trek as you ascend a long steep path (approximately 5 hours) to reach the highest point of the trail. Colloquially known as 'Dead Woman's Pass', Warmiwanusca sits at a height of 4,200 metres above sea level, giving amazing views of the valley below. The group will then descend to the campsite in the

Pacaymayo Valley at 3,650 metres.

Route 2: Inca Quarry trail

This is the most challenging and rewarding day of the hike. A three-hour walk takes you to the top of the first pass of Puccaqaqa (approximately 4,370 m high). After enjoying picturesque views of the valley, it's a short walk before stopping for lunch. Afterwards, make the two-hour hike to Kuychicassa, the highest pass of the trek at 4,450 meters. From here, descend to the sacred site the Incas called Intipunku (Sun Gate), with views of the Nevado Veronica mountain. Head to the campsite, only a stone's throw away at Choquetacampo.

Route 3: Train

Today, take a taxi to Tambomachay, an archaeological site just outside of Cuzco. From here you'll take a short downhill walk (1–3 hours) back to Cuzco. On the way, stop to admire some of the archaeological sites including Puka Pukara, Qinqu Quenqo and Saksaywaman. Arrive back in Cuzco in the afternoon and enjoy some free time to go shopping, or perhaps visit Merida, Mendiola and Olave art galleries and workshops. Your tour leader will be able to give you some suggestions.

Notes: The included lunch and dinner on this day is for people trekking the Inca or Inca Quarry trail only.

Accommodation

- Camping (with basic facilities) (1 night)

Meals Included

- Breakfast
- Lunch
- Dinner

Day 8: Inca Trail / Inca Quarry trail/ Train

Route 1: Classic Inca Trail

Start the day with a climb through the Pacaymayo Valley to Runkuracay pass (3,980 m). Enjoy beautiful views of the snow-capped mountain of Cordillera Vilcabamba before descending to the ruins of Sayacmarca (approximately 2–3 hours). Continue over the trail's third pass to the ruins of Phuyupatamarca (3,850 m), also known as the 'Town Above the Clouds'. Start the descent down the Inca steps to the final night's campsite by the Winay Wayna archaeological site (approximately 2 hours).

Route 2: Inca Quarry trail

Today's hike is all downhill. The first stop is the incomplete Kachiqata Inca Quarry trail, where the Incas were intercepted by the Spanish. Around midday, your trek comes to an end. Explore the cobbled streets of Ollantaytambo before taking the short train journey to Aguas Calientes. This is where you'll meet up with the travellers in your group who didn't hike. Visiting the natural hot springs in town is a recommended way to spend the late afternoon. Spend the night in a comfortable hotel before tomorrow's visit to Machu Picchu.

Route 3: Train

After a drive to Ollantaytambo (approximately 1.5 hours), catch a train through the winding Urubamba Valley to Aguas Calientes (also approximately 1.5 hours). The city is nestled in the cloud forest at the foot of Machu Picchu. For those who want a sneak peak, there is time to visit Machu Picchu independently before a guided tour the following day (dependent on ticket availability).

Notes: The included lunch on this day is for people trekking the Inca or Inca Quarry trail only.

Accommodation

- Camping (with basic facilities) (1 night)

Included Activities

- Machu Picchu - Entrance and Guided Tour

Meals Included

- Breakfast
- Lunch
- Dinner

Day 9: Inca Trail / Inca Quarry trail Train (Machu Picchu)

Route 1: Classic Inca Trail

This is the final and most spectacular leg of the trek to Machu Picchu. The day starts before dawn, with breakfast at 4.30 am. Say farewell to the porters as they descend to the train station and begin hiking by 5.30 am. Walk to Intipunku, aka the Sun Gate (approximately 2.5 hours). Weather permitting, enjoy unforgettable views over Machu Picchu, 'Lost City of the Incas', as the sun rises (and before it's crawling with visitors).

Route 2: Inca Quarry trail

Depending on weather conditions, take a bus at 5.30 am along the winding road to Machu Picchu (approximately 30 minutes). At Machu Picchu, join up with the travellers in your group who hiked the Classic Inca Trail. If the skies are clear, enjoy a spectacular sunrise over the ancient city from the Sun Gate before going on a guided walk around the ruins.

Route 3: Train

Take an early bus up to Machu Picchu at 5.30 am. The city was built around 1440 AD as a country retreat for Incan nobility, but there's evidence that the land had been a sacred Incan site for much longer. Take a guided tour around the ruins of temples, palaces and living quarters, and enjoy free time afterwards to wander around on your own before the group returns to Cuzco.

For all routes: After taking advantage of the seemingly endless photo opportunities, it's time to return to Cuzco for a well-deserved shower and a Pisco sour. Your evening is then free for the last night of your adventure.

