

EXPLORE!

Family Peru Adventure and Amazon Extension

14 days

Peru - Trip code FPAA



Family Peru Adventure and Amazon Extension

This family adventure takes in the footsteps of the Inca people and one of the world's most incredible sites - Machu Picchu. We raft, bike and walk with the emphasis also on exploring and understanding the country, we visit the ancient capital of Cusco, learn how to weave traditional clothing, make local dishes, experience colourful markets and stay in an Andean village where the Inca Trail porters are from. **TRIPLE ROOMS** This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

Trip highlights

- ★ **Lima and Cusco** - Discover some of Peru's spectacular Spanish and Inca highlights
- ★ **Inca villages** - Visit colourful markets and Inca villages and learn how to weave.
- ★ **Machu Picchu** - Visit the stunning 'Lost City' of Machu Picchu.
- ★ **The Sacred Valley** - Raft through the magnificent landscapes of the Sacred Valley of the Incas.
- ★ **Cooking and chocolate** - Learn to cook Peruvian cuisine and visit Cusco's famous Choco Museum.

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:

Moderate

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour Lima with afternoon city bike tour

Our adventure begins in Peru's historic capital, the 'City of Kings' founded by Spanish conquistadors in the 16th century. At its heart lies a UNESCO World Heritage Site filled with a dazzling collection of colonial mansions, opulent cathedrals and baroque convents that hide a labyrinthine network of underground passageways and catacombs. After a free morning to relax after the flight, this afternoon we'll take a short walk through to the Miraflores district to collect our bikes, before an absorbing gentle 3 hours cycling tour of Miraflores and San Isidro, two of Lima's most exclusive neighbourhoods. Please note participants are required to competently ride a bike in order to take part in this activity. If you would like further time to recover from the international flight, you can relax at the hotel rather than undertake the bike ride.



Accommodation: El Tambo Two (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 2 - Fly to Cusco; tour of the city

Leaving Lima behind today we head next towards Cusco, high in the Andes at 3400M, the ancient heartland of the Incas. Arriving in the city later this morning we'll have time to settle into our hotel before a tour of historic Cusco. Believed to be the oldest continuously inhabited city in South America, Cusco is imbued with an atmosphere of mystery and grandeur. The archaeological capital of the America's, the Spanish-style city, with its tiled roofs and arcaded plazas, is built on the foundations of the old Inca ruins and today's tour will take in the Spanish elegance of the Plaza de Armas, as well as the Inca walls of Hatunrumiyoc and the ancient Sun Temple of Coricancha, one of the city's most revered monuments.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 3 - Explore the Inca ruins around Cusco plus feed llamas

A guided walk through the ancient monuments that lie scattered around Cusco includes the sacrificial ruins at Qenko and the Inca baths at Tambomachay. We'll also visit the spectacular fortress of Saqsaywaman, whose huge zigzagging stone walls were constructed to defend the old Incan capital. Legend has it that it took 20,000 men 90 years to finish the citadel at Saqsaywaman and it became the site of one of the most fiercely fought battles of the Spanish conquest, when the Inca warriors made one last desperate stand in an attempt to drive the Spanish out. It was a battle that ultimately ended in defeat and death for thousands of the Incas. We also visit the town of Pisac which lies along the banks of the Urubamba River, at the entrance to the Sacred Valley. Famed for its bustling market, the town is dominated by the hilltop ruins of its ancient fortress, which once guarded the southern entrance to the valley. We travel to the site which boasts well-preserved temples, before walking down to the impressive agricultural terraces that curves around the hillside to visit the town's colourful market. The journey to Pisac also takes us by way of Awana Kancha, where we'll stop at a local farm to feed some llamas and alpacas, probably the friendliest and most endearing animals that you are ever likely to meet.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 4 - Morning cooking lesson with a local family with afternoon free to explore

Today is a creative day in Cusco. We take a cooking lesson with a local family and learn how to make some traditional Peruvian dishes. Peruvian cuisine is some of the most varied in the world, with a long and multicultural heritage that includes Inca, European, Asian and West African influences. It is also considered by many to be an expression of Peruvian culture. The rest of the day is free to relax or explore the city further.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel




Meals Provided: Breakfast & Lunch

DAY 5 - Exploring Misminay Village; village activities and overnight homestay

Driving to Chequerec this morning, we then begin a 2 hour walk through the narrow lanes and fields that blanket this part of the Sacred Valley. Our destination is the village of Misminay, site of a unique community based project that offers us a fascinating glimpse of a way of life that can trace its origins back to the Incas. After being greeted by the villagers we'll enjoy lunch, before joining in this afternoon with a range of activities. We'll learn how to weave traditional cloth, finding out how to wash and colour the wool using time-honoured methods. We'll also visit some of the local farms to learn about the local agriculture, before settling down this evening to enjoy a night in a village house, beneath the same skies that the Inca's gazed up at centuries ago.



Accommodation: Misminay Local House (or similar)

 Simple Village House

 Meals Provided: Breakfast, Lunch & Dinner


DAY 6 - Meet and help a local community tree planting with an evening meal around a campfire

Today allows for the opportunity to meet and spend some time with the local population as we help the community of Misminay with some tree planting. The villagers will greet us with a display of traditional dancing and music before we learn how to work with the villagers digging, preparing the soil and planting trees using traditional techniques and tools that are still used today. We dine with the family with natural products from the area used for lunch with the knowledge that we have helped the village not only contribute to the protection of the environment but also retaining more water in the community through native trees being planted. Accompanied by your hosts, you will walk in the afternoon to the upper side of the community, called Mirador de Moray where you can enjoy views of the surrounding area and the archaeological complex of Moray, unique for its circular terraces which were used to grow crops. There is even the chance to participate in a ceremony to give thanks to the Pachamama (mother earth) and the Apus (Andean Mountains) to thank them for the food and asking them to protect you in your trip. This evening gives a real treat - we have an evening meal by a campfire allowing locals to tell Andean stories and play traditional music as well as explain the Inca constellation and how they use their knowledge of the stars to determine the agricultural calendar.



Accommodation: Misminay Local House (or similar)

 Simple Village House

 Meals Provided: Breakfast, Lunch & Dinner

DAY 7 - Rafting down the Sacred Valley of the Incas

This morning we'll enjoy an exciting rafting trip down the Urubamba River, through the timeless landscapes of the Sacred Valley. Transferring to the river by bus, we'll then spend the next two hours enjoying the spectacular mountain views as we float and bounce our way through a mix of calm water and grade II and III rapids. No experience is necessary for this excursion and you'll be given all the equipment and safety instructions before you start. Please note, between January and March, when the river conditions prevent us from operating the rafting, this activity will be replaced by a horse riding excursion. There is an optional horse ride this afternoon towards Ollantaytambo and Pumamarca ruins (no previous experience necessary).



Accommodation: Hotel Tikawasi Valley (or similar)

 Standard Hotel

 Meals Provided: Breakfast

DAY 8 - Train to Aguas Calientes and visit Machu Picchu

Travelling by train this morning we head toward the majestic ruins of Machu Picchu, the 'Lost City' of the Incas and one of the most spectacular ancient sites anywhere in the Americas. We take the train to the town of Aguas Calientes and then catch a local bus up to Machu Picchu where you will definitely have an experience you will never forget. We spend a few hours here with views of the surrounding Andes and a guided tour of the site before returning by bus back to Aguas Calientes.



Accommodation: Marco Wasi Hostel (or similar)

 Simple Guesthouse

DAY 9 - Optional Hot Springs, and visit Aguas Calientes Market before returning to Cusco

We have the option to visit the thermal baths in Aguas Calientes this morning before visiting the town's colourful market. We then board the train back to Ollantaytambo later this afternoon where, on arrival, our bus will be waiting to take us back to Cusco.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel

 Meals Provided: Breakfast

DAY 10 - Learn about making chocolate and visit a chocolate museum

Today is a creative day in Cusco. We visit the Cusco's Choco Museum, where you can learn everything that you ever wanted to know about chocolate. There is an interactive museum, chocolate workshops, a cafeteria selling chocolate drinks and desserts and a shop filled with chocolate goodies. What's not to like!



