

EXPLORE!

Book with confidence



Classic Peru - Private Tour

PERU - TRIP CODE PTPS

DISCOVERY

Why book this trip?

With private guides throughout the trip, discover Peru's cultural and natural highlights, from the Inca capital of Cusco to the magnificent shores of Lake Titicaca, the world's largest navigable lake. You'll taste a homecooked meal in the Andean community of Misminay, and discover a world of history by exploring the colonial convents of Arequipa and Lima. Of course, for many the magical UNESCO site of Machu Picchu is the draw, but you'll leave with a lasting impression of a warm, friendly people, delicious food and unparalleled mountain views.

- **Machu Picchu** - Discover the ancient Inca marvel by train and bus
- **Cusco** - Sip pisco sours after a day exploring the ancient capital city of the Incas
- **Colca Canyon** - Watch condor wheeling over this gigantic, breathtaking canyon



INCLUDED MEALS

Breakfast: 11
Lunch: 6
Dinner: 1



TRIP STAFF

Driver(s)
Local Guide(s)



TRANSPORT

Car
Flight
Public Bus
Train



ACCOMMODATION

1 nights
2 nights premium hotel
8 nights comfortable hotel



TRIP PACE:

Moderate

Itinerary

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

DAY 1 - Join trip in Lima

Arrive in Lima, Peru's capital, which was founded in 1535AD by the Spanish conquistador Francisco Pizarro. Today it is a modern, cosmopolitan city, but in the old centre there are obvious reminders both of its colonial and pre-hispanic past. Its location on the shores of the Pacific Ocean mean that you can easily escape the busy traffic of the city for a little calm on nearby coastal walking paths.

You will be met on arrival at Lima's Jorge Chavez International Airport (airport code LIM), by an airport representative, who will arrange the taxi transfer to your hotel, approximately a 45 minute drive away. There are no activities planned today, so feel free to arrive in Lima Airport at any time. For those booking their own flights, you will just need to let us know your flight details no later than three weeks prior to departure, in order to be met on arrival.

If your flight arrives earlier in the day, perhaps you might choose to take an independent stroll along the coastal path to Miraflores and through the bohemian district of Barranco. The city is also gaining a reputation as a culinary centre; try some ceviche (fish marinated in citrus juices) or sip on a Pisco sour.



ACCOMMODATION:

Hotel la Hacienda (or similar)

Grade: Premium Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Explore Lima's seafont and historical centre; visit the Larco Museum

Founded in 1535 and called the City of Kings, Lima's historic centre today sits beside the modern seafont district of Miraflores, where the city's excellent foodie reputation is really growing. Start your exploration at the bustling seafont near your hotel, exploring on foot before driving to the centre and walking through some of the most historically important streets in the city. Soak up the impressive colonial architecture that surrounds the Plaza de Armas, visit the enormous Convent of Santa Domingo, with its large, airy courtyards and array of Baroque painting, and then discover the Larco Museum with your guide. The latter houses the incomparable Treasures of Ancient Peru collection, an array of the finest pre-Columbian artefacts in South America, including beautiful pieces from the Nazca, Moche and Chimu civilisations as well as many, many more. The erotic collection is an unusual section of the gallery, but well worth it for an interesting perspective on sexuality in ancient Peru.



ACCOMMODATION:

Hotel la Hacienda (or similar)



Grade: Premium Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Fly to Arequipa; walking tour including the 500-year Santa Catalina Convent

Drive to Lima Airport this morning, and fly to the beautiful city of Arequipa. Situated at 2,380m it's a good place to start your acclimatisation to Peru's high altitude. Surrounded by snow-capped mountains, including the perfect conical peak of the El Misti volcano, Arequipa is a photogenic masterpiece. It is famed for its colonial architecture and the arcaded city square, dominated on one side by the twin-towered cathedral (dating back to 1612), which is among the finest to be found in South America.

On arrival, take a walking tour of this compact city, including the magnificent Santa Catalina Convent, a miniature walled town which once housed 450 nuns and serving ladies in total seclusion. You'll have the late afternoon free - the city is growing in renown for its magnificent sunset, casting red light over the foreground of the conical volcano and classic architecture. A pisco sour in one of the city's rooftop bars

is highly recommended this evening!



ACCOMMODATION:
Hotel Hamptom (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Drive to Colca over the majestic Andean altiplano

This morning, head north into the world of the altiplano. Pass behind the volcanoes that ring Arequipa and onto Chivay, and spot herds of llama and alpaca grazing in these windswept mountain plains. If you're lucky, your guide will be able to point out the elusive vicuña. You'll cross the Patapampa pass to briefly reach the highest point of your trip at 4,910m, and you can stop for a photo before descending towards the Colca Canyon.



ACCOMMODATION:
Casa Andina Standard Colca - Chivay (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Watch condors flying over the Colca Canyon; drive to Puno, on the shores of Lake Titicaca

You'll have an early start this morning to 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 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 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.

After spending some time at the canyon, drive east, again via the Patapampa pass at 4,910 m, heading towards the beautiful landscapes that surround the unique waters of Lake Titicaca, the highest navigable lake in the world (3856m). This is roughly a six hour drive, and your 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 to explore something of the cultural and historical significance of the lake itself.



