



## Heights of Peru and the Inca Trail - Private Tour

PERU - TRIP CODE PTPM

WALKING AND TREKKING

### 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 take on the iconic four-day Inca Trail trek, supported by porters and a trekking guide, and taste a homecooked meal in the Sacred Valley community of Misminay. 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.

- **The Inca Trail** - Follow in the footsteps of the Incas to Machu Picchu
- **Cusco** - Sip pisco sours after a day exploring the ancient capital city of the Incas
- **Lake Titicaca** - Explore the floating islands of the indigenous Uros people, in this enormous high altitude

				
<b>INCLUDED MEALS</b> Breakfast: 12 Lunch: 6 Dinner: 3	<b>TRIP STAFF</b> Boat Crew Cook Driver(s) Local Guide(s) Porter(s)	<b>TRANSPORT</b> Bus Boat Car Flight On Foot Train	<b>ACCOMMODATION</b> 1 nights 3 nights simple camping 2 nights premium hotel 6 nights comfortable hotel	<b>WALKING GRADE:</b> Moderate To Challenging

## 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

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## 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

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## DAY 3 - Fly to Cusco; afternoon free for acclimatisation

Drive to Lima Airport this morning, and fly to Cusco, the old heart of the Inca Empire and the archaeological capital of the Americas. 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 are 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.

Travelling from sea level to around 3,400m of altitude isn't to be taken lightly, so the rest of the day is free to rest and acclimatise. We recommend taking a light walk around the Plaza de Armas, the bustling main

square where a lot of the city's activity takes place. Spend time in one of the nearby cafes drinking a coca tea or a hot chocolate, and soak up the atmosphere as people go about their business.



ACCOMMODATION:  
Hotel los Portales (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### DAY 4 - Explore Cusco on foot; visit the ruins of Sacsayhuaman

Take a walking tour of Cusco today, discovering the city's 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

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## **DAY 5 - 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**



**MEALS PROVIDED: BREAKFAST & LUNCH**

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## **DAY 6 - Start the Inca Trail hike walking to the Llaqtapata ruins and ascending to Huayllabamba**

This morning, set out by bus for an hour's drive to reach KM82, the starting point for the classic Inca Trail. The trail was first explored by Hiram Bingham in 1911 and opened for walkers in 1970. The famous ruins of Machu Picchu are not the only historical remains within the area: many other interesting sites are hidden in places which can only be reached on foot, and you'll pass several of these during the four day hike.

Meet your porters and other support crew at the entrance to the trail, and begin your journey by crossing the Urubamba river, following a wide dirt trail alongside the riverbank. The undulating path takes you into the Sacred Valley of the Incas to Llaqtapata (2,700m). Visit the Inca ruins here before ascending for around 300m, following the course of the Kusichaca river past small communities, crossing it to reach Huayllabamba, a quiet village of Inca origins and the last settlement on the route.

Here you will camp in a spectacular spot with amazing night skies. There are no permanent facilities here, and you'll have a toilet tent for your use.

Today's 12 kilometre walk is expected to take around five-and-a-half hours with an ascent of 300 metres and a descent of 100 metres.



ACCOMMODATION:  
Huayracmachay Camp (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 7 - Follow the river to Lulluchapampa and cross the 'Dead Woman's Pass' (4,200m)

After a hearty breakfast, begin a gradual ascent through the cloudforest to Lulluchapampa (3,800m), which gives out stunning views of the snowy peaks surrounding you. Eat lunch here and fortify yourself before you set off to hike over the Warmiwansca (Dead Woman's) Pass, to 4,200 metres. This two-hour ascent is one of the more challenging sections of the trek, and you'll take it slow and steady with many stops to admire the view. From the high point, descend along a stepped path to the valley of the Pacamayo river with its tropical vegetation. You'll camp here at 3,600 metres.

Today's challenging 11 kilometre walk is expected to take around eight hours with 1,200 metres ascent and 600 metres descent.



ACCOMMODATION:  
Paucarcancha Camp (or similar)



Grade: Simple Camping



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 8 - Hike through cloudforest to Phuyupatamarca and continue to the Winay Wayna ruins

You'll begin your morning with an ascent, mainly on steps, towards the ruins of Runkuraqay. After a brief stop to visit, carry on ascending a little further to cross the Runkuraqay Pass (3,950m). After the pass it is

a long gradual descent passing into the start of the main cloud forest to reach the bottom of the valley. The Sayacmarca ruins are visible on a rocky outcrop, they command an imposing view and have only one means of access, a narrow granite stairway. Cross the valley to reach the Sayacmarca campsite, and follow the trail through cloud forest enclosed with vines, exotic flowers (among them orchids) and luxuriant trees. You may also have views of the snowcapped peaks of Salkantay. Walk through an Inca tunnel and along a ridge above the Urubamba River to the Phuyupatamarca ruins (3,579m), and then spend the majority of the afternoon going down following stone paths and stairways, 80% of which are original Inca architecture. Coming out of the cloud forest, you'll be greeted by the spectacular views down the valley, and walking through the impressive Inca terraces at Intipata you'll reach the campsite at Winay-Wayna (2,591m). Those who wish can visit the ruins here, this Inca site is built into the steep hillside and like Machu Picchu, was abandoned for unknown reasons.