Notes: Due to Intrepid's internal safety policy, our leaders are specifically prohibited from recommending or assisting with booking trips to the mountaintop ruins of Wayna Picchu.

Accommodation

- Hotel (1 night)

Meals Included

- Breakfast

Day 10: Cuzco

Enjoy free time to relax, shop and explore more of Cuzco's sights. Perhaps rest your weary legs at a cafe on Plaza de Armas or head to the San Pedro Market where you will find vegetables, meats, local cheeses (which you should certainly try), local chocolates, herbal medicines and many local handicrafts. It's a great place to purchase some souvenirs. The market is also a place where many locals go to eat 'mystery soups'. Some may be just chicken; however, the most popular amongst the locals are usually the more unusual ones like frog soups or soups that contain nose to tail of various animals. For those who can't get enough active adventure, why not try mountain biking in the hills that surround Cuzco?

Accommodation

- Hotel (1 night)

Optional Activities

- Cuzco - Full Boleto Turistico Pass, which gives you access to 16 archaeological sites in/around Cuzco (Transport & guides are not included) - PEN135
- Cuzco - City tour - USD15
- Cuzco - Half Tourist Ticket Pass, which gives you access to selected archaeological sites in/around Cuzco (transport & guides are not included) - PEN75
- Cuzco - Coricancha Temple entrance fee - PEN15
- Cuzco - Cathedral Entrance Fee - PEN25
- Sacred Valley - Via Ferrata & Zipline - PEN265
- Sacred Valley - Mountain Biking - USD35
- Cuzco - Pisco Making - Urban Adventures - USD36

Meals Included

- Breakfast

Day 11: Puno

Travel by local bus through the dramatic scenery of the high altiplano to Puno, located on the shores of Lake Titicaca (approximately 6 hours). You'll be at an altitude of 3,820 metres. There will be a couple of stops along the way to pick up and drop off passengers. Take in glorious views of the seemingly endless water stretching into the horizon. This place is a melting pot of Aymara and Quechuan Indian culture and traditional Andean customs, and it wears its traditions on its sleeve. If you're lucky your trip will coincide with one of the many cultural festivals here.

Accommodation

- Hotel (1 night)

Optional Activities

- Puno - Sillustani archaeological site - USD10

Meals Included

- Breakfast

Day 12: Lake Titicaca Homestay

Embark on a tour of the lake by slow motor boat, stopping off to visit the Titinos floating islands. The Titinos originally built their islands to isolate themselves from rival tribes. The islands are built from many layers of totora reeds that grow in the shallows of the lake. To get a closer look at daily life in the Lake Titicaca region, you'll be welcomed into local homes for an overnight stay with the community. Make the most of your visit by helping your host family with their daily activities or trying to chat in the local language, Quechua. A game of soccer is also a great way to make local friends.

Notes: Your homestay tonight is a mud brick house. Rooms have beds and many blankets, and there are shared drop-toilets but no showers.

Accommodation

- Homestay (1 night)

Included Activities

- Lake Titicaca - Boat tour & Homestay

Meals Included

- Breakfast
- Lunch
- Dinner

Day 13: Puno

This morning after breakfast you'll board the boat again and head to Taquile Island (approximately 1 hour). Here, the tradition of knitting is strictly a male domain, and women do the spinning. It's a great place to pick up some high quality, locally knitted goods. An uphill trek (approximately 1 hour) brings you to the main area of the island. After the visit, you will descend about 500 steps back to our boat. Then travel back to Puno by boat (approximately 3 hours).

Puno is the hometown of Kusimayo, a terrific local organisation that works towards improving the living condition of children and adults affected by poverty and malnutrition in this part of the world you have now come to know so well. Take a look at this short video for more information on this wonderful project:

<https://vimeo.com/154422813>

Kusimayo is supported by the Intrepid Foundation which means you can donate to this project and your donation will be match dollar for dollar by the Intrepid Group.

Please donate through our website: <http://www.theintrepidfoundation.org/projects/kusimayo/>

Accommodation

- Hotel (1 night)

Meals Included

- Breakfast

Day 14: La Paz

Travel by comfortable local bus to Desaguadero and cross the border into Bolivia. After border formalities at the Peruvian migration office, you'll walk across a bridge to the Bolivian side, submit your passport at the Bolivian migration office, then board the bus again. Head for La Paz, and after 30 minutes or so there's another stop where your documents will be checked by authorities. The journey to La Paz takes about 5 hours (don't forget that Bolivia's timezone is 1-2 hours ahead of Peru!). When you arrive, you might feel like you're on top of the world at around 3,600 metres above sea level. Discover the colonial architecture and browse the markets – you'll see this town is a interesting mixture of the indigenous and modern.

Accommodation

- Hotel (1 night)

Optional Activities

- La Paz - Tiwanaku Archeological site (Shared service) - USD30

Meals Included

- Breakfast

Day 15: La Paz

Your trip comes to an end after breakfast this morning.

