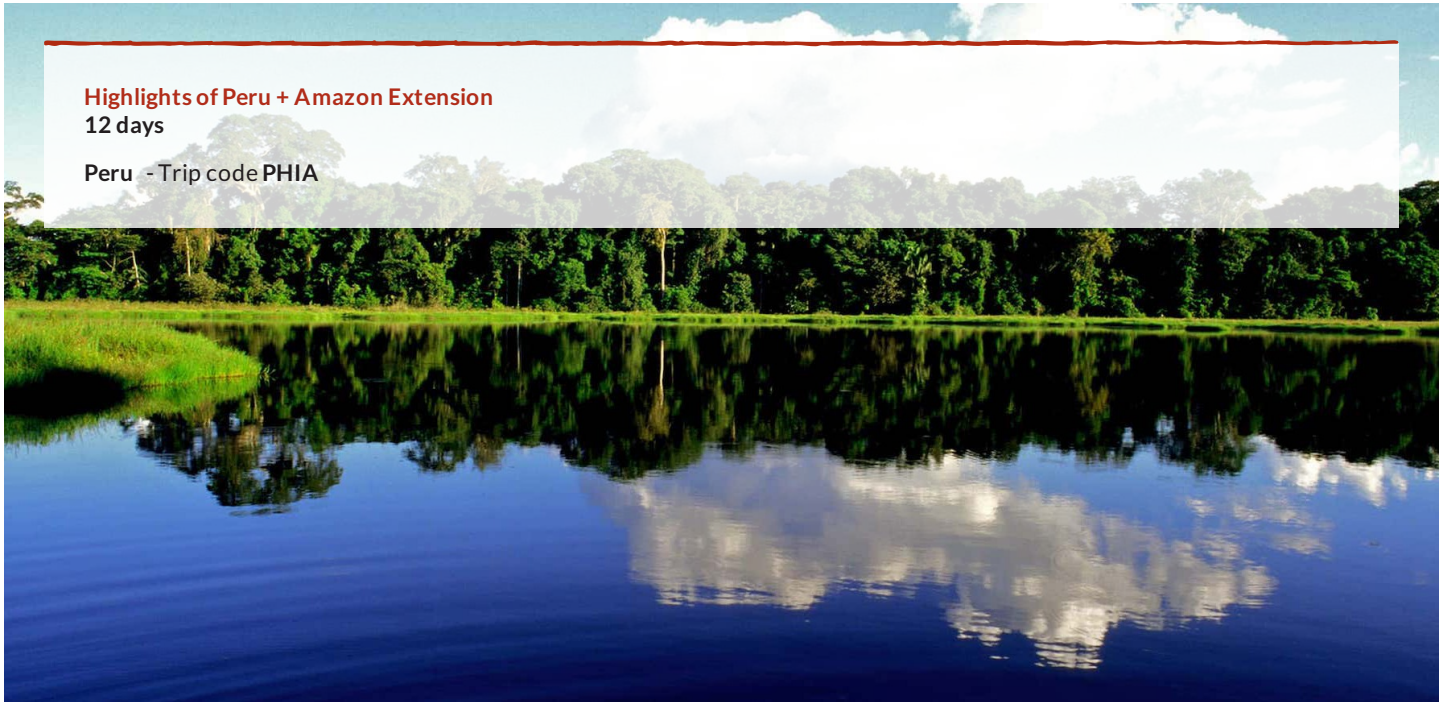


EXPLORE!

Highlights of Peru + Amazon Extension

12 days

Peru - Trip code PHIA



Highlights of Peru + Amazon Extension

Peru is one of the most fascinating countries in South America. Join us on this nine-day tour to discover its main highlights. We will explore the capital city Lima, the old Inca capital Cusco and Machu Picchu, one of the New Seven Wonders of the World. We will also visit the colourful Pisac Market and have time to try some exhilarating whitewater rafting. We end the trip in the tropical Amazon Rainforest, exploring jungle-lined river banks by dugout canoe and searching for wildlife on walks through forest trails.

Trip highlights

- ★ Machu Picchu - Travel by train to the 'Lost City', one of the New Seven Wonders of the World
- ★ Cusco - Explore the ancient capital city of the Incas
- ★ Pisac - Visit the colourful market and nearby ruins
- ★ Lima - Discover the capital city of Peru, also known as the 'City of Kings'
- ★ Aguas Calientes - Unwind in thermal hot baths (optional)
- ★ Amazon - From a jungle lodge discover an exotic world of flora and fauna on foot and by canoe

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 in Lima

Join tour Lima and check in to the hotel.



Accommodation: Britania Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Orientation tour of Lima; free afternoon to explore

Founded in 1535 and called the City of Kings, Lima today is both ancient and modern. We will make an orientation tour on foot, passing through the colonial squares and under the intricate modern balconies of old Lima, seeing some of the city's best surviving examples of colonial architecture (optional). Time permitting there might be the opportunity to stroll through Plaza San Martin and Bolivar and enter the fascinating Catacombs of the convent of San Francisco.