Accommodation: Inkarri Hostal (or similar)



Standard Hotel

 Meals Provided: Breakfast

DAY 11 - Fly to the Amazon. Boat ride into the Tambopata National Reserve

Leaving the city behind this morning you fly down from the Andes into Puerto Maldonado, Peru's Capital City of Biodiversity in the heart of the Amazon. On arrival you will be met by an English speaking guide and given a city tour before being transferred on to your lodge by boat (please note, the tour leader will not be accompanying the group on this leg of the journey). We travel deep into the jungle along the Madre de Dios River with the landscapes of the Tambopata National Reserve as a backdrop. Our jungle lodge lies amongst some 1.3 million hectares of preserved wilderness and is in the traditional heartland of the Indigenous community of Infierno. On arrival, after a chance to check in and freshen up, we take a sunset walk through the forest with a specialized tour guide who takes us through a trail to the Caimán Cocha, a small lake with an abundant presence of specimens of Black Caiman (*Melanosuchus niger*) and Caiman (*Caiman crocodilus*) before returning back to the lodge for dinner.




Accommodation: Eco Amazonia Lodge (or similar)



Simple Lodge



Swimming pool available

 Meals Provided: Breakfast, Lunch & Dinner

DAY 12 - Morning walk to Lake Apu Victor

These landscapes are home to a stunning variety of plant and animals life. Its rainforests and tropical savannahs provide a haven for a vast array of birds, as well as jaguars, giant anteaters, maned wolves and Amazonian tapirs. This morning we'll take a walk out on trails especially prepared with bridges to cross the gorges and rivers. During the journey, we will get the chance to observe the flooded forest and a variety of flora and wildlife as we walk to Lake Apu Victor with its crystal clear waters, surrounded by marshes and giant trees. We then go up to the observation deck where we can enjoy a panoramic view on the lake and observe parrots, macaws, toucans, camungos, shanshos, herons and other animals such as caimans and turtles. We will head back to the lodge to enjoy lunch together and then travel to Monkey Island, a unique place in the heart of Madre de Dios River. During the hike, we can observe extraordinary landscapes with an exuberant flora which shelters a variety of monkey species in their natural habitat plus other animal species like the coati and sloths. We enjoy the sunset on the island before travelling the short distance back to the lodge for dinner.



Accommodation: Eco Amazonia Lodge (or similar)



Simple Lodge



Swimming pool available



Meals Provided: Breakfast, Lunch & Dinner

DAY 13 - Visit La Torre Clay Lick, reforestation project and evening boat ride with free afternoon

After breakfast, we walk into the virgin rainforest accompanied by our local guide travelling to the Lost Cocha which constitutes a refuge and feeding ecosystem for a huge variety of animals and from where we have the chance to observe otters, caimans, turtles and sachavacas (tapirs) birds. This area is unique to the area with huge swamps and a diverse range of wildlife which can be observed from the observation deck. Afterwards, we have a pleasant canoe ride around the lake before returning to the lodge for lunch. We return to Monkey Island in the afternoon for further wildlife viewing.



Accommodation: Eco Amazonia Lodge (or similar)



Simple Lodge



Swimming pool available



Meals Provided: Breakfast, Lunch & Dinner

DAY 14 - Trip ends at the airport

We transfer back down river by boat this morning to the airport where the trip ends.



Meals Provided: Breakfast

Family information

Minimum age

7



Why book this trip

This adventure has been specifically designed for families who want an active holiday around Peru but not necessarily the full throttle experience of trekking the Inca Trail. The tour combines cultural highlights such as Cusco and its Inca heritage with opportunities to meet the locals, visits to colourful markets and Inca villages as well as traditional cooking lessons. Activities such as rafting through the magnificent landscape of the Sacred Valley add an element of adventure.

What's included?



Included meals

Breakfast: 14
Lunch: 7
Dinner: 5



Transport

Bus
Bicycle
Flight
On Foot
Train



Trip staff

Explore Tour Leader
Driver(s)
Local Guide(s)



Accommodation

1 nights simple guesthouse
7 nights standard hotel
3 nights simple lodge
2 nights simple village house

Trip information

Country information

Peru Holidays & Tours

Climate

There is a rainy season from Dec - Mar however on the coast it rarely rains. Jun-Oct is damp and misty, but temperatures never drop below 10°C. At high altitudes although there are sunny days temperatures can drop dramatically, and conditions can change suddenly.