There isn't a huge amount of time included in Bolivia on this itinerary. If you wish to further explore this wonderful country and perhaps head out to Uyuni to see the Salt Flats, then check out the 'Bolivian Salt Flats' Short Break Adventure (GGAU) The full itinerary can be viewed on our website.

Optional Activities

- La Paz - To 3,600 Metres, and Beyond - Urban Adventures - USD41
- La Paz - Food with Altitude - Urban Adventure - USD57

Meals Included

- Breakfast

Special Information

Some departures of this trip are part of a combination trip. As such, some of your fellow travellers may be continuing on further into Bolivia today to start the second part of their trip – Explore Peru & Bolivia (GGSUC).

Finishing point

Hotel Osira

Av. 20 de Octubre N 1494 Esq. Nicolás Acosta Plaza Mariscal Sucre (San Pedro)

La Paz

BOLIVIA

Phone: 5912 2492247

Itinerary disclaimer

Occasionally our itineraries are updated during the year to incorporate improvements stemming from past travellers' comments and our own research. The information given in this itinerary may be slightly different to that in the brochure. It's very important that you print and review a final copy of your Essential Trip Information a couple of days prior to travel, in case there have been changes that affect your plans. If you have any queries, please contact your travel agent or our staff. We are here to help you! Please note that while we operate successful trips in this region throughout the year, some changes may occur in our itineraries due to inclement weather and common seasonal changes to timetables and transport routes. This can happen with little notice so please be prepared for modifications to the route. The order and timing of included activities in each location may also vary from time to time.

OPTIONAL ACTIVITIES:

A selection of optional activities are listed in the day-to-day itinerary. This isn't an exhaustive list and should be used as a guide only. Prices are approximate and are for entrance only and don't include transport to and from the sites or local guides unless indicated. All activities are subject to availability and it may not be possible to do all the activities listed in the time available at each destination. Where activities are considered medium or high risk, we work with operators whose safety and credentials we have sighted and assessed. This means that it is possible that you may find the same activity cheaper with another operator on the ground, however we cannot vouch for the safety or quality of that operator. Activities not listed above have not been assessed by us and as such our staff and leaders are unable to assist you with booking these activities. The decision to partake in any activity not listed is at your own discretion and risk.

DEMONSTRATIONS AND PROTESTS:

Demonstrations and protests, often in response to local labour or social issues, occur regularly throughout South America, however Peru in particular. National strikes can be called at short notice and can cause disruption to road networks leading to inevitable itinerary changes. Intrepid does everything possible for these changes to be at little or no extra cost; however in such circumstances we find that travellers need to access part of, or the entire, emergency fund. Please read below for more information on this trip's emergency fund.

HEAVY RAIN ON THE INCA TRAIL

If it rains heavily for a number of consecutive days the terrain on the third campsite (Wifaywayna) can become unstable increasing the danger of landslides. In such instances, the number of safe camping spots is outnumbered by the number campers. This could occur mostly during the wet season (December to March) although it could also happen at any time of the year. In those instances, your trekking guide may assess that it's safer to spend the third night at a hotel in Aguas Calientes (Machu Picchu Town).

If that's the case, you may requested to make use of your "emergency funds" (as explained under the money matters section in this document). We can provide you with an insurance letter in this case in order to lodge a travel insurance claim for any incidental costs.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us understand what we are doing well and what we could be doing better. It allows us to make improvements for future travellers.

<http://www.intrepidtravel.com/feedback/> (<http://www.intrepidtravel.com/feedback/>)

Essential Trip Information**Important notes****SINGLE SUPPLEMENT:**

A Single Supplement to have your own room is available on this trip however excludes nights 2 & 3 (Amazon Jungle) and night 12 (Lake Titicaca, Homestay) where you will be in shared accommodation.

INCA TRAIL PERMITS

Inca Trail permits are sold on request basis only. Once deposit is paid and passport details provided, Intrepid will endeavour to secure a permit for you. If Inca Trail permits are unavailable by the time you book, you can opt to hike the Inca Quarry Trail instead

<https://www.intrepidtravel.com/en/inca-quarry-trail> (<https://www.intrepidtravel.com/en/inca-quarry-trail>)

The Inca Trail closes in February to allow cleaning and restoration works. If the trek portion of your trip starts in February you will be automatically booked to hike the Inca Quarry Trail.

Should you choose not to hike at all, please let us know in writing at the time of booking so alternative arrangements can be made. Without this prior warning, local fees may apply.

BOLIVIAN VISA FOR U.S CITIZENS

Nationals from the United States need a visa to enter Bolivia and you we highly recommend you obtain this visa in advance from your nearest Bolivian consulate or Embassy. Not obtaining the visa in advance is likely to cause long delays at the border. Please see the visa information section for more information.