Accommodation: Britania Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Fly to Cusco; walking tour of the city and see the Inca wall of Hatunrumiyoc

Today we fly to Cusco. The old capital of the Inca Empire, Cusco is the archaeological capital of the Americas and the oldest continuously inhabited city on the continent. Imbued with an atmosphere of mystery and grandeur, the Spanish-style city of today, with its attractive pink tiled roofs, arched plazas and steep winding alleyways, stands upon tremendous Inca foundation stones, its links with the Inca Empire everywhere to be seen, from the stone walls that line the city streets, to the museums filled with artefacts and relics of a long dead people. We will make a short orientation tour of the city with the Tour Leader pointing out the key sites, before some free time to continue exploring further. We will see the Inca wall of Hatunrumiyoc with its famous twelve-sided stone (its typical bevelled joints creating the patterns of light and shadow so typical of Incan walls), as well as the rich majesty of the Plaza de Armas and the incredible remains of Qoricancha, once the heart of Inca society. The city itself is filled with monuments to its more recent colonial past too, with churches and galleries in abundance, making it an ideal city to enjoy at your own pace (entrance fees not included).



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Free day, optional visit to Cusco ruins including Sacsayhuaman Fortress

Today has been left free for you to enjoy further optional activities in and around Cusco or perhaps do some souvenir shopping in the winding streets and alleys of the city.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Visit Pisac Market, see the Urubamba Valley and ruins on the way

Today we visit the market town of Pisac, strategically located at the head of the Urubamba Valley. Pisac once controlled the road connecting the Inca Empire with Paucartambo on its eastern borders and the magnificent Inca ruins that once so dominated this valley still occupy the mountainside above the town, providing a worthy match for any of the temples of Machu Picchu.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Train to Aguas Calientes; visit Machu Picchu

This morning we transfer to the railway station to catch the train to Aguas Calientes, our gateway to one of the greatest of all archaeological sites. The train slowly meanders down the valley, following the tumultuous waters of the Urubamba River through a series of rock cut tunnels before emerging at the small town of Aguas Calientes, serenely nestling amidst a lush landscape of cloud forests. From here we take a public bus up to the mountain complex of Machu Picchu, the fabled 'lost city' of the Incas and probably the most spectacular feat of engineering in ancient America. The rest of our time is then spent in this magnificent city, dividing our time between a guided tour (4 hours) and some free time to explore these spectacular ruins privately. Temples, stairways, palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders. Not without reason is this site probably the most revered tourist attraction in the Americas; its location alone is dramatic in the extreme, teetering on the saddle of a high mountain peak that towers above the valley below. Built in the mid 15th century by Pachacuti, the city was thought to have been a major agricultural centre for the Incan Empire and its inaccessibility seems to have preserved it from the looters of the intervening years, resulting in the remarkably well-preserved ruins that we see today. Returning by bus to our simple accommodation in Aguas Calientes, situated on the valley floor below, this evening then affords a chance to relax in the local thermal baths (optional).



Accommodation: Marco Wasi Hostel (or similar)



Simple Guesthouse



Single room available



Meals Provided: Breakfast

DAY 7 - More time to discover Machu Picchu (optional); train back to Cusco

Today we have another chance to explore Machu Picchu and if you want to have a very early start it may be possible to catch sunrise. It is also possible to climb the steep and difficult peaks of either Machu Picchu Mountain or Huayna Picchu Mountain to experience alternative viewpoints of the citadel. 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 to avoid being fined. We will take the afternoon train back to Cuzco



Accommodation: Inkarrri Hostal (or similar)



Standard Hotel



Single room available




Meals Provided: Breakfast


DAY 8 - In Cusco; optional whitewater rafting

Today is a free day with a wide choice of things to do. For river-lovers there is the opportunity of a full-day raft-trip (optional) down the Urubamba in the Sacred Valley of the Incas. This is an exciting way to see the valley and no previous experience of rafting is necessary - full instruction and safety equipment are provided. Please note: Participation in rafting requires that you are able to swim 25 metres unaided. Otherwise you may want to relax in Cusco and enjoy the atmosphere of this lively town.



Accommodation: Inkarrri Hostal (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast


DAY 9 - Fly to Puerto Maldonado, in the Amazon Rainforest


Today we transfer to the airport for a short flight to Puerto Maldonado, located in the Southern Amazon area of Peru. You can leave your main luggage in Puerto Maldonado and just take with you what you need for the next few days. The Amazon comprises 60% of Peru and the Peruvian Amazon is the second largest section of the Amazon Rainforest after Brazil. The Amazon basin covers two fifths of South America over many countries including Bolivia, Brazil, Colombia, Ecuador, Guyana, Peru and Venezuela and it is the most bio-diverse environment in the world. Most of the basin is covered by the rainforest, which is the largest rainforest in the world. We travel along the Madre de Dios River by dugout canoe (approximately 1 hour) and check into our Amazon lodge. As the lodge is in a remote location, the electricity is provided by a generator and is only available for certain hours of the day. After lunch, we will walk to the Caiman Cocha, a small lake with an abundance of caimans.



