

EXPLORE!



Heights of Machu Picchu

13 days

Peru - Trip code PM

Heights of Machu Picchu

Explore the highlights of Peru on this fascinating two-week trip. Along the way discover the reed islands of Lake Titicaca, the birthplace of the Inca civilisation. From Cusco, the ancient Inca capital, travel into the Sacred Valley to begin our four-day trek along the Inca Trail to the impressive mountain citadel of Machu Picchu.

Trip highlights

- ★ **Lake Titicaca** - The highest navigable lake in the world. (Optional visit to Uros and Taquile islands)
- ★ **The Inca Trail** - Fully supported four-day trek along the classic Inca Trail
- ★ **Machu Picchu** - One of the New Seven Wonders of the World. Discover this famous Inca citadel surrounded by cloudforest
- ★ **Cusco** - Explore the ancient capital city of the Incas

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.

WALKING GRADE:

Moderate To Challenging

Combining moderate grade walks with some more strenuous hikes. This grade is ideal if you are fit and want to challenge yourself with a few longer, more demanding trekking days, possibly on difficult terrain or at higher altitudes.

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 trip Lima

Arrive to Lima and check-in at hotel. Afternoon city tour of Lima. Lima, Peru's capital, was founded in 1535 AD by the Spanish conquistador Francisco Pizarro. It was built on the Pacific coast, by the Rimac River and close to the natural harbour of Callao, on land that had already been inhabited for thousands of years. Today Lima is a modern city, but there are obvious reminders of its ancient and colonial past. It is also gaining a reputation as a culinary centre.



Accommodation: Britania Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Fly to Juliaca; drive to Puno

We fly up to Juliaca on the high Altiplano after a short city tour in the morning. On arrival in Puno we will take a short drive to Puno on the shores of Lake Titicaca, the highest navigable lake in the world at an elevation of 3,860m, and also the legendary birthplace of the Inca civilisation. The local Aymara, Quechua and Uros people have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles, so have adapted to high altitude living. We drive to our hotel in Puno, a lake side town, and relax and acclimatise for the rest of the day.



Accommodation: Qelqatani Hotel (or similar)



Meals Provided: Breakfast

DAY 3 - Visit Sillustani pre-Inca burial ground. Explore around Lake Titicaca

This morning we drive to the 'chullpas' (funeral towers) of Sillustani, which probably date from the 14th century. They are

positioned on a peninsula overlooking a lagoon amongst stunning highland scenery. There is also the opportunity to visit a local farmers house (optional). In the afternoon we explore the small town of Chucuito, visiting the colonial churches, Inca fertility temple and the Totora Museum.



Accommodation: Qelqatani Hotel (or similar)



Meals Provided: Breakfast

DAY 4 - Free day. Optional visit to Uros and Taquile Islands

Today is free to explore the local area. We have the option to take a boat trip on Lake Titicaca to explore the floating reed islands, home to the Uros people who live on the lake itself. Their islands are made from totora, a reedlike papyrus that grows in the shallows and is used in most aspects of their life, including the construction of their boats and homes. We then continue to the less visited island of Taquile which has preserved much of its Inca and pre-Inca heritage and the islanders still speak the language of the Inca - Runa Simi or Quechua.



Accommodation: Qelqatani Hotel (or similar)



Meals Provided: Breakfast

DAY 5 - Travel through the Andes to Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco. Driving up to the northern limit of the Altiplano we cross Las Raya pass (4,335m) and descend to Cusco visiting the Inca temple ruins at Raqchi en route. Depending on time, those who wish may visit the colonial church at Andahuaylillas. The scenery is desolate but magnificent and we may spot flocks of llamas and alpacas grazing on the windswept pastures.



Accommodation: Inkarrri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Visit to Sacsayhuaman and Pisac market

The old capital of the Inca Empire survives only in its ruins, imbued with an atmosphere of mystery and grandeur. The Spanish-style city of today's Cusco, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones. The interlocking stones, assembled so carefully that a knife blade cannot be forced between the multi-sided joints, were highly functional as well as beautiful - they are earthquake-proof! During our stay, we plan to visit the remarkable market at Pisac, perhaps the most famous indigenous market in Peru. We will also visit Cusco's temple-citadel Sacsayhuaman which broods high above the town, its huge, zigzagging stone walls broken into 66 sharply projecting angles to catch attackers in a withering crossfire - It took 20,000 conscripted workers toiling for 90 years to finish this fortress. We also plan a walking tour of the lovely city of Cusco to see important Inca monuments, such as the Inca wall of Hatunrumiyoc with its famous twelve-sided stone. The stone, measuring some 5 feet across, has the typical bevelled joints which create the patterns of light and shadow on Inca walls.