Passport and visas**Passport:**

Your passport details are required to complete your booking. Please ensure the name on your passport matches the name on your booking and airline tickets. As a general rule most countries expect that your passport has a minimum of 6 months' validity remaining. Take a copy of the main passport pages and other important documents with you, and leave another copy at home with family or friends.

Visas:

Visas are the responsibility of the individual traveller. The below country specific information was correct at time of writing, however please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time. Also remember to check whether a transit visa is required on route to join this trip or on the way home.

If you receive an immigration card upon entry, please ensure you keep this safe as it may be requested at point of exit.

PERU:

Americans, Australian, Belgians, British, Canadians, Dutch, Germans, New Zealanders and South Africans do not currently require a visa for Peru. For all other nationalities please reconfirm your visa or entry requirements with the Peru consulate in your home country.

BOLIVIA:

Nationals from the United States need a visa to enter Bolivia and you we highly recommend you obtain this visa in advance from your nearest Bolivian consulate or Embassy. Not obtaining the visa in advance is likely to cause long delays at the border. This visa has a validity of 30 days from first day of entry.

In order to apply for this visa, you will need to provide the following documentation:

- A. Original passport valid for a minimum of 6 months.
- B. One passport photo (color, 4cm x 4cm)
- C. Evidence of a hotel reservation in Spanish (Intrepid can provide this upon request)
- D. A copy of the voucher and trip notes that you receive after purchasing this trip.
- E. Proof of economic solvency (credit card, cash, or a current bank statement)
- F. International Vaccination Certificate for yellow fever

This Visa can be obtained in Peru (Lima or Cuzco) and is usually processed within the day, providing all paper work as mentioned above is in order and payment has been made. We only recommend this option if you simply don't have enough time to get the visa prior to leaving the U.S.

For more information please visit the following website:

<http://bolivia.usembassy.gov/information-on-bolivian-visas.html> (<http://bolivia.usembassy.gov/information-on-bolivian-visas.html>)

Australian, Belgians, British, Canadians, Dutch, Germans, New Zealanders and South Africans do not currently require a visa for Bolivia. For all other nationalities please reconfirm your visa or entry requirements with the Bolivian consulate in your home country.

Medical and health information

All Intrepid travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations and anti-malarial requirements before departure. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip. For legal reasons our leaders and guides are prohibited from administering any type of drugs including headache tablets and antibiotics. Please ensure that you are adequately prepared.

ALTITUDE SICKNESS:

Parts of your trip go above 2800 metres / 9200 feet where it is common for travellers to experience some adverse health effects due to the altitude - regardless of your age, gender and fitness. It even happened to Sir Edmund Hillary!

Before your trip:

Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatizing to high altitude. Please discuss these options with your doctor.

During your trip.

While our leaders have basic first aid training and are aware of the closest medical facilities, it is very important that you are aware of the cause and effects of travelling at altitude, monitor your health and seek assistance accordingly.

Please read the following document carefully and, during your trip, utilise the table on the back daily to record your own perspective of your general health and any symptoms you may experience:

<https://www.intrepidtravel.com/altitude-sickness> (<https://www.intrepidtravel.com/altitude-sickness>)

YELLOW FEVER:

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

ZIKA VIRUS:

According to the World Health Organization (WHO), there has been an outbreak of the mosquito-borne Zika virus in parts of Central and South America. This virus is mostly concerning to pregnant women as recently in Brazil local authorities have linked the virus to an increase in babies born with microcephaly (smaller than normal skull).

In addition to the risk mentioned above WHO have reported that Zika symptoms may include mild fever, skin rash and conjunctivitis. These symptoms normally last for 2-7 days.

In line with the above, we recommend all women who are pregnant or trying to get pregnant to consult with their doctors before booking their trip to Central and South America. At this stage, WHO is not recommending any travel or trade restrictions related to the Zika virus. More information on the Zika virus can be found at the following links: World Health Organization: <http://www.who.int/mediacentre/factsheets/zika/en/> (<http://www.who.int/mediacentre/factsheets/zika/en/>)

WHO – WORLD HEALTH ORGANIZATION

The World Health Organization has identified the following mosquito transmitted diseases in this region:

Dengue, Yellow Fever, Malaria and Zika (amongst others)

For more information, please visit www.who.int (<http://www.who.int>)

Food and dietary requirements

While travelling with us you'll experience the vast array of wonderful food available in this region. Your group leader will be able to suggest restaurants to try during your trip. To give you the maximum flexibility in deciding where, what and with whom to eat, generally not all meals are included in the trip price. This also gives you more budgeting flexibility. As a rule our groups tend to eat dinner together to enable you to taste a larger variety of dishes and enjoy each other's company. There's no obligation to do this though.

