

EXPLORE!

Spirit of the Incas

14 days

Peru - Trip code QPS



Spirit of the Incas

Join us on this great value trip as we discover the highlights of Peru including its impressive mountain citadel, Machu Picchu. We sail on Lake Titicaca, visiting the Indian communities on Uros and Taquile Islands, where we overnight with a local family. We also discover the colourful cities of Cusco and Arequipa and search for condors at the majestic Colca Canyon.

Trip highlights

ACCOMMODATION GRADE:

Simple

These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes 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 the tour in Lima and check-in at the hotel.



Accommodation: Monte Real Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Public bus to Nazca

Departing Lima early this morning we board a modern public coach south, following the Pacific coastline, before turning towards the fertile mountain valleys that lie around town of Nazca. Our journey around seven hours and brings us through some of the driest desert regions on earth. Here we find the winegrowing landscapes of the Ica Valley, a region that produces some excellent vintage, as well as Peru's distinctive local tippie, Pisco, a particularly potent mix made from the white grape. Our final destination for today is the oasis town of Nazca, lying in the shadow of Cerro Blanco, which, at over 2000m, is the highest sand dune on earth. We arrive in the early afternoon and the rest of the day is free to relax or explore Nazca.



Accommodation: Oro Viejo Hotel (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - In Nazca; optional view Nazca Lines from viewing platform or Chauchilla pre-Inca cemetery, overnight bus to Arequipa

Some specialists have speculated that the Nazca Lines represent the world's largest astrological calendar. Huge birds, spiders, whales, other creatures and geometrical figures are represented in outline. Here there is the option to climb nearby viewing platforms for views out over the lines etched into the desert. There should also be time for optional visit to the nearby Antonini Archaeological Museum, the Chauchilla pre-Inca cemetery or the Nazca aqueduct. After dinner today we board the coach for our

overnight journey, continuing south through the night towards the city of Arequipa and the volcanic landscapes of the Andean Mountains. Our coach is very modern, with good sized reclining seats and TVs on board. Blankets are also provided - it's a comfortable way to travel long distance in Peru.



Accommodation: Overnight Bus from Nazca to Arequipa



Simple Bus



Meals Provided: None

DAY 4 - Arrive Arequipa; Free afternoon for sightseeing

We arrive in Arequipa this morning at around 9am. This beautiful city is spectacularly located at the foot of the volcanic slopes of El Misti, a perfect conical peak that rises to some 5822m above this grand colonial city, The city itself was founded by the Spanish in 1540, on the site of an old Inca settlement, and today is famed for its colonial architecture, including what is arguably one of the finest arcaded city squares anywhere in the Americas. Arriving this morning we will transfer to the hotel, after which the rest of the day is free to explore at your leisure, perhaps taking in the elegance of the Plaza de Armas and its immense twin-towered cathedral. You might also like to visit the striking 17th century churches of La Compania and San Agustin and the colonial grandeur of Casa de Moras, or perhaps pay a visit to the extraordinary Santa Catalina Convent, a miniature walled town in the heart of the city, which once housed 450 nuns and serving ladies in total seclusion for nearly 4 centuries. Riddled with a network of cobbled streets and lavishly restored with period furnishings and beautifully ornate touches, the convent is without doubt one of the highlights of any visit to the city. Other recommended sights are the old university and the archaeological museum, which has a fine collection of ceramics and mummies. Otherwise you may choose to take a seat at one of the cafes overlooking the main square and watch the comings and goings.



Accommodation: El Conquistador - Arequipa (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 5 - Travel to Chivay, optional hot springs

After breakfast today we travel to Chivay by private bus. Our journey takes around six hours and brings us into the world of the Altiplano, passing behind the volcanoes that ring Arequipa and on to Chivay. There are herds of llama and alpaca en route, and if lucky we may spot the elusive vicuña. We cross the Patapampa pass with a brief stop at the trip's highest point (4910 m) before beginning our descent to the town of Chivay. On arrival we have a late lunch and the afternoon is free to perhaps bathe in the hot springs (optional).



Accommodation: Pozo del Cielo (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Visit the Colca Canyon, continue to Puno

This morning we visit the Colca Canyon. A spectacular river gorge, the Colca Canyon measures twice the depth of the more famous Grand Canyon and at one time it was believed to be the deepest gorge on earth (until it was eclipsed by the deeper Cotahuasi Canyon). Largely unknown to the outside world until the latter years of the 20th century, today it affords us an opportunity to discover a world of Andean villages and Inca terraces that make up one of the most outstanding natural settings in the Americas. This is the world of the Altiplano, where the Rio Colca meanders through a landscape of towering volcanic peaks that offer a stunning backdrop to a land inhabited by Cabana and Collagua Indians. Home to the massive and majestic Andean Condor, these awe-inspiring vistas derive their name from the old Incan practise of storing harvested grain in natural vaults carved into the canyon walls, vaults that the Indians called colcas. This afternoon we drive east, heading towards the beautiful landscapes that surround the unique waters of Lake Titicaca, the highest navigable lake in the world (3856m). Our destination is the town of Puno, a centre of Incan folklore nestling in a bay at the northwestern tip of the lake and the perfect base from which to explore something of the cultural and historical significance of the lake itself.



Accommodation: Sillustani Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Boat trip on Lake Titicaca; visit Uros Islands and overnight on Taquile Island

From Puno we 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 reed-like 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. We take our time walking across the island and we will have the chance to buy locally produced embroidery - the men's handiwork for once. This evening we stay in a local village house on the island.