Accommodation: Eco Amazonia Lodge (or similar)

 Simple Lodge

 Swimming pool available

 Single room available

 Meals Provided: Breakfast, Lunch & Dinner


DAY 10 - In Amazon Jungle; walk in the rainforest, visit Monkey Island


After breakfast, we'll hike towards the depths of the forest, walking on trails crossing gorges and rivers. During the journey we will observe the flooded forest and a variety of flora and wildlife as we continue to the crystal clear Lake Apu Victor which is surrounded by marshes and giant trees. Afterwards, we'll go up to the observation deck to enjoy a panoramic view of the lake and observe wildlife such as parrots, toucans and herons. If we are lucky, we may be able to observe the giant river otter, one of the rainforest's most spectacular animals. After lunch, we head off to 'Monkey Island' where four species of monkeys live, the largest being the spider monkey. These monkeys were originally captured by local people but were since rescued and now live on this island in freedom.



Accommodation: Eco Amazonia Lodge (or similar)

 Simple Lodge

 Swimming pool available

 Single room available

 Meals Provided: Breakfast, Lunch & Dinner

DAY 11 - In Amazon Jungle; walk to the Lost Cocha, canoe ride around the lake

Today we will hike in the virgin rainforest to get to the Lost Cocha which constitutes a refuge and feeding ecosystem for a huge

variety of animals. This area has huge swamps and palm tree forests and from here we'll have the chance to observe the local fauna. We will visit the observation deck for great views of the rainforest. Afterwards, we'll have a pleasant canoe ride around the lake and will return to the lodge for lunch. In the afternoon, you can choose to pay an optional visit to the local botanical garden or if you prefer relax around the swimming pool.



Accommodation: Eco Amazonia Lodge (or similar)



Simple Lodge



Swimming pool available



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 12 - Early morning boat to Puerto Maldonado and end trip at airport

Our Amazon adventure comes to an end today after breakfast and we will travel by boat back to Puerto Maldonado, before transferring to the airport. If you prefer you can end your trip at the office in Puerto Maldonado and arrange a taxi transfer to the airport yourself at a time that better suits your own itinerary. The office is a short taxi ride from the town, and about 20 minutes by taxi from the airport.



Meals Provided: Breakfast



What's included?



Included meals

Breakfast: 11
Lunch: 3
Dinner: 3



Transport

Bus
Flight
Train



Trip staff

Explore Tour Leader
Driver(s)



Accommodation

1 nights simple guesthouse
7 nights standard hotel
3 nights simple lodge

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

Cusco and the Sacred Valley - Rafting on Urubamba River (grade 2-3) US\$45 (depending on numbers); Maras and Moray tour US\$58 (based on 4 passengers); Raqchi entrance US\$4, Andahuaylillas entrance US\$4. Aguas Calientes - Hot Springs US\$4. Machu Picchu - Second entry - approx US\$54 and subject to availability); bus US\$25 return; Huayna Picchu - £80; Machu Picchu Mountain £80 (both including transport) - Subject to availability - 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 to avoid being fined. Lima - City tour approximately US\$30; Larco Herrera Museum US\$41 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

Select your clothing carefully. A complete set of clothes which can get grubby and muddy are useful. Bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves for cooler nights in the mountains when temperatures drop dramatically. Lightweight waterproofs are essential. Bring your swimsuit. For your jungle extension, you can expect warmer and more humid conditions. However, there may also be heavy rain showers (it tends to be cooler and drier between May and October). Bring light and loose clothing - long sleeved shirts and long trousers are best when walking through jungle, and a lightweight rainjacket. The warmer clothes from your time in the mountains may also come in useful during the evenings, in case of cool weather.

Footwear

Comfortable shoes and lightweight walking shoes and sandals. If participating in the rafting, old trainers are useful (as they will get wet).

Luggage

20kg

Luggage: On tour

One main piece and a daypack and an extra bag for the overnight in Aguas Calientes. In Aguas Calientes - The main bags will be left in storage in your hotel in the Sacred Valley. Remember, you are expected to carry your own luggage (i.e. on and off transport etc.) so don't overload yourself. It is recommended you bring lockable bags.

Equipment

A good insect repellent is essential, particularly for use in the jungle. Also bring a small torch, sunhat, sunscreen and a small towel (for rafting and thermal baths). Equipment that you will need for your jungle experience is: A good torch and spare batteries for night walks and when the generator is not on. Card games or books for your evenings in the lodge, particularly if there is no electricity Long sleeved tshirts and full length trousers are recommended to avoid insect bites A small backpack for walks and boat trips A good camera with zoom, spare battery and memory cards

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 recognised 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 Leader 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 US\$ 40 for tipping.

Country Information

Peru Holidays & Tours

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.

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.

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. 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 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.

Altitude information

As this tour reaches altitudes of over 3400 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

Peru Holidays & Tours

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.