DIETARY REQUIREMENTS

Generally speaking, in bigger cities/towns vegetarians can expect a reasonable range of vegetarian venues and/or vegetarian options within tourist restaurant menus. However, vegetarianism is not the norm in this part of the world so options can be limited when eating at homestays, small local restaurants, street stools, markets, etc.

More restrictive diet requirements (vegans, celiac, gluten intolerance, fructose intolerance, lactose intolerance, etc.) can also be accommodated along this trip but you should expect a lesser variety than what you can expect at home. We recommend that, if possible, to bring your own supply of snacks with you.

Please let us know your diet requirements before your trip starts.

SIMPLE BREAKFAST

Some of the included breakfasts along this trip can be quite simple: toasts, spreads, juice and coffee or tea.

Accommodation

Camping (with basic facilities) (3 nights), Homestay (1 night), Hotel (6 nights), Jungle Lodge (2 nights)

Due to limited time and energy supply in some places, please be prepared for some cold showers.

Homestays in Lake Titicaca:

As a responsible travel company, we believe in facilitating positive and meaningful exchanges between our travellers and locals at the places we visit. Homestays are a great vehicle for us to facilitate this!

What will you do during a homestay? Well...it's hard to tell. As you know a day in a family's life varies from day to day. We don't want this experience to feel forced (on you or on them) so we ask families to simply carry on with their lives and that, if there is anything that you may be interested in being part of, they ask you to join in. As such you may be invited to help cook dinner, or to go to the local market for groceries, or to join a soccer game with the kids! While your leader will give you some tools to interact with your family (such as some simple words/phrases in Quechua and/or Spanish) big smiles and lots of sign language can go a long way!

That said, it's also important that you understand that you are not obliged to participate in these activities. We believe that the more you put in the more you get out of an experience, but we also understand that you may just want to chill out, grab a book or your camera and go for a wander – and that is fine too.

Ultimately, we believe that by simply being there, observing family and friends dynamics is a step forward towards understanding the local way of life.

In terms of facilities, the rooms are clean and comfortable (or as comfortable as they get in this part of the world!) however quite basic. Plenty of blankets are provided. Ask for more if you are cold. Layering up with thin thermals and a fleece material will help during very cold nights too.

Lastly, be aware that homestays in Lake Titicaca have shared drop toilets and no showers. So mind your step!

A single supplement is available on this trip. On the following nights the single supplement is not available:

- Days 2-3 Amazon Jungle

Transport

Boat, Bus, Canoe, Plane, Private minibus, Private vehicle

Money matters

When it comes to money matters on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like drinks, shopping, optional activities, tipping and laundry. It's always better to bring a little more than you think you'll need.

Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

The recommended amounts are listed in USD for the relatability of universal travellers, however the local currency is needed in the countries you are visiting.

CONTINGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to the equivalent of an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

MEALS NOT INCLUDED:

For this trip we recommend between USD 25 to 50 per day. How do we work this out?

Breakfast. If breakfast is not included, you can expect to pay between USD5 to USD10 at a local café.

Lunch. If you are happy with a quick snack on the go, you may get away with as little as USD5 to USD10 for a set menu at a local eatery or a sandwich and a drink at a café. On the other hand, a lunch meal at a more tourist restaurant can cost between USD10 to USD15.

Dinner. At dinner time, your leader will normally recommend restaurants where you can safely try the local specialties of the region. Expect meals to cost between USD12 to USD25 for a main.

These are indicative prices only. If you are in a tight budget, are happy to eat just local food and are not afraid of an upset tummy every now and then, you can eat cheaper than this. If you want to try just the finest food at the finest restaurants, then you can expect meals to cost as much as in western countries.

CREDIT CARDS & ATMS:

Credit cards are generally available in tourist shops and restaurants. Visa and Mastercard are generally preferred over American Express, Diners, etc. Smaller venues take cash only.

ATMs are widely available in major towns and cities, credit and debit cards are the best way to access money throughout this trip (note though that charges are made for each transaction). Check with your bank before departure that your card is accepted in the countries you are travelling to. Also ensure your bank is aware of your travel plans as - suspecting fraud - they may cancel your cards after the first few international transactions. Be aware that your withdrawing limit may vary from country to country (regardless of your withdrawing limit in your home country) and it can be as low as the equivalent to USD100 per day.

If bringing over cash, please note USD100 bills with serial number CB or BE and any other USD bills that are old, torn, written or stamped on will not be accepted by local banks.

DEPARTURE TAX:

In most countries you must pay an airport departure tax. Nowadays, these departure taxes are added into the cost of your airline tickets and paid for at the time of purchase.

Unless mentioned below, no airport departure tax has to be paid during this trip.

TIPPING:

Gratuities aren't compulsory on your trip, but they can make a big difference to locals employed in the tourism industry. We suggest carrying small notes of local currency around as you go. It'll make tipping easier. The recommended tipping amounts are listed in USD for the relatability of universal travellers.