ACCOMMODATION:
Casa Andina Standard Puno (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 6 - Boat trip on Lake Titicaca; visit the floating Uros Islands and explore Taquile Island on foot

From Puno, sail out onto Lake Titicaca in the direction of Taquile, a large island which has preserved much of its Inca and pre-Inca heritage. The islanders still speak the language of the Inca - Runa Simi or Quechua. They are skilled artisans, and capture techniques in their work that have lasted throughout the centuries. From Taquile, continue to the renowned 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.

After lunch, descend to the jetty with your guide, and board the boat back to Puno.



ACCOMMODATION:
Casa Andina Standard Puno (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 7 - Take a public bus to Cusco, via the Raqchi ruins

Today you'll follow the legendary route taken by the first Inca ruler - Manco Capac - on his way towards Cusco.

Taking a tourist bus from Puno, you'll drive up to the northern limit of the Altiplano, crossing La Raya pass (4,335m) and descending via the Inca temple at Raqchi to the magnificent Jesuit church at Andahuaylillas. Entrance permits to Raqchi and Andahuaylillas are included, and the bus stops at both sites to visit and stretch your legs. The scenery is desolate but magnificent on this journey through the Andes, and you may spot flocks of llamas and alpacas grazing on the windswept pastures. The total journey from Puno to Cusco is approximately 12 hours including stops, arriving around 6.30pm into Cusco and just in time to explore this beautiful city at dusk. We recommend orienting yourself in the Plaza Mayor, a bustling square with plenty of bars and restaurants nearby.



ACCOMMODATION:

Hotel los Portales (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 8 - Discover Cusco on foot; visit the San Pedro food market

The old capital of the Inca Empire survives only in its ruins, imbued with an atmosphere of mystery and grandeur. The Spanish colonial city, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones. Have a leisurely morning to yourself, before taking an afternoon walking tour to see important Inca and colonial monuments, such as the Plaza de Armas, the Qoricancha (the most important temple of the Inca Empire, dedicated to the Sun God, Inti), and 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. You'll also visit the San Pedro market, jammed with rows of stalls selling everything from head sized bread to colourful corn and handmade ponchos.

Later on, visit one of the outlying Inca sites - Cusco's temple-citadel, Sacsayhuaman, which broods high above the town. Its huge, zigzagging stone walls are broken into 66 sharply projecting angles to catch attackers in a withering crossfire. 20,000 conscripted workers toiled for 90 years to finish it.



ACCOMMODATION:

Hotel los Portales (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 9 - Drive to the Sacred Valley; visit the community of Misminay and the terraces of Moray

You'll have a diverse day of natural beauty and cultural heritage today, as you drive into mountains of the Sacred Valley. First, visit the huge concentric Inca terraces of Moray, a sort of botanical laboratory that the Incas used to test their crops. Then, drive to the Andean community of Misminay, home to many of the porters who work along the Inca Trail and within the valley itself. Experience a little bit of the daily life here and share a homecooked meal made with native ingredients - Peru has over 4,000 species of potatoes so it's likely that these will be on the menu! After lunch, continue on to Ollantaytambo and visit the archaeological complex of the same name, one of the largest in Peru, strategically located at the top of a mountain.

You'll have time to explore the small town of Ollantaytambo in the late afternoon, perhaps visiting the market or exploring the narrow stone streets.



ACCOMMODATION:

Amak Hotel Sacred Valley (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



DAY 10 - Take the train to Aguas Calientes; visit the ancient citadel of Machu Picchu

Take an early morning train along the side of the Rio Urubamba, flanked by high cliffs and peaks, towards the mountain town of Aguas Calientes. Once a tiny village of no more than a few houses, this town throngs with travellers and trekkers coming to-and-from the famous 'lost' city of Machu Picchu. After dropping bags at the hotel, take the climb on switchback roads in a shuttle bus, to the ancient site at 2,400m. The existence of this exquisite masterpiece of ancient civilisation remained unknown to the outside world until it was 'discovered' by an American archaeologist, Hiram Bingham, in 1911. The engineering is simply spectacular. It seems almost unbelievable that the heavy stone materials could have been transported along the Inca Trail, and has the effect of being almost dropped onto its mountain perch.

After exploring the site in detail, return to your hotel in Aguas Calientes and head into the thriving town for dinner.



ACCOMMODATION:

Casa Andina Standard Machu Picchu (or similar)



Grade:



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 11 - More time to discover Machu Picchu (optional); return to Cusco

You'll have the morning at your leisure. You could stay and explore the small town of Aguas Calientes and its excellent market. Or take the opportunity this morning to explore Machu Picchu for a second time, by purchasing a second entrance permit. 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 uphill hike 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 one 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 optional hikes or the permit for a second entrance should 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, take the train to Ollantaytambo and pick up your private vehicle to Cusco. Enjoy a final

pisco sour in the Inca capital, while reflecting on your holiday.



ACCOMMODATION:
Hotel los Portales (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 12 - Trip ends in Cusco

Your trip ends today, and you will be taken to the airport to meet your international flight. There are no activities planned today, so you are free to depart from Alejandro Velasco Astete International Airport (CUZ) at any time - it's approximately one hour from the hotel in Puno. If your flight is departing later in the day, luggage storage facilities are available at the hotel.

We highly recommend combining this tour with a stay in the Amazon. If you're interested in doing that, Explore offers two different hotels, and you can see the full trip details by searching for the trip code AMZ.



MEALS PROVIDED: BREAKFAST

Trip information

Climate and country information

Peru

Climate

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

Time difference to GMT	Plugs	Religion	Language
-5	2 Pin Flat	Catholicism	Spanish

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

This trip includes a great selection of Peru's highlights, and with the free time you have in Arequipa and Cusco you may wish to visit some of the museums or churches in the cities, or take time to relax, the choice is yours.

In Machu Picchu, you have the option to visit the site a second time the morning after your guided tour. You can either explore the site itself, or opt to undertake one of the hikes available. Permit and hiking costs are all detailed below, to help you budget for your adventure.

Machu Picchu:

Second visit £85 (includes transport and permit to the site)

Huayna Picchu Mountain or Machu Picchu Mountain £110 (including transport, permit to Machu Picchu and additional hike permit)

These are all subject to availability, should be pre-paid at time of booking and are non-refundable. If you change your passport between your time of booking and prior to travel please take your original passport with you.

Clothing

Select your clothing carefully. Bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves for cooler nights in the mountains when temperatures may drop dramatically. Lightweight waterproofs are essential. A swimsuit is useful for the hotels with swimming pools, and we recommend comfortable trainers or even walking boots for use at Machu Picchu. There is a lot of walking required around the site, so comfort is key, and if it rains then walking shoes or boots are useful to keep your feet nice and dry.

Footwear

Comfortable walking shoes, and sandals or light shoes for walking around the cities.

Luggage

20Kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

Sunhat and sunscreen are recommended - at altitude the sun is incredibly strong, even when cloudy. You should bring a two-litre water bottle, insect repellent and a swimming costume.

Tipping

Local crew

In this region, tipping is a recognised part of life across the service industry. Local staff will look to members of the group for personal recognition of particular services provided, but this is of course completely at your discretion and based on the service that you receive.

As a guideline, a small party of two people can budget the following per person for tips:

Restaurants - Usually around 10% of the bill if service is not already included

Taxis - Tips are not usually given to taxi drivers, but if they have helped you with your bags and you'd like to tip then \$1 would suffice

Private drivers - Depending on the service and the length of the journey, around \$5-\$10 per day is appropriate

Guides - Again depending on the guiding - whether a half day or full day for example - we would suggest around \$10-\$15

Peru

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.

Lunch price	Dinner price	Beer price	Water price
£5.00-8.00	£15.00	£2.00 - 4.00	£1

Foreign Exchange

Local currency

Peruvian Sol (PEN)

Recommended Currency For Exchange

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the PEN is approximately PEN 4.3 to the British Pound. We recommend you take some emergency cash in USD as the GBP exchange rate isn't very good. Notes should be in good condition otherwise they might be difficult to exchange. Please check on line for up to date information

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

ATMs can be found in the major towns and cities for cash withdrawals in Nuevos Soles. Always have some cash back up as they are not always reliable

Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques

We do not recommend Travellers Cheques

Transport, Accommodation & Meals

Transport Information

Car, Flight, Public Bus, Train

Accommodation notes

During this trip we use a series of premium and comfortable rated hotels to explore the natural and historical wonders of Peru.

In Lima, the hotel La Hacienda is perfectly located in the heart of the coastal Miraflores district to relax and settle in at the start of the tour.

In Colca, Puno and at Machu Picchu, we use the Casa Andina collection of hotels, a locally run hotel chain that are well known for their excellent service and perfect locations.

At the Sacred Valley, we stay in the beautiful Hacienda del Valle hotel - a series of rooms spread out over immaculately landscaped grounds, all surrounded by the impressive Andes mountains. The hotel is remote, and a little off the beaten path of the towns in the Sacred Valley but the setting is worth the stay.

Essential Information

Government Travel Safety 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

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.

Price Guarantee

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 and Passport Information

Peru: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate.

USA: (if transitting en route to Peru) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore' s USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information.(Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website:

<http://www.cic.gc.ca/english/visit/eta.asp>

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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 receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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

We have specifically designed this itinerary to allow you to acclimatise gradually against the symptoms of altitude sickness, a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. At altitudes of over 3000m, minor symptoms such as headaches and shortness of breath are commonly experienced for a day or two, and there is no preparation that you can do for this. Symptoms aren't related to general fitness. The best remedy is to rest, not ascend any further and ensure that you're well hydrated. If the symptoms persevere or get worse, then the main course of action is immediate descent.

If any symptoms do occur - whether minor or more severe - then you should let your local guide know immediately.

As this tour reaches altitudes of over 4000 metres, 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 4910m.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

Peru

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. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Reviews



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**