Today's moderate 16 kilometre walk is expected to take around nine hours with 400 metres ascent and 1300 metres descent.



**ACCOMMODATION:**  
Puyupatamarca Camp (or similar)

**Grade: Simple Camping**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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## **DAY 9 - Enter Machu Picchu through the Sun Gate**

Rise early this morning for the final push along the Inca Trail. You'll say thanks and goodbye to the porters and begin your trek into Machu Picchu. Winding your way along the edge of the mountain, follow a wide path adorned with wild flowers and orchids towards the final steps up to Inti Punku - the Gate of the Sun. Passing through the gate there is a sudden and fantastic view of the Lost City itself, Machu Picchu, set in a grandiose landscape that really is a fitting climax to four days of hiking. 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.

You'll walk down towards the site, which takes around another 45 minutes from the Sun Gate, and take a half day visit of the site with your guide directly upon entering. After exploring this ancient masterpiece, take the public bus down the mountainside to the town of Aguas Calientes situated on the valley floor below Machu Picchu.

Today's moderate 6 kilometre walk is expected to take around three hours with 150 metres ascent and 300 metres descent.



ACCOMMODATION:

Casa Andina Standard Machu Picchu (or similar)

Grade:



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 10 - 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 pisco sour in the Inca capital, while reflecting on your experience along the Inca Trail.



ACCOMMODATION:

Hotel los Portales (or similar)

Grade: **Comfortable Hotel**



SINGLE ROOM AVAILABLE





### **DAY 11 - Take a public bus to Lake Titicaca via the Raqchi ruins**

Taking a public tourist bus from Cusco this morning, you'll take the magnificent drive across the Altiplano today, on your journey towards the small town of Puno on the banks of Lake Titicaca. 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. There are several opportunities to get out and stretch your legs, ascending via the magnificent Jesuit church at Andahuaylillas towards the Inca Temple at Raqchi, before crossing La Raya pass (4,335m), the high point of your trip. Entrance permits to Andahuaylillas and Raqchi are included, and its good chance to get off and get some fresh air.

The total journey from Cusco to Puno is approximately 12 hours including stops, arriving around 6.30pm into Puno, just in time to get a Cusquena beer or a pisco sour at dusk.



**ACCOMMODATION:**

Casa Andina Standard Puno (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### **DAY 12 - 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

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### DAY 13 - Trip ends in Puno

Your trip ends today, and you will be taken to the airport to meet your international flight, which will take you via Lima or Cusco to your onward journey. There are no activities planned today, so you are free to depart from Inca Manco Capac International Airport, in Juliaca, (JUL) at any time - it's approximately one hour from the hotel. 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

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## Trip information

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### 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

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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.

This trip includes a great selection of Peru's highlights, and with the free time you have in 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

In the highlands conditions can be dry and sunny during the day but bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves. These will be needed when the temperatures drop, especially at night when temperatures can drop dramatically. Lightweight waterproofs are also essential. You may also wish to bring your swimsuit.

Thermals: Useful for walking when cold, around camp and much more practical (and warmer) to sleep in than pyjamas.

Trainers or Trekking sandals: Useful around camp, in towns and when travelling. Waterproof sandals are ideal for rafting.

Socks: Use good quality socks that you are used to walking in, plus liner socks if you are used to these.

Waterproofs: Breathable waterproofs not only protect against rain and wind, but also stop you from overheating.

Thick jumper/fleece jacket: A thick jumper or fleece jacket is necessary as nights can be very cold at altitude, especially in the summer months. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

T-shirts: We recommend t-shirts made from wicking materials as these keep you drier and warmer.

Shorts: Shorts can be comfortable to walk in but carry long trousers with you in case of strong sun or you feel cold. Remember, you will be passing through the occasional remote village and short shorts (especially on women) can give offence to the local inhabitants.

Gloves and Hat: Essential around camp in the morning, and in the evening, at higher altitudes.

## Footwear

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

## Luggage

20Kg

### Luggage: On tour

For your trek bring one main piece of baggage and a daypack.

Main luggage:

Your main bag should be lockable as this will be left in storage in Cusco whilst on the trek.