Usually around USD5 – USD10 a day to cover tips is fine, but your leader might raise the idea of a group tip kitty. Each traveller contributes an equal amount to the pool, and your leader can pay the tips as you go.

South America - General Tipping Guide:

To give you a bit of guidance, we've put together the following tipping notes. These are just suggestions, based on feedback from past travellers and our staff on the ground.

- Restaurants: Local markets and basic restaurants - round your bill up to the nearest USD1. More up-market restaurants we suggest 10% to 15% of your bill.

- Local guides: There might be times during the trip where you'll have a specialist local guide alongside your trip leader. We suggest tipping these guides about USD2 – USD3 per day.

- Drivers: You may have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We suggest USD1-USD2 per day for drivers.

- Your Tour Leader: You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline USD2-USD4 per person, per day can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

Peru Trekking - General Tipping Guide:

We recommend you carry the below suggested amounts with you during the trek and that you carry small bills as this makes splitting the tip an easier process. The last day of the trek the tipping will be broken down into envelopes – one per porter, assistant guides and guide.

Inca Trail: While on the Inca Trail we suggest a total tipping amount of PEN120 to PEN180 per person (approximately USD 37 to USD 55). This is generally the tipping breakdown:

Porters, cook and assistants PEN 80 to PEN 120

Assistant guide: PEN 12 to PEN 20

Guide: PEN 27 to PEN 40

Inca Quarry Trek: For the Inca Quarry Trek the suggested total tipping amount per person is PEN 120 to PEN 135 (approximately USD 37 to USD 42). This is generally the tipping breakdown:

Porters, cook and assistants PEN 90

Assistant guide: PEN 9 to PEN 15

Guide: PEN 20 to PEN 30

Peru currency information:

The unit of currency is the Nuevo Sol (S/).

Bolivia currency information:

The official currency of Bolivia is the Boliviano (BOB).

Packing

What you need to bring will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking you should pack as lightly as possible.

Most travellers carry their luggage in a backpack, although a small to medium suitcase with wheels is ok too. Whatever you take, be mindful that you will need to be able to carry your own luggage, handle it at airports, take in/out of accommodation and perhaps even short walking distances (max 30 minutes).

In terms of weight, keep in mind that if you are flying domestically (either on this itinerary or during your personal time) airlines generally allow a maximum of 20kg for check in luggage. Argentina is particularly strict on excess baggage and usually enforces a maximum allowance of 15Kg for check in luggage.

Finally, you'll also need a day pack/bag to carry water and a camera etc. for day trips.

Below we have listed the essentials for this trip:

ESSENTIAL PACKING LIST

Travel documents: passport, visa (if required), travel insurance, air tickets or e-ticket receipts and a copy of this document

Photocopy of main passport pages, visa (if required), travel insurance and air tickets

Money: cash/credit card/EFTPOS card

Money belt and small padlocks

Personal medication

Daypack

Watch/Alarm clock or phone that can be used for both

Torch/flashlight (your phone's may suffice)

Electrical adapter plug (view www.kropla.com (<http://www.kropla.com>))

Toiletries/travel wipes

Insect repellent

Sunscreen, lip balm, sunhat and sunglasses

Earplugs and eye mask (you might be sharing with a snorer!)

Refillable water bottle

Phrase book

Warm clothes including hat and gloves - When travelling in cooler climates

Wind and waterproof rain jacket

Travel Towel

Comfortable and sturdy walking shoes with good walking socks

Camera with spare memory card and charger/batteries

Swimwear (dependent on itinerary)

Emergency fund as mentioned in the Money Matters section

Clothes! Bear in mind that laundry facilities are widely available throughout this trip. The cost varies between USD1 to USD3 (approx.) per kilo and it can normally be dropped off and picked the same day.

SLEEPING BAGS

It's not essential that you bring a sleeping bag for any of our trips however on some itineraries we will recommend either bringing one from home or hiring one on the ground. If this is the case it will be mentioned in the 'region specific' packing list.

AMAZON SPECIFIC PACKING LIST

In addition to the general packing list above we recommend bringing the following items if visiting the Amazon Jungle.

Good binoculars

Tight-weave, light coloured, long cotton pants

Long sleeved, tight-weave, light coloured cotton shirts

Comfortable walking shoes (knee high rubber boots are provided for the duration of your stay, we recommend wearing these for the jungle walks)

Thick/long socks to wear with the rubber boots

Sandals for walking on boardwalks or around the lodge

Broad-brimmed hat

Rain Jacket or poncho

Tropical strength Insect repellent

Small denomination bills for beverages

Small day pack to for day excursions

Luggage is hand-carried at various stages in the trip for long distance. We strongly recommend you limit your weight to 15 kilos (32 pounds per piece).