Accommodation: Taquile Village House (or similar)



Simple Village House



Meals Provided: None

DAY 8 - Morning on Taquile Island, afternoon return to Puno

This morning is free on Taquile Island to make the most of a setting where the local people still preserve a rich tradition of music and dance. You might like to take a walk up to the Inca ruins, or visit the market, presenting an ideal opportunity to buy some of the locally made embroidery that is produced by the men of the island. Later this afternoon we then return to Puno by boat, where we can take a stroll through the markets in search of excellent llama and alpaca wool items.



Accommodation: Sillustani Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 9 - Public bus to Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco, passing through a landscape that is both desolate and magnificent, where flocks of llamas and alpacas graze amongst the windswept meadows. Rising early, we head to the public bus terminal where our coach awaits us. During the ten hour bus trip, we make several stops including at the small market town of La Raya, and the Inca ruin of the Temple of Wiracocha in Raqchi. Traversing the northern extremes of the Altiplano, we cross the La Raya pass (4321m) and the continental divide, before beginning the descent towards Cusco along the Rio Vilcanota. We arrive into the fascinating city in the late afternoon and check into our hotel.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 10 - Orientation tour of Cusco, rest of the day free

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, arcaded 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. This morning we 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 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). An interesting site is at 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).



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 11 - 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 12 - More time to discover Machu Picchu (optional); train back to Cusco

We have another chance this morning to explore the site. 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. This 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. Later we take the afternoon train to Cusco.



Accommodation: Inkarrri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 13 - In Cusco; optional whitewater rafting

With a full free day in Cusco there's the chance to go white water rafting on the Urubamba River; grade 2-3 (optional and seasonal), or perhaps visit the market town of Pisac, strategically located at the head of the Urubamba Valley (optional). 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. Other alternatives include a full day visit to the outlying Inca sites at Qenqo, Puka Pukara and Tambo Machay, or maybe a visit to the fortress-citadel of Saqsaywaman. Built to defend the Inca capital, Saqsaywaman broods high above the town, its huge, zigzagging stone walls broken into 66 sharply projecting angles to catch attackers in a withering crossfire. Meant to represent the head of a puma, 20,000 conscripted workers toiled for 90 years to finish it and it was the site of one of the most fiercely fought battles of the Spanish conquest, when the Incas made one last ditch attempt to drive out the Spanish, an attempt that ended in defeat and death for thousands of them. Otherwise you may want to chill out in Cusco and enjoy the atmosphere of this lively town.



Accommodation: Inkarrri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 14 - Trip ends in Cusco

The trip ends in Cusco this morning.

IOF Meals Provided: Breakfast



What's included?



Included meals

Breakfast: 8



Transport

Bus
Boat
Public Bus
Train



Trip staff

Explore Tour Leader
Boat Crew
Local Guide(s)



Accommodation

1 nights simple bus
1 nights simple guesthouse
8 nights standard hotel
2 nights simple hotel
1 nights simple village house

Trip information

Country information

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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

Nazca - Antonini archaeological museum entrance fee US\$ 8 (US\$ 33 for guided tour - includes entrance fee); Chachilla pre-Inca cemetery US\$ 33 (includes guide, transport and entrance fee); Nazca aqueduct US\$ 34 (includes guide, transport and entrance fee); Full day Nazca excursion US\$45 Arequipa - Visit to Santa Catalina Convent US\$ 14 Puno - Titicaca Train £155 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. Aguas Calientes - Thermal Springs US\$ 4. Machu Picchu - second entry- approx US\$ 54 and subject to availability, bus to entry 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. Cusco - Whitewater rafting US\$ 45; Trip to Pisac US\$ 40-60 depending on numbers.

Clothing

The highlands enjoy dry sunny days but extremely cold nights so thermal underwear, a well insulated fleece/jacket and a thick jumper are essential. Bring something warm to sleep in. A light raincoat is recommended. A sun hat and sunglasses are advisable as is high factor sunscreen, due to the thinness of the atmosphere. Bring a swimming costume for the thermal baths at Aguas Calientes.

Footwear

Comfortable walking shoes, trainers and sandals.

Luggage

20kg

Luggage: On tour

One main piece and a daypack plus one small overnight bag for your nights in Aguas Calientes and on Taquile Island. On Taquile, your main bag will be left in Puno while you stay on the island for one night. In Aguas Calientes, your main bags will be left in storage in your hotel in Cusco, and will meet you on your return to the city. 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. Also bring a small torch, sun hat, sunscreen and a swimsuit and a small towel (for rafting and thermal baths).

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 approx. US\$ 45 for gratuities for local staff.

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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, Boat, Public Bus, 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.

During this trip we spend one night in a homestay on the island of Taquile, on Lake Titicaca. The homeowners will cook for us and we are able to experience life on the island. Rooms are simple but comfortable, and there are several toilets for communal use. It's a very serene, quiet place and for many it is one of the highlights of their stay.

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.

Altitude information

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS, or Altitude Sickness) - this is a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. We have specifically designed this itinerary to allow you to acclimatise gradually. In the vast majority of cases, minor symptoms such as headaches and shortness of breath are experienced for a day or two before acclimatising. If any symptoms do occur - whether minor or more severe - then you should let your Explore Leader know immediately. As this tour reaches altitudes of over 4000 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. Please also ensure that your insurance policy covers you to the maximum altitude of 4190m.

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.