Accommodation: Inkarrri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Commence Inca Trail. Walk to Llaqtapata ruins

We drive to Km 82, stopping at the Inca site of Ollantaytambo. The major highlight of the trip is without doubt the trek along the Inca Trail. The trail was first explored by Hiram Bingham in 1911 and opened for walkers in 1970. The famous ruins of Machu Picchu are not the only historical remains within the area: many other interesting sites are hidden in places which can only be reached on foot, and have scarcely been explored. Our trek starts by crossing the Urubamba river, then follow its rapids down the Sacred Valley of the Incas to Llaqtapata (2,700m). Here we camp below the ruins of Llaqtapata. Today's 6km walk is expected to take around 2.5hrs with an ascent of 100m



Accommodation: Llaqtapata Camp (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 8 - Follow river to Wayllabamba village. Continue to Llulluchapampa

Following the course of the Kusichaca river the trail leads to Wayllabamba, a quiet village of Inca origins and the last settlement on the route. We continue to Llulluchapampa (3,800m) which affords stunning views of the snowy peaks around us. Here we set up camp for the night. Today's 12kms walk is expected to take around 6hrs with 1080m ascent.



Accommodation: Llulluchapampa Camp (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 9 - Cross 'Dead Woman's Pass' (4,200m). Through cloudforest to Phuyupatamarca

Today we trek over the Warmiwanusca (Dead Woman) Pass (4,200m), to the valley of the Pacamayo river with its tropical vegetation. We then cross the Runkuraqay Pass (3,950m). Here the selva (jungle) becomes visible on the slopes of the mountains. Sayacmarca ruins are on a rocky promontory. They command an imposing view and have only one means of access, a narrow granite stairway. Our trail goes through cloud forest with vines, exotic flowers (among them orchids) and luxuriant trees, then on through an Inca tunnel and along a ridge above the Urubamba river to the lovely Phuyupatamarca ruins (3,579m). The views of the Urubamba and (if we are lucky) the snowcapped peaks of Veronica (5,750m) and Salkantay make these ruins one of the most beautiful places on the trail. We set up camp nearby. Today's 15km walk is expected to take around 9hrs with 1000m ascent and 630m descent.



Accommodation: Phuyupatamarca Camp (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 10 - Arrive to Machu Picchu through the Sun Gate

We descend to Winay-Wayna ruins (2,591m), a small Inca city which, like Machu Picchu, was abandoned for unknown reasons. Then from Inti Punku - the Gate of the Sun - there is a sudden and fantastic view of the 'Lost City' itself, Machu Picchu, set in a grandiose landscape that amazes all spectators. We walk down through the site, then travel down to our simple accommodation in the town of Aguas Calientes situated on the valley floor below Machu Picchu. Today's 12km walk is expected to take around 6hrs with 1000m descent.



Accommodation: El Santuario Hotel (or similar)



Simple Guesthouse



Meals Provided: Breakfast

DAY 11 - Revisit Machu Picchu. Return to Ollantaytambo by train. Continue by bus to Cusco

Our final morning is spent at Machu Picchu, probably the most astounding feat of engineering in all of ancient America. Temples, stairways, palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders. We have a guided tour with our Explore Leader then have some free time to explore further. It is also possible to climb the steep peaks of either Machu Picchu Mountain or Huayna Picchu Mountain to look down on the citadel. Machu Picchu Mountain is a 700m climb from the top of the citadel. There are cobbled stairs all the way up with a few eye-opening drops in some parts, and the round-trip takes about 2.5-3 hours. Huayna Picchu Mountain is only 350m, half the size of Machu Picchu Mountain, but much steeper. There are many more sheer drops, and it is definitely not suitable for someone with a fear of heights. For those who fancy doing the 1 hour climb, you'll be rewarded with world-beating views of Machu Picchu, and the feeling that you're standing on a precipice at the top of the world. These must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel please take your original passport with you. In the afternoon we get the train to Ollantaytambo, located in the Sacred Valley of the Incas, and then return to the historic town of Cusco by bus.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 12 - Free day. Opportunity to go white water rafting

Today is free to relax in Cusco. Alternatively for those interested in archaeology, the Inca sites of Qenko, Puka Pukara and Tambo Machay are readily accessible. Or you may wish to go white water rafting (grade 2-3) on the Urubamba river (optional and seasonal). No previous experience is necessary as instruction is given and all safety equipment is provided.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 13 - Trip ends in Cusco

Our trip ends today in Cusco after breakfast.

 Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCES

Day 7	6km
Day 8	12km
Day 9	15km
Day 10	12km
Day 11	1/1.5km

 Optional Walks

Walking grade

Moderate to challenging

Trek details

4-day trek walking for an average of 5 hours each day. Generally we walk between 3000m and 4000m, reaching a maximum altitude of 4,200m. We have graded this trek as moderate to challenging.

Max walking altitude (m)

4200



Why book this trip

Our three night Inca Trail trek is designed so that we stay on quieter campsites away from the crowds. We also ensure that our porters are local people, so that the communities benefit from your visit, and we abide by the strict guidelines regulating both their working conditions and care of the Inca Trail. Our local partner also actively supports community projects in the villages of Mismanay and Ancocoto.

What's included?



Included meals

Breakfast: 12
Lunch: 3
Dinner: 3



Transport

Bus
Flight
Train



Trip staff

Explore Tour Leader / Trek
Guide
Boat Crew
Cook
Local Guide(s)
Porter(s)



Accommodation

3 nights
3 nights simple camping
1 nights simple guesthouse
5 nights standard hotel

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

-5

Plugs

2 Pin Flat

Religion

Catholicism

Language

Spanish

Budgeting and packing

Optional activities

Puno - Boat trip to Taquile island including Uros island en route US\$ 47; Yavari Steamer US\$ 5; Cusco - Rafting on Urubamba River US\$ 45 (depending on numbers); Outlying sites US\$ 36; Machu Picchu - Huayna Picchu £60; Machu Picchu Mountain £60. Both are subject to availability and must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel please take your original passport with you to avoid being fined. Aguas Calientes - Hot springs US\$ 4 Lima - City tour approximately US\$ 30; Larco Herrera Museum US\$ 35 guided, US\$ 11 unguided; Lima detour - alternative view of the city of Lima US\$ 35 (price may go up if less than 4 passengers) Pucusana Fishing Village US\$65 (based on 3); Pachacamac site US\$45 (based on 4) inc. pottery class US\$60 (time permitting)

Clothing

In the highlands conditions can be dry and sunny during the day but bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves. These will be needed when the temperatures drop, especially at night when temperatures can drop dramatically. Lightweight waterproofs are also essential. You may also wish to bring your swimsuit. Thermals: Useful for walking when cold, around camp and much more practical (and warmer) to sleep in than pyjamas. Trainers or Trekking sandals: Useful around camp, in towns and when travelling. Waterproof sandals are ideal for rafting. Socks: Use good quality socks that you are used to walking in, plus liner socks if you are used to these. Waterproofs: Breathable waterproofs not only protect against rain and wind, but also stop you from overheating. Thick jumper/fleece jacket: A thick jumper or fleece jacket is necessary as nights can be very cold at altitude, especially in the summer months. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece. T-shirts: We recommend t-shirts made from wicking materials as these keep you drier and warmer. Shorts: Shorts can be comfortable to walk in but carry long trousers with you in case of strong sun or you feel cold. Remember we shall be passing through the occasional remote village and short shorts (especially on women) can give offence to the local inhabitants. Gloves and Hat: Essential around camp in the morning, and in the evening, at higher altitudes.

Footwear

We recommend you bring well broken in and comfortable walking boots with ankle support. We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them - should your luggage be delayed, your boots are the one thing which will be irreplaceable. If you are rafting bring shoes that you don't mind getting wet.

Luggage

20kg

Luggage: On tour

For your trek bring one main piece of baggage and a daypack. Main luggage: Your main bag should be lockable as this will be left in storage in Cusco whilst on the trek. Trek Kit Bag (provided): Before leaving Cusco there is time to re-organise your luggage. Your trek luggage, including sleeping bag, should be packed into a kit bag, to be carried by the porters. The weight limit for this is 7kg but you will probably find that you do not need this much. Advice on how to pack will be given at the trek briefing. Small Rucksack/Daypack: During the course of a trekking day, you do not have access to the luggage, which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daypack should be large enough to carry your day things including: waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, sunscreen, water bottle, tissues and your packed lunch. Camera equipment can be heavy so think carefully when deciding what to take. A rucksack with 20 or 25 litres capacity is usually sufficient.