PERU TREK PACKING LIST

Tents and sleeping mats are provided for the duration of your Peru trek.

At the pre-trek briefing you will be given a small duffle bag to pack your clothes for the trek, please note there is a 5kg limit, this includes your sleeping bag.

In addition to the general packing list above, please ensure you bring these items if you are trekking in Peru.

Passport:

You MUST take your passport, a photocopy is not sufficient. It's important the passport matches the details you provided us when booking this trip (Keep it in a plastic bag in case of rain)

Sleeping bag:

You will need a good warm sleeping bag for the trek. Sleeping bags can be hired for US\$20-25, please let your Tour Leader know at the trek briefing. A four season (or -10) bag is recommended especially for the winter months. At other times you will probably be fine in a 3 season (or -5) bag although this depends on how much you feel the cold and is given as a guideline only.

Silk sleeping bag liner:

Especially recommended if you plan to hire a sleeping bag but can also give your own bag added warmth.

Pillow

Pillows are not provided on the trek and it's your personal preference if you wish to bring one along. If you decide to bring a pillow then we do suggest packing a travel friendly option, something that can be easily packed into your small duffle bag.

Trek Poles:

Trek poles are not required, it's a personal preference. We recommend hiring these at the pre-trek briefing for approximately US\$8 per pole as it will save you carting them around for the remainder of your travels.

Day Pack:

A day bag that has easy access to water bottles (external side pockets) or a day pack with a built in hydration bladder. This bag only needs to be large enough to hold the few things you need during the day (hat, water, camera, snacks, rain jacket etc)

Water bottle:

You should be carrying at least 2 litres of water daily, while trekking. Depending on whether you have a hydration bladder in your bag or not we recommend bringing two (1 litre) bottles that can be refilled on the trail with boiled water, which will be supplied daily.

Waterproof, well worn-in walking boots:

Good quality, comfortable footwear is essential. Whatever you wear on your feet the most important thing is comfort. It is vital to ensure your boots are well worn in and lightweight. Ankle support and waterproofing is recommended but if you already have something comfortable with good grip on rocks then don't go rushing out to buy new

boots – you are better off with your well-worn in pair!

Walking clothing in layers:

(E.g. zip off trousers, fleece, T-shirts). It's a personal choice as to how many items you bring however please remember there's a 5kg limit. We recommend the following:

- 2 Pairs of long Walking Trousers (Zip off are a very hand choice but not a necessity)
- 2 T-shirts
- 1 Pair of shorts
- Rain Jacket or Poncho (Poncho can be purchased locally for a \$2-3)
- 4-5 Pairs of Thick socks

Warm clothing for night time:

Fleece, long pants, woollen hat, gloves.

Thermal underwear:

Thermal wear is highly recommended, being light, warm and will keep you warm at night.

Sunscreen, sunglasses and sunhat

Personal medication and basic first aid kit:

Band-Aids, Imodium, Panadol, rehydration sachets.

Camera and spare batteries, memory cards or film:

Please note: there are no electrical outlets on the trek so make sure you fully charge and or have spare batteries.

Snacks:

Chocolates, chips, biscuits, energy bars. Snacks are provided during the trek but you may like to bring one or two extras just in case. If you have a dietary requirement then we recommend bringing some suitable snacks from home. We will accommodate you for Breakfast, lunch and dinner however for snacks it's recommended to bring some just to be safe.

Head torch or Standard Torch (flash-light)

(Very Important) and spare batteries.

Tropical strength insect repellent.

Antiseptic hand gel.

Flip-flops / thongs / jandals:

If you wish to have a shower on the third night and to wear around camp after a long day of trekking.

Ear Plugs:

In case your tent 'roomie' is a snorer.

Plastic bags:

To keep your belongings and clothes dry (wrap everything in plastic bags).

Toilet paper:

Most important! Also small plastic bags or zip lock bags for rubbish which can then be thrown in the main rubbish bag provided by the porters. Please don't dispose of your toilet paper on the ground!

Wet wipes and or Face wipes:

These are an essential and will come in handy after a long day of trekking and no showers.

Small towel and basic personal toiletries:

On the third night of both the Inca Trail and the Quarry there is an opportunity to have a shower so bring travel size shampoo and shower gel if you would like.

Group Leader

All Intrepid group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader 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 places visited on the trip, including historical, cultural, religious and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

Safety

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 and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety> (<http://www.intrepidtravel.com/contact-us/safety>)

LIMA AIRPORT WARNING

For safety reasons, we strongly recommend that during transfers in Lima all of your luggage, including hand luggage and valuables, is stored out of sight in the rear boot of the vehicle.