Time difference to GMT

Plugs

2 Pin Flat

Religion

Catholicism

Language

Spanish

Budgeting and packing

Optional activities

Lima - Magic fountains US\$ 45 with transport and guide US\$ 45 (minimum of 2 people); Dinner show at Tunupa US\$ 20 Cuzco - Night city tour with Pisco Sour lessons US\$ 38 (min 2 pers), Dinner show at Tunupa US\$ 18.00 (Without transfers); Dinner show at Tunupa US\$ 33.00 (With transfers)

Clothing

In the highlands, conditions are generally dry and sunny during the day. Nights can be very cold at altitude so it is essential to bring adequate warm clothing especially between May and August. It can drop as low as -10°C at night. Be prepared for rain. Take your swimming costume for the thermal baths at Aguas Calientes. A sunhat is essential. Socks It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters. T-shirts We recommend polyester/polypropylene fabrics which keep you warm even when wet. Waterproofs Breathable waterproofs not only protect against rain and wind but also stop you from overheating. They breathe and avoid condensation which you will experience from nylon waterproofs. Thick jumper/fleece jacket A thick jumper or fleece jacket is necessary as nights can be very cold at altitude, especially in July. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece. Shorts Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold. Please remember we shall be passing through the occasional remote areas and villages and short shorts (especially on ladies) can give offence to the local inhabitants. Longer, looser fitting shorts are, in any case, more comfortable to walk in. Gloves & Hat Especially useful around camp in the morning and in the evening at higher altitudes.

Footwear

Trainers or Trekking sandals Useful in towns and when travelling. Sandals are ideal for rafting as they protect the soles of your feet and also keep them cool.

Luggage

20kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself. Please allow yourself one main piece of luggage and a daysac. Remember, you are expected to carry your own baggage, so don't overload yourself, a soft wheeled bag may be easier to manage than a suit case.

Equipment

You will need a good insect repellent, suncream, a small torch and a personal water bottle. Toiletries Try to keep heavy cosmetics etc to a minimum. Essentials are toothbrush/paste, soap and a small towel. Wet Wipes are great for a quick clean up in your tent, so bring a pack of those.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow at least US\$ 40 for tipping.

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Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Breakfast price

£4.00 - 7.00

Dinner price

£6.00 - 8.00

Beer price

£2.00 - 4.00

Water price

£1

Foreign Exchange

Local currency

Nuevo Sol

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash for your tour, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where To Exchange

Most major towns - your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

In major restaurants. In some establishments Master card is not accepted.

Travellers Cheques

Travellers Cheques are not always easy to exchange.

Transport, Accommodation & Meals

Transport Information

Bus, Bicycle, Flight, On Foot, Train

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

The Ecoamazonia Lodge is a relatively large property located in the middle of the Tambopata ecological reserve; only 30km from Puerto Maldonado on the Madre de Dios River. The accommodation comprises of simply furnished individual wooden bungalows with a porch. The bungalows have mosquito nets on their windows and each have en suite bathroom. The property has a main dining room where buffet breakfasts and lunches are served, a games bar and indoor pool where guests can relax. The property is accessed by a network of bridges and pathways where you'll likely spot some of the resident wildlife. Electricity is provided by a

generator twice a day 5am to 6am and from 5pm to 10pm so room lights can be used, batteries charged, etc. but a strong torch is also required. Hot water can be intermittent, the lodge use solar panels to obtain hot water therefore if overcast this may be luke warm.

Family swimming

This tour does not lend itself to included swimming opportunities

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).

For more information from Explore about travel advice, click [here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Peru: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult their relevant consulate. All visa information is subject to change hence you should confirm all visa related issues with the relevant Embassy prior to departure. USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely be refused boarding. You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover. If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel. Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit) For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html> Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp> Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour

only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Altitude information

As this tour reaches altitudes of 4200 meters, we strongly recommend that travellers with heart or lung conditions, anaemia, asthma, high blood pressure or on the pill should seek the advice of their GP. You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

Non refundable permits

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Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.