Equipment

Remember to bring: torch, water bottle, insect repellent, sunscreen (at least factor 30), lip salve, good quality sunglasses and sunhat. You may also wish to bring binoculars and your own sleeping bag. Sleeping Bag: This may be down or synthetic, but should be 4-season. A cotton liner helps to keep your bag clean. You do not need a foam mat as thermarests are provided. It is possible to hire an appropriate down sleeping bag for the trek locally (US\$ 20). Personal Equipment On Trek Trekking poles: Trekking poles are recommended. Please note metal tipped trekking poles are NOT permitted so please ensure they have rubber/plastic tips Water Bottle: Water along the trail must never be considered as drinkable. The camp staff provide purified water each day with which to fill your bottle. Your bottle should hold at least one litre. Disposable plastic bottles are not allowed on the trail. Metal bottles can also double up as hot water bottles when hot water is available. Torch/Batteries/Bulb: A small torch is essential for finding things in your tent, visiting the 'toilet' in the night etc. Often a head torch is the most practical option as it allows you to have both hands free. Remember to bring spare batteries. Toiletries: Only bring essential toiletries such as toothbrush/paste, soap and a small towel. Wet wipes are great for a quick clean up in your tent. Personal First Aid Kit: On each trek a first aid kit is carried but you should have a blister kit, supply of plasters, pain relief etc. for your own use. The following equipment list is provided by Explore for the trek: \bullet 2-person tents \bullet Dining tent \bullet Thermarest sleeping mat \bullet Stools and table

Tipping

Explore leader

At your discretion you might also consider tipping your Explore 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. Accordingly, you should allow at least US\$ 45 for tipping. In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the trip. It is customary to tip our porters, cooks and trail guide at the end of the trek, although this is entirely at your discretion.

Country Information

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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, Flight, 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.

We avoid the crowds on our three night trek, and camp away from the main campsites. Two-man tents are provided with plenty of room for two people and bags. There is also a dining tent and a toilet tent. The trek is fully supported by our team of porters who set up and take down the tents, and prepare our meals. They also carry water and all bags except daysacks, under strict guidelines. Your guesthouse on day 10 has ensuite twin rooms.

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 the relevant consulate. 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 online - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to 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.

Maximum altitude (m)

4200

Altitude information

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on your trip you must let your Explore Leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of "Medex" and downloading their information booklet: http://medex.org.uk/medex_book/english_version.php Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude the trip reaches (please refer to Tour Essentials box on front page of your Trip Notes). Please take the trip notes to your medical appointment so that your doctor has the full details of your trip. 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.

Included activities

Additional notes for trips that include the Inca Trail 1. In order to regulate the number of people walking on the Inca Trail it is necessary to buy an Inca Trail Pass specific to the days that you wish to travel. There are 200 passes per day for tourists, the remainder are for guides and porters. 2. If you are travelling on an Explore trip, Explore buy the necessary permit on your behalf. This is non-refundable and can't be refunded or transferred after you have confirmed your booking. 3. Passes sell out quickly, so we would urge that you book your tour well ahead of your intended travel date. New Inca Passes are released in early October of each year, so ideally we would recommend that you book your trip at least 6 months ahead and by December for the following year where possible. 4. Please note that due to the way the passes are distributed in October although a tour departure may be 'Guaranteed' we are unable to guarantee individual Inca Trail passes until we have confirmation that the passes have been purchased. On booking we will be able to tell you the date that your pass should be confirmed, and will contact you immediately in the (unusual) event that it is not. Because of this we would recommend that you either book your flights through Explore or ensure that your tickets are flexible / refundable. 5. In order to buy your pass we will need to take an additional £125 per person non refundable deposit and require your: name as per passport, passport number, date of birth and nationality. If you change passport before travelling it will be necessary to provide a copy of both passports in advance of travelling and to carry a copy of your previous passport with you. 6. The Peruvian authorities may change the regulations for the Inca Trail Pass at any time. In the event of this we will inform you as soon as possible.

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.