Trek Kit Bag (provided):

Before leaving Cusco there is time to re-organise your luggage. Your trek luggage, including sleeping bag, should be packed into a kit bag, to be carried by the porters. The weight limit for this is 7kg but you will probably find that you do not need this much. Advice on how to pack will be given at the trek briefing.

Small Rucksack/Daypack:

During the course of a trekking day, you do not have access to the luggage, which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daypack should be large enough to carry your day things including: waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, suncream, water bottle, tissues and your packed lunch. Camera equipment can be heavy so think carefully when deciding what to take. A rucksack with 20 or 25 litres capacity is usually sufficient.

## Equipment

Remember to bring: torch, water bottle, insect repellent, suncream (at least factor 30), lip salve, good quality sunglasses and sunhat. Please note drones are prohibited in most tourist areas in Peru. You may also wish to bring binoculars and your own sleeping bag.

Sleeping Bag: This may be down or synthetic, but should be 4-season. A cotton liner helps to keep your bag clean. You do not need a foam mat as thermarests are provided. It is possible to hire an appropriate down sleeping bag for the trek locally (US\$ 20).

Personal Equipment On Trek

Trekking poles: Trekking poles are recommended. Please note metal tipped trekking poles are NOT permitted so please ensure they have rubber/plastic tips

Water Bottle: Water along the trail must never be considered as drinkable (unless you are using a Water to Go Bottle - see the bottom of your trip notes for more information on discounts). The camp staff provide purified water each day with which to fill your bottle or camelback. Your bottle should hold at

least two litres and be reusable as disposable plastic bottles are not allowed on the trail. Metal bottles can also double up as hot water bottles when hot water is available.

**Torch/Batteries/Bulb:** A small torch is essential for finding things in your tent, visiting the 'toilet' in the night etc. Often a head torch is the most practical option as it allows you to have both hands free. Remember to bring spare batteries.

**Toiletries:** Only bring essential toiletries such as toothbrush/paste, soap, toilet roll, face cloth and a trek/quick dry towel.

**Personal First Aid Kit:** On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, pain relief etc. for your own use.

**Cloth bags:** Single use plastic bags are not allowed on the trail.

**Personal First Aid Kit:** On each trek a first aid kit is carried but you should have a blister kit, supply of plasters, pain relief etc. for your own use.

The following equipment list is provided by Explore for the trek:

- 2-person tents
- Dining tent
- Thermarest sleeping mat
- Stools and table
- Toilet tent

Equipment Hire and Trek Training Days - Trek Hire UK hire out a wide range of kit including quality sleeping bags, down jackets, therm-a-rest sleeping mats and walking poles <http://www.trekhireuk.com>. They also run regular trek training and preparation days from their base in the Surrey Hills, ideal for getting an indication of your overall fitness level and also covering advice on kit and altitude.

## **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 - The team of porters, cooks and guides who will accompany you on the Inca Trail will do what they can to make this an unforgettable experience. We'd suggest a tip of about \$40-\$60 per person to be split among your staffing team

## **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, Car, Flight, On Foot, Train

### Accommodation notes

During the trek, two-man tents are provided with plenty of room for two people and bags. The trek is fully supported by porters who set up and take down the tents, and prepare your meals. They also carry water and all bags except daysacks, under strict weight guidelines.

A single tent is available on request prior to departure costing £40, which you can discuss with your sales consultant.

Huayllabamba - We camp in a local community. There are no permanent facilities so we use biodegradable toilet tents

Pacaymayo camp - High camping ground with wonderful mountain views and a small waterfall nearby. There are no permanent facilities

Campsite Phuyupatamarca or Winaywayna (the Inca Trail regulators may change the campsite depending on the permit confirmation):

Phuyupatamarca camp - Campsite above the clouds, with the best views of the trail, some tent pitches are on an incline. There is a toilet block but it's not kept in the best condition

Winaywayna - Located in the forest - some tent pitches provide views of the ruins

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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 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](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 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.

## **Maximum altitude (m)**

4980

## **Altitude information**

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on your trip you must let your local guide know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of "Medex" and downloading their information booklet:  
[http://medex.org.uk/medex\\_book/english\\_version.php](http://medex.org.uk/medex_book/english_version.php)

Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude the trip reaches (please refer to Tour Essentials box on front page of your Trip Notes). Please take the trip notes to your medical appointment so that your doctor has the full details of your trip.

You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

## **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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## **Walking and Trekking information**

### **Walking grade**

Moderate to challenging

### **Trek details**

The Inca Trail section is 4 days trekking for between 3 to 9 hours, reaching a maximum altitude of

4,200 metres. Well-defined paths with original Inca steps.

### Max walking altitude (m)

4980

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## Reviews

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AWARD WINNING  
EXPLORE LEADERS



PRICE GUARANTEE  
PROMISE



AIRPORT  
TRANSFERS