HIKING IN PERU

In accordance with local laws governing tourism in Peru, trekking groups of up to and including 8 trekkers will be led by one local guide. The evacuation of an injured traveller in normal conditions may take more than 8 hours. For your own safety, it's crucial that you adhere to the local guide's safety instructions, particularly in regard to how to prevent trekkers getting separated or lost. Your leader will also conduct a brief safety discussion before our trekking activity.

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

MONEY WITHDRAWAL:

In order to avoid fraud, it is advisable that you withdraw money from ATMs located inside banks or guarded shops during business hours only.

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

LIFE JACKETS:

While life jackets are generally available on water craft, there may be occasions where they are not provided and child size life jackets are not always readily available. If travelling with children and this safety issue concerns you we will be able to advise alternative methods of transport (where available) for you to travel to the next destination. You can choose to travel independently for this leg of the journey. This would be at your own expense.

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

A couple of rules

Illegal drugs will not be tolerated on our 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 Intrepid travellers. Intrepid's philosophy of travel is one of respect towards everyone we encounter and in particular, the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Everyone has the right to feel safe and secure on their trip. We don't tolerate any form of violence (verbal or physical) or sexual harassment at Intrepid, either between passengers or involving our leaders, local operators or locals.

Sexual relationships (consensual or otherwise) between a leader and a passenger are unacceptable. If you ever feel another person is behaving inappropriately please inform us immediately by contacting the emergency contact number detailed in these trip notes.

Travelling on a group trip

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

SINGLE TRAVELLERS:

Our group trips are designed for shared accommodation and don't involve a compulsory single supplement. Single travellers share with people of the same gender in accommodation ranging from twin to multishare. Some of our itineraries have accommodation booked on a mixed gender share basis and where applicable this will be specified in our Trip Notes. On a selection of our trips, you have the option to pay a single supplement to ensure that you have your own accommodation (where available). Please note that this only applies to accommodation during the tour - pre-trip and post-trip accommodation will be booked on a single room basis.

Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

<http://www.intrepidtravel.com/insurance.php> (<http://www.intrepidtravel.com/insurance.php>)

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller> (<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>)

Rainforest Alliance Certificate:

Rainforest Alliance is an international nonprofit organization that works to conserve biodiversity and ensure sustainable livelihoods: <http://www.rainforest-alliance.org> (<http://www.rainforest-alliance.org>).

The Intrepid Group operations in Peru are now certified by Rainforest Alliance, following an assessment in which we successfully achieved a 100% score for all critical criteria.

The Intrepid Foundation

Since Intrepid Travel commenced operating in 1989 we've been committed to giving something back to the communities we visit. One way has been through our support for local humanitarian, development and conservation projects. Many of our travellers want to contribute something too. Whilst it is often tempting to give hand-outs to those less fortunate, this has the potential to promote a culture of begging and dependency. Handouts are not a sustainable way for individuals or communities to live. That's why we established The Intrepid Foundation - to make it easier for travellers wishing to give back to communities in an effective and meaningful way.

The Intrepid Foundation is a not-for-profit fund offering a selection of excellent grassroots organisations which you can contribute to. All donations to The Intrepid Foundation will be matched by Intrepid Travel dollar for dollar (up to AU\$1,000 per donor and a total of AU\$400,000 for all donors in each financial year, excluding emergency appeals). And every cent gets there as Intrepid Travel pays for all the administration costs. Donating is simple and secure. Please ask your leader for information on the projects we support through The Intrepid Foundation or go to our website:

<http://www.theintrepidfoundation.org/> (<http://www.theintrepidfoundation.org/>)

Organisations and projects currently supported by The Intrepid Foundation in Peru include:

* Living Heart - Focuses on improving the education, nutrition and health of disadvantaged Andean women and children near Cusco. Currently they provide free breakfasts, assist local schools with educational supplies and organise visits by doctors and nurses. They are also raising funds to build homes for orphaned children and abused women and children.

www.theintrepidfoundation.org/projects/living-heart/ (<http://www.theintrepidfoundation.org/projects/living-heart/>)

* Kusimayo - Improves the living conditions of children and adults affected by poverty and malnutrition in one of Peru's poorest regions: the high plains of Puno. They provide daily nutritious breakfasts for a number of pre-schools in the area, as well as educational material, hygiene kits and basic kitchenware.

<http://www.theintrepidfoundation.org/projects/kusimayo/> (<http://www.theintrepidfoundation.org/projects/kusimayo/>)

Take a look at this short video for more info - warning...it may melt your heart! - <https://vimeo.com/154422813> (<https://vimeo.com/154422813>)

*Project Peru - Aims to break the circle of poverty, offering opportunities through education, independence through responsibility, and dignity through employment. All of the staff in Peru are from the local community and are paid and treated with equality and respect.

<http://www.theintrepidfoundation.org/projects/project-peru/> (<http://www.theintrepidfoundation.org/projects/project-peru/>)

Was this page helpful?

Yes

No