

NEW

## Family Peru In Depth

PERU - TRIP CODE FPS

FAMILY



### Why book this trip?

A memorable two week journey across Peru encompassing the laid back colonial city of Arequipa, watching condors wheeling over the Colca Canyon, staying in a homestay on Lake Titicaca and rafting on the Urubamba River; culminating in the moment when you catch your first glimpse of the awe-inspiring Machu Picchu, simply unforgettable.

- **Machu Picchu** - Travel by train to Aguas Calientes, the gateway to this impressive ancient site, one of the New Seven Wonders of the World.
- **Lake Titicaca** - Enjoy local hospitality in a homestay on one of the islands of this incredible high altitude lake.
- **Cusco** - Witness colourful markets, sacred Inca sites and a chocolate making master class.



**INCLUDED MEALS**  
Breakfast: 13  
Lunch: 1



**TRIP STAFF**  
Explore Tour  
Leader  
Driver(s)  
Local Guide(s)



**TRANSPORT**  
Bus  
Boat  
Train



**ACCOMMODATION**  
6 nights premium  
hotel  
6 nights  
comfortable hotel  
1 nights simple  
village house



**TRIP PACE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## 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.

Your local leader will meet you in the morning of day 2 in Arequipa. There are no other activities planned today, so you are free to arrive in Lima at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Lima's Jorge Chavez International Airport (airport code LIM) which is approximately a one-hour drive from our hotel.

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, or alternatively visit the excellent Larco Museum for an introduction to Peru's ancient history. 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. There are several excellent restaurant options in Miraflores.



**ACCOMMODATION:**  
Hotel la Hacienda (or similar)

**Grade: Premium Hotel**



MEALS PROVIDED: NONE

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### **DAY 2 - Fly to Arequipa. Free afternoon to acclimatise.**

After breakfast drive back to Lima's international airport to take a short flight to Arequipa.

Situated at 2380m and surrounded by snow-capped mountains including the perfect conical peak of El Misti (5822m) the setting is stunning.

On arrival our local leader will conduct the welcome meeting. The rest of the day is free to relax and wander around this delightful laid back city. We recommend taking it easy to allow yourself to acclimatise, the hotel is centrally located to the main colonial era square with a good choice of restaurants and bars.



ACCOMMODATION:

Casa Andina Select Arequipa (or similar)

Grade: Premium Hotel



MEALS PROVIDED: BREAKFAST

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### **DAY 3 - Full day in the colonial city of Arequipa. Visit the stunning Santa Catalina Convent.**

This morning we visit Santa Catalina Convent, a miniature walled town which once housed 450 nuns and serving ladies in total seclusion. The convent is a photographers dream, its brightly coloured buildings contrasting with the deep blue sky that Arequipa typically enjoys on account of its high altitude.

The rest of the day is free to explore the city. Arequipa is famed for its colonial architecture and the arcaded city square, dominated on one side by the twin towered cathedral, is among the finest to be found in South America. Our hotel is ideally located on Arequipa's main square and features a outdoor swimming pool.



ACCOMMODATION:

Casa Andina Select Arequipa (or similar)

Grade: Premium Hotel



**DAY 4 - Cross the Patapampa pass (4910 meters) descending into the Colca Canyon. Relax in natural hot springs.**

After breakfast bid farewell to Arequipa, heading into the world of the high altiplano, the most extensive area of high plateau on Earth outside Tibet. We drive behind the volcanoes that ring Arequipa and onto Chivay, passing herds of llama and alpaca - if lucky we may spot the elusive vicuña, a wild ancestor of domesticated alpacas.

Crossing the Patapampa pass, we reach the highest point of our trip at 4910m, stopping for a photo before descending towards the Colca Canyon. Our hotel tonight is located in Chivay at the edge of the Colca Valley, rooms are in traditional stone houses dotted around the grounds, with a open fireplace in the main reception building, evenings can be cooler at the high altitude.



**ACCOMMODATION:**

Casa Andina Standard Colca - Chivay (or similar)



**Grade: Comfortable Hotel**



MEALS PROVIDED: BREAKFAST

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**DAY 5 - Spot the majestic Andean Condor at Cruz del Condor viewpoint. Drive to Puno.**

Setting off shortly after dawn, drive past agricultural terraces, picturesque villages and dry cactus-studded slopes to the viewpoint of Cruz del Condor on the Colca Canyon. We aim to arrive just as the Condors leave their roosting ledges and begin flying. Our first half hour or so at the canyon should produce some wonderful views of these awesome and impressive birds.

The Colca Canyon is a spectacle in itself. A deep river gorge, it 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).

Mid morning we continue to Puno driving east, via the Patapampa pass again at 4910m, heading towards the beautiful landscapes that surround the 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 north-western tip of the lake and the perfect base from which to explore the lake itself.



**ACCOMMODATION:**

Casa Andina Standard Puno (or similar)



**Grade: Comfortable Hotel**





MEALS PROVIDED: BREAKFAST

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### **DAY 6 - Boat trip on Lake Titicaca; visit Uros and Taquile Islands. Overnight homestay.**

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. 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.

Continue to the less visited island of Taquile which has preserved much of its Inca heritage and where the islanders still speak the indigenous language of the Inca - Quechua. Upon disembarking walk across the island, we will have the chance to sample and buy locally produced embroidery. This evening stay in a local village house on the island for a taste of rural life in this part of the world.



ACCOMMODATION:  
Taquile Village House (or similar)



Grade: Simple Village House



MEALS PROVIDED: BREAKFAST

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### **DAY 7 - Visit Inca ruins on Taquile Island, boat back to the mainland. Explore Puno on the shore of Lake Titicaca.**

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 return to Puno by boat, where we can take a stroll through the markets in search of excellent llama and alpaca wool items, or head back to our hotel on the shores of Lake Titicaca.



ACCOMMODATION:  
Casa Andina Standard Puno (or similar)



Grade: Comfortable Hotel



MEALS PROVIDED: BREAKFAST

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## **DAY 8 - Journey across the high altiplano to the Sacred Valley, spiritual home of the Incas.**

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way towards Cusco. Our destination is Ollantaytambo in the Sacred Valley.

During our bus journey we drive up to the northern limit of the Altiplano, crossing La Raya pass (4,335m) and descending via the Inca temple at Raqchi to Andahuaylillas. Here, we will swap our public bus for a private vehicle, bypassing Cusco heading straight through the scenic Sacred Valley, winding through small towns and villages with the Andes flanking us on either side.

The scenery is desolate but magnificent. Look out for flocks of llamas and alpacas grazing on the windswept pastures. The total journey from Puno to our hotel is approximately 11 hours including stops.



### **ACCOMMODATION:**

Inkaterra Hacienda Urubamba (or similar)

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**Grade: Premium Hotel**



**MEALS PROVIDED: BREAKFAST & LUNCH**

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## **DAY 9 - White water rafting in the Sacred Valley of the Incas. Optional mountain biking in the afternoon.**

This morning we'll enjoy an exciting rafting trip down the Urubamba River, through the timeless landscapes of the Sacred Valley. Transferring to the river by bus, we'll spend the next two hours enjoying the spectacular mountain views as we float and bounce our way through a mix of calm water and grade II and III rapids. No experience is necessary for this excursion and you'll be given all the equipment and safety instructions before you start.

Please note, between January and March, when the river conditions prevent us from operating the rafting, this activity will be replaced by a horse riding excursion. There is an optional horse ride this afternoon towards Ollantaytambo and Pumamarca ruins (no previous experience necessary).

Return to our hacienda-style hotel in the afternoon. There are a number of optional activities to choose from including mountain biking and horse riding (see budgeting section for more details). There is a short hike from the hotel to a viewpoint above the hotel with excellent views back down the Sacred Valley at sunset.



### **ACCOMMODATION:**

Inkaterra Hacienda Urubamba (or similar)

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**Grade: Premium Hotel**







MEALS PROVIDED: BREAKFAST

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### **DAY 10 - Take a memorable train journey to Machu Picchu. Overnight in Aguas Calientes.**

One of the highlights of the trip, today we head to the awe-inspiring Machu Picchu. Taking an early morning train along the side of the Rio Urubamba, flanked by high cliffs and peaks, our destination is 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 our hotel, we climb by 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. We spend the afternoon exploring this mountain-top stronghold with a local guide who will explain the origins of the many living quarters and temples.

Returning to the valley floor, we stay in a hotel in Aguas Calientes, with the chance to soak in the nearby natural hot baths.



ACCOMMODATION:  
El Mapi Hotel (or similar)

Grade: Premium Hotel



MEALS PROVIDED: BREAKFAST

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### **DAY 11 - Opportunity to revisit Machu Picchu. Afternoon train and bus to Cusco.**

This morning 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.

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.

Later we take the afternoon train to Ollantaytambo from where we get the bus to Cusco.



ACCOMMODATION:

Abittare Hotel (or similar)



Grade: Comfortable Hotel



MEALS PROVIDED: BREAKFAST

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**DAY 12 - Full day sightseeing around Cusco including Saqsayhuaman, Plaza de Armas and San Pedro Market.**

This morning we take a walking tour of Cusco. The Spanish colonial city, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones. Spend the morning discovering many of these important Inca and colonial monuments, such as the Plaza de Armas, the Koricancha 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. We will also visit San Pedro Market, where the kids get to buy fruits in season and we make a round of fruit smoothies.

Late morning, head out to one of the most famous outlying Inca sites - 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. 20,000 conscripted workers toiled for 90 years to finish it.

This afternoon we visit Cusco's Choco Museum, where we learn everything that you ever wanted to know about chocolate. There is an interactive museum, chocolate workshops, a cafeteria selling chocolate drinks and desserts and a shop filled with chocolate goodies. What's not to like!



ACCOMMODATION:

Abittare Hotel (or similar)



Grade: Comfortable Hotel



MEALS PROVIDED: BREAKFAST

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**DAY 13 - Free day in Cusco.**

Today has been left free to further explore the winding streets and alleyways of Cusco. There are plenty of fascinating museums, lively plazas and bustling markets to explore here, and it's a relaxing place to spend a day people watching while having a coffee - or a pisco sour.





ACCOMMODATION:  
Abittare Hotel (or similar)

Grade: Comfortable Hotel



MEALS PROVIDED: BREAKFAST

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### DAY 14 - Trip ends in Cusco

The trip ends after breakfast at our hotel in Cusco.

There are no activities planned today, so you are free to depart from Cusco at any time. If your flight is departing later in the day, luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Alejandro Velasco Astete International Airport (CUZ), which is around 15 minutes' drive from our hotel.

Depending on the schedule of your flights, you may have some additional time to visit a museum or do some souvenir shopping in the winding streets and alleys of the city.

If you are travelling on to the Amazon, you will be transferred to Alejandro Velasco Astete International Airport this morning for your flight to Puerto Maldonado.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### 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  |

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### 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.

Lima

Day 1: Magic fountains US\$ 45 with transport and guide US\$ 45 (minimum of 2 people)

Cuzco

Day 12: Dinner show at Tunupa US\$ 18.00 (without transfers); Dinner show at Tunupa US\$ 33.00 (with transfers)

## Clothing

Select your clothing carefully. A complete set of clothes which can get grubby and muddy are useful for the activities in the Sacred Valley. Bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves for cooler nights in the mountains when temps drop dramatically. Lightweight waterproofs are essential. Bring your swimsuit.

## Footwear

Comfortable shoes and lightweight walking shoes and sandals. If participating in the rafting, old trainers (as they will get wet). Whilst there are no trails on this trip, many of the Inca sites have uneven paths.

## Luggage

20kg

### Luggage: On tour

One piece of main luggage, a daypack plus one small bag for your nights in Aguas Calientes and on Taquile Island where you will leave your main luggage in storage.

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 the Sacred Valley for the two nights and will meet you when you arrive in Cusco.

## Equipment

A good insect repellent is essential. Also bring a small torch, sun hat, a water bottle, sunscreen and a swimsuit and a small towel (for rafting and thermal baths). Please note drones are prohibited in most tourist areas in Peru.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However,

you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline.

### **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, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$ 50, approx. 160 Peruvian Soles per person for group tipping  
For all non-included services and meals on your trip please tip independently at your discretion.

## **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.

| <b>Lunch price</b> | <b>Dinner price</b> | <b>Beer price</b> | <b>Water price</b> |
|--------------------|---------------------|-------------------|--------------------|
| £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

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## Transport, Accommodation & Meals

### Transport Information

Bus, Boat, Train

### Accommodation notes

During this trip we spend one night in a homestay on the island of Taquile, on Lake Titicaca 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.

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## 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 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.

### 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 their relevant consulate. All visa information is subject to change hence you should confirm all visa related issues with the relevant Embassy prior to departure.

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

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

the front cover.

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

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

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

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

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

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://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 now 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 Explore Leader 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.

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## Family information

### Extend your trip

Why not extend your holiday with some time in the Amazon. Hike through the jungle, go wildlife spotting and stay at the Eco Amazonia Lodge in the indigenous community of Infierno. [Click here](#) for details.

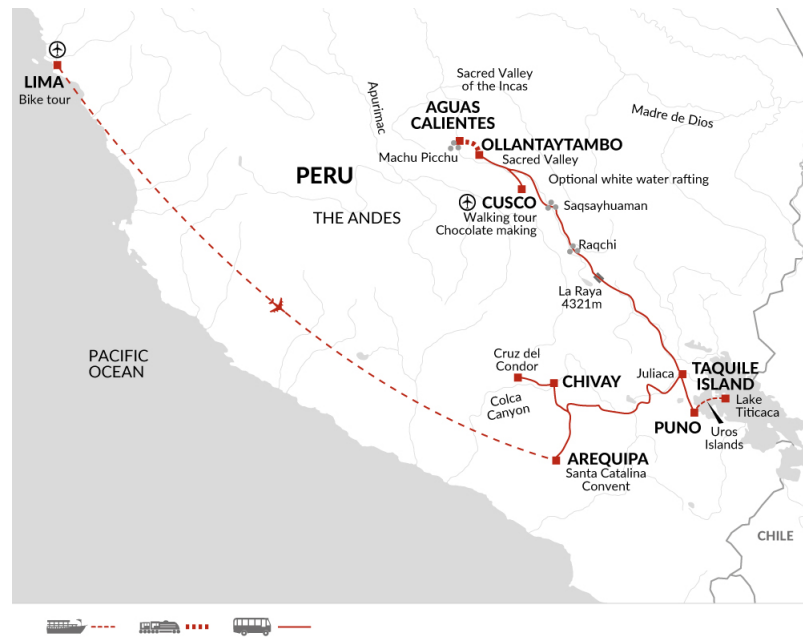
**Average Age:** As a guide we have identified the actual average age of the children who have travelled on this trip over the the last 5 years, to help you decide whether it's the right one for your family. The projected average age on this trip is 13 years old.

**Minimum age:** This trip is suitable for children of all ages from 7 upwards.



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## Additional Information



## Why book this trip

This adventure has been specifically designed for families who want an in depth active holiday around Peru but not necessarily the full throttle experience of trekking the Inca Trail. The trip combines cultural highlights of Arequipa, a charming old colonial city with a laid back, easy going charm and Cusco, capital of the Incas. Activities such as rafting through the magnificent landscape of the Sacred Valley add an element of adventure and the homestay on Lake Titicaca opens window to life in rural Peru.

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## Reviews